

# Words on Wellness

Your extension connection to nutrition and fitness

## Orthorexia: An Obsession with Eating Pure

When obesity is a national emergency, a serious dedication to a healthy diet hardly seems like a bad thing. But, for some, a fixation on healthy eating develops into an obsession. If someone refuses to eat food that is not “pure,” starts skipping family meals or dinners out, rejects food they once loved, or can’t bring themselves to eat a meal they haven’t prepared with their own hands, they may be suffering from an emerging disordered eating pattern called *orthorexia*.



### What is Orthorexia?

*Orthorexia* — an unhealthy fixation on eating only healthy or “pure” foods — was originally defined as a disordered eating behavior in the ‘90s, but experts believe it has been gaining steam in recent years, fed by the number of foods marketed as healthy and organic, and by the media’s often conflicting dietary advice. Like anorexia nervosa, *orthorexia* is a disorder rooted in food restriction. Unlike anorexia, for *orthorexics*, the *quality* instead of the *quantity* of food is severely restricted.

If someone is *orthorexic*, they typically avoid anything processed like white flour or sugar. A food is virtually untouchable unless it’s certified organic or a whole food. Even something like whole-grain bread — which is a very healthy, high-fiber food — is off limits because it’s been processed in some way.

*Orthorexics* typically don’t fear being fat in the way that an anorexic would, but the obsessive and progressive nature of the disorder is similar. *Orthorexics* may eliminate entire groups of food — such as dairy or grains — from their diets, later eliminating another group of food, and another, all in the quest for a “perfect” clean, healthy diet. In severe cases, orthorexia eventually leads to malnourishment when critical nutrients are eliminated from the diet.

*Orthorexics* often have misunderstandings about food or nutrition. People with eating disorders know a lot about food and food science, but they don’t always have accurate information. Sometimes their sources are magazines and blogs that might not be reputable.

For more information about eating disorders, visit the National Association of Anorexia Nervosa and Associated Disorders, [www.anad.org](http://www.anad.org)

Source: Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org)



## Quick Fruit Dessert

Serving Size: 1/2 cup  
Serves: 8

### Ingredients:

- 8 vanilla wafers
- 2 cups low fat or nonfat milk
- 1 box (3.5 ounces) instant vanilla pudding
- 1 cup fresh fruit (peaches, nectarines, blueberries, strawberries, bananas, etc.)

### Instructions:

1. Place one vanilla wafer on bottom of a small paper or plastic cup or a small bowl. Do the same for each vanilla wafer.
2. Pour milk into a bowl, add pudding mix, and prepare pudding according to the directions on the box.
3. Top each vanilla wafer with 1/4 cup vanilla pudding.
4. Cover and refrigerate 30 minutes to 8 hours.
5. Top with washed and cut up fresh fruit just before serving.

### Nutrition information per serving:

90 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 220mg sodium, 19g total carbohydrate, 0g fiber, 17g sugar, 2g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website, [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

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## Are You Sitting Too Much?

Most adults spend half their waking day sitting behind a desk, in front of a computer or TV, or riding in a car. Sitting is linked to a higher risk of cancer, heart disease, and type 2 diabetes. Research shows a 14 percent higher risk of these chronic diseases among those who sit for eight or more hours daily. Everyone who engages in prolonged sitting can be at risk, even those who are physically active each day. Prolonged sitting is a lifestyle risk factor that can be addressed by changing lifestyle habits. See the list below for ways to get more activity into your day.

Source: American College of Cardiology; *Study Bolsters Link between Heart Disease, Excessive Sitting*; March 2015

### 3 Ways to Move More:

1. **Sit less.** Notice the time you spend sitting and break up long stretches with movement. Pace while talking on the phone. Take the stairs instead of the elevator. Take a walk during lunch.
2. **Engage in aerobic exercise about 30 minutes each day.** Aim for 150 minutes a week of moderate-intensity aerobic exercise (activity that causes your heart rate to increase).
3. **Do resistance training at least two days a week.** This type of exercise challenges major muscle groups to near exhaustion in 8–12 repetitions.

Always consult your health care provider before beginning any new physical activity routines.

### Walk Your Way to Fitness

This publication includes a sample walking program, a “talk test,” and tips on comfortable clothing.



Download at: [store.extension.iastate.edu/Product/PM1929/](http://store.extension.iastate.edu/Product/PM1929/)

## Microwave Safe Containers and Wraps

To keep food safe, only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics that are safe to use are usually labeled for microwave oven use.



### SAFE TO USE:

- Heatproof glass (such as Pyrex, Anchor Hocking, etc.)
- Glass-ceramic (such as Corning Ware)
- Oven cooking bags
- Baskets (straw and wood) to quickly warm up rolls or bread; line the basket with napkins to absorb moisture from food
- Most paper plates, towels, and napkins; for optimal safety, use white, unprinted materials
- Wax paper, parchment paper, and heavy plastic wrap; do not allow plastic wrap to touch food—vent it to allow steam to escape.

### NOT SAFE TO USE:

- Cold storage containers like margarine tubs are unsafe for cooking
- Brown paper bags and newspapers
- Plastic storage bags or plastic bags from the grocery store
- Anything made with metal such as metal pans, china with metallic paint or trim, Chinese “take-out” containers with metal handles, or metal twist ties
- Foam-insulated cups, bowls, plates, or trays

Source: United States Department of Agriculture Food Safety and Inspection Service

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