

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Putting Mindfulness on Your Plate

Have you ever looked at your plate and been surprised to find your meal gone? If so, you may benefit from eating more mindfully.

What is mindful eating? It is a purposeful awareness of the food we eat and being present during the meal experience. When we employ mindful eating, our busy lives slow down when we eat and we are aware of the flavors, tastes, and textures of the food. Our meal becomes more relaxed and enjoyable.



Here is an exercise you can do to practice mindful eating:

1. Take a grape, piece of chocolate, or piece of cheese. Observe the appearance, shape, and texture. Notice the color and indentations.
2. Smell the food. Notice the aroma.
3. Take a bite or place a small amount of the food in your mouth, but do not chew it. Describe the texture and flavor before you chew the food.
4. After 30 seconds, chew the food and describe the texture and flavor.
5. Do you notice any difference?

Your newfound awareness can put more mindfulness on your plate.

Sources:

Today's Dietitian; January 2019; The Merits of Mindfulness—How Mindfulness Practice Can Enhance Health and Well-Being

Today's Dietitian; March 2013; Mindful Eating—Studies Show This Concept Can Help Clients Lose Weight and Better Manage Chronic Disease



Mexican Corn Salad

Serving Size: 1/2 cup | Serves: 8

Ingredients:

- Cooking spray or oil for grill grates
- 4 medium ears of corn (husks and silks removed) (or 16 oz. frozen whole kernels, thawed)
- 1/4 cup nonfat plain Greek yogurt
- 2 teaspoons minced garlic
- 2 tablespoons lime juice
- 1/2 teaspoon chili powder
- 1/3 cup chopped scallions
- 1 tablespoon minced jalapeño pepper (seeds removed)
- 2 tablespoons chopped cilantro
- 1/2 cup crumbled feta cheese

Instructions:

NOTE: If using frozen corn, skip to third instruction below.

1. Spray grill grates with nonstick cooking spray or brush them with oil. Heat grill to 400°–450°F.
2. Place corn on the grill and cook 15–20 minutes, turning every 5 minutes until evenly grilled and kernels are tender. Remove corn from the grill and set aside to rest until cool enough to handle. Using a serrated knife, cut corn kernels off cob and place in a large bowl.
3. While corn is cooking, whisk together yogurt, garlic, lime juice, and chili powder.
4. Add scallions, jalapeño pepper, cilantro, and cheese to corn. Toss with yogurt sauce and season with more chili powder if desired.

Nutrient information per serving:

78 calories, 3g total fat, 1g saturated fat, 0g trans fat, 9mg cholesterol, 119mg sodium, 11g total carbohydrate, 1g dietary fiber, 3g sugar, 4g protein

Adapted from [Today's Dietitian](http://www.todaysdietitian.com/newarchives/0816p66.shtml) (www.

todaysdietitian.com/newarchives/0816p66.shtml)



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Fair Food Safety

There is nothing more fun than attending a summer fair or celebration with your family. There are so many things to see, do, and enjoy—especially the food. To make safe food choices and reduce the chances of you or a family member getting food poisoning, here are some food safety tips:

- Before choosing a food vendor, look at their workstations and note if they are clean and tidy. Does the vendor wear/use disposable gloves when preparing food?
- Are there handwashing sinks/stations for the vendor/employees?
- Are gloves or tongs used to serve food to customers?
- If the vendor provides single service utensils, are they individually wrapped? (Unwrapped eating utensils have the potential for contamination from dirt, air, flies, and even customers.)
- Be sure your hot food is hot and cold food is cold. If not, tell the vendor.
- Choose a clean place to sit and eat your meal.
- Wash your hands before you eat.
- Bring hand sanitizers or hand wipes in case it is difficult to wash your hands.

Following these tips will keep you on your way to a safe and happy summertime event!

Source: [Centers for Disease Control](http://www.cdc.gov/features/fairsandfood) (www.cdc.gov/features/fairsandfood)

Make Waves for Your Health's Sake

As adults, we need two and a half hours (150 minutes) of aerobic physical activity per week. Swimming is the fourth most popular sports activity in the United States. While you're trying to cool off this summer, try to incorporate some water exercises.



When you hop in the water—whether a lake, river, or pool—try one of these “cool” exercises:

- Walk forward, backward, and sideways in the water. Start slowly for 1–2 minutes in each direction and work up to 3–5 minutes. A water belt may be helpful to maintain buoyancy.
- Water squats are a great strength exercise. Be sure your feet are on the bottom of the pool, lake, or river and you can wiggle your toes. Do two sets of 10 repetitions.
- Grab a water noodle and use it as an oar. Begin to row as if you were in a boat, using the noodle as your oar in the water. Do two sets of 10 repetitions.

Sources:

[Centers for Disease Control](http://www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html) (www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html)

[Unity Point](http://www.unitypoint.org/livewell/article.aspx?id=ebbc9ca6-3b33-4b71-9912-75c24206a52b) (www.unitypoint.org/livewell/article.aspx?id=ebbc9ca6-3b33-4b71-9912-75c24206a52b)