

# Words on Wellness

Your extension connection to nutrition and fitness

## The Paleo Diet—A look at a popular eating plan

A popular trend making headlines is the Paleolithic (Paleo) diet, also called the “Caveman” or “Stone Age” diet. This diet is based on the belief that if we eat like our ancestors did 10,000 years ago, we’ll be healthier, lose weight, and have less disease. The table below compares the Paleo diet recommended intakes to the 2010 Dietary Guidelines and the typical Western diet.



	Recommended Percent of Calories from Carbohydrate	Recommended Percent of Calories from Fat	Recommended Percent of Calories from Protein
<b>Paleo Diet</b>	~ 23	~39	~ 38
<b>2010 Dietary Guidelines Recommendations</b>	45 to 65	25 to 35	15 to 20
<b>Typical Western Diet</b>	49 to 52	33 to 36	15

The Paleo diet promotes a higher intake of protein and fat. The carbohydrates included with the Paleo diet are not from grains, but rather from fruits and vegetables (not including white potatoes or dry beans). The 2010 Dietary Guidelines recommends eating carbohydrates from grains, fruits, dairy, and starchy vegetables. Excluding key food groups like dairy and grains makes it likely that key vitamins and minerals such as calcium and vitamin D, will be missing. Decreasing the intakes of added sugar and process foods have health benefits; however, there is no scientific evidences showing the Paleo diet prevents disease.

Since the Paleo diet omits foods from different food groups (e.g., dairy, peanuts, legumes, cereal grains), its long-term sustainability is questionable. We live in a society where it is not possible to eat exactly as our ancestors ate. You might consider a modified Paleo eating plan like lowering your intake of added sugars and processed foods while eating more fruits and vegetables. Balance is best whether you’re trying to lose weight, gain weight, or stay just as you are. For more information, visit [Academy of Nutrition and Dietetics](http://www.academyofnutritionanddietetics.com), Jan 2015, and <http://www.webmd.com/diet/paleo-diet?page=2>.



## Chicken Alfredo Pasta

Serving Size: 1 1/3 cups | Serves 6

### Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 tablespoon vegetable oil
- 2 1/2 cups whole wheat penne or rotini pasta
- 1 package (16 ounces) frozen chopped broccoli
- 1 cup nonfat milk
- 8 ounces low-fat cream cheese, cubed
- 1/2 teaspoon garlic powder
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

### Directions:

1. Cook the pasta according to package directions. Add the frozen broccoli the last three minutes of cooking. Drain the water from the pasta and broccoli. Return food to the pot.
2. Remove fat from chicken on a cutting board and cut meat into bite-sized pieces. Wash hands.
3. Heat oil in a large skillet on medium high. Add chicken cubes to skillet and stir to coat with oil. Cook the chicken until it is done (165°F, about 7–9 minutes).
4. Remove chicken from skillet when it is done cooking and cover to keep warm.
5. Add the milk and cream cheese to the skillet. Stir the mixture constantly over low heat. The mixture will thicken and be smooth.
6. Add the garlic powder, parmesan cheese, salt, and pepper. Stir mixture. Then add cooked chicken and heat mixture.
7. Combine meat mixture with the pasta and broccoli mixture. Serve.

### Nutrition information per serving:

340 calories, 12 g total fat, 5 g saturated fat, 0 g trans fat, 75 mg cholesterol, 390 mg sodium, 29 g total carbohydrate, 4 g fiber, 4 g sugar, 30 g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more recipes, information, and videos, visit <http://www.extension.iastate.edu/foodsavings/>.

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## Keeping it clean—To wash your hands or to use hand sanitizer?

Whenever possible, it's best to wash your hands with warm soapy water for 20 seconds (sing "Happy Birthday" twice) and rinse thoroughly. Hand sanitizing gel (at least 60% alcohol), foam, or wipes can be used for quick sanitation, but these products are not designed to replace hand washing because sanitizers do not adequately remove all bacteria, dirt, and debris. When hands are dirty, hand sanitizers are not effective.



## What's Hot---Bikram Yoga

Yoga is a good way to be physically active because it promotes increased flexibility, muscle strength, and tone, as well as improved respiration, energy, and vitality. Yoga can also help with weight reduction and circulatory health. There are more than 20 different types of yoga! One variation gaining in popularity is Bikram yoga, often referred to as "hot yoga" because this style specializes in using a heated environment.

Bikram yoga is 90 minutes long and consists of 26 postures, including two breathing exercises, and takes place in a room 104 degrees with 40% humidity. The caution with hot yoga is the room temperature and the potential health risks it poses. Hot yoga may increase the risk of heat exhaustion if your body is no longer able to regulate its usual temperature. Heat exhaustion can lead to heavy sweating, dehydration, decreased blood pressure, and increased heart rate. These effects on your body may make you feel weak, dizzy, or nauseated.

Before starting hot yoga, or any physical activity program, it's always a good idea to consult your health care provider to make sure it is safe for you to do so, especially if you are pregnant or have a serious health condition. For more information, visit

<http://www.berkeleywellness.com/fitness/injury-prevention/exercise/article/hot-yoga-scary-or-good-you>.



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## Do you like the healthy ideas offered in the Words on Wellness (WOW) newsletter? Are there topics you'd like to see in the newsletter?

Let us know! We value your opinion and want to hear what you think.

Share your suggestions by taking our voluntary survey found at [https://iastate.qualtrics.com/SE/?SID=SV\\_5jURxU5IY8KKE0R](https://iastate.qualtrics.com/SE/?SID=SV_5jURxU5IY8KKE0R).

Responses will be used to revise Words on Wellness to better meet your needs. We look forward to hearing from you!