

Words on Wellness

Your extension connection to nutrition and fitness

New Labeling Requirements for Menus and Vending Machines

The U.S. Food and Drug Administration (FDA) finalized two rules that will require chain restaurants, vending machines, and similar retail food establishments to inform consumers of calorie information on menus and menu boards.

Rule 1: Menu Labeling

This rule requires:

- The calories of the menu items be placed on the menu or menu board, and it applies to larger restaurants and similar retail food establishments (e.g., part of a chain of 20 or more locations, doing business under the same name, and offering the same menu items).
- Calorie labeling for certain alcoholic beverages and certain foods sold at entertainment venues such as movie theaters and amusement parks.
- Menus and menu boards include the following statement: "2,000 calories a day is used for general nutrition advice, but calorie needs vary."
- Covered establishments provide, upon customer request, written nutrition information about total calories, total fat, calories from fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrates, fiber, sugars, and protein.

Restaurants and similar retail establishments that are covered will have one year from the date of publication of the menu labeling final rule to comply with the requirements. Foods purchased in grocery stores or other retail stores intended for more than one person and requiring additional preparation before consuming are not covered by this rule.

Rule 2: Vending Machines

This rule requires that vending machine operators who own or operate 20 or more vending machines disclose calorie information for food sold from vending machines, subject to certain exceptions. Vending machine operators that are covered will have two years from the date of publication of the vending machine labeling final rule to comply with the requirements.

For more information about these new rules please visit

www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm423987.htm.



Beef and Bean Chile Verde

Serves 4

Serving Size: 1 1/2 cups each

Ingredients

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon cayenne pepper
- 1 16-ounce jar green salsa, green enchilada sauce or taco sauce
- 1/4 cup water
- 1 15-ounce can pinto or kidney beans, drained and rinsed

Preparation

1. Cook beef, bell pepper, and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes.
2. Add garlic, chili powder, cumin, and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer.
3. Reduce heat to medium-low, cover, and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.
4. Stir in beans and cook until heated through, about 1 minute.

Nutrition Per Serving: 307 Calories; 8 g Fat; 3 g Sat; 3 g Mono; 64 mg Cholesterol; 29 g Carbohydrates; 27 g Protein; 6 g Fiber; 516 mg Sodium; 641 mg Potassium

Source: http://www.eatingwell.com/recipes/beef_bean_chile_verde.html

IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.



www.extension.iastate.edu

What's For Dinner?

The day has somehow gotten away from you—it's later than you think; the family is hungry and you haven't begun to fix dinner, let alone think about what to fix. One look in the freezer and you spot a frozen brick of ground beef. What's the quickest way to turn the brick into a quick and delicious beef meal? Here is what you need: microwave-safe storage bag (gallon size), microwave, four minutes, and these simple steps.

1. Transfer your frozen ground beef from its packaging to the gallon-size storage bag.
2. Seal the storage bag, leaving a small opening for steam to escape (about 1/2 inch or size of a pencil).
3. Heat the bag in the microwave on a microwave-safe plate for one minute on HIGH.
4. Flip the bag over.
5. Heat on HIGH for one more minute; wait for one minute.
6. Remove the beef from the microwave and massage the bag for 10 seconds.
7. If needed, heat on HIGH for 30 seconds longer, followed by 30 seconds of rest. The leaner the ground beef, the less time in the microwave. TIP: the beef should not be HOT to the touch; just thaw it enough to form it into a shape.
8. Immediately cook your beef to 160°F.
9. Enjoy!

Source: www.beefitswhatsfordinner.com/groundbeefthawing.aspx

Increase Your Physical Activity Level with Tai Chi

Tai chi is a martial art developed in ancient China that is now practiced for health improvement. Tai chi combines slow, graceful movements flowing into the next with focused mental concentration.

Tai chi requires very little in terms of equipment or props. This slow and gentle movement of body weight and deep breathing requires nothing more than comfortable clothes and flat, flexible shoes. It is suitable for all ages and can be done indoors or outdoors, alone or with a group. The whole family can learn and practice tai chi together.

People who practice tai chi several times weekly may experience several health benefits such as improved balance (which helps to reduce risk of falling), flexibility, strengthened muscles, stress relief, lower blood pressure, better sleep quality, and improved sense of well-being, to name a few.

Before beginning tai chi, as with any exercise program, consult your physician if you have a chronic health condition.

Sources: www.extension.org/pages/32340/tai-chi:-movment-for-health-benefits/print/ and <http://nccam.nih.gov/health/taichi/introduction.htm>



PM 2099ZZ January 2015

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.