

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Surfing the Web for Accurate Nutrition and Health Information

The internet can be a great information resource that is quick and easy to use. You can find breaking nutrition news, healthy recipes, and sound nutrition advice. Like other media outlets, however, the web can also be crowded with misinformation and poor nutrition guidance. Here are tips to help make you a *whiz on the web* in searching for credible nutrition and health information.

Perform an “advanced search” to help limit the search to be more specific to your needs. For instance, you can search within a specific site or domain. The three-letter suffix on a website address such as “.com” or “.edu” is the domain. Some domains may be more credible than others.

Remember, dependable sources often state where information is coming from, who funds the studies or organization, and what credentials and education qualify the writers on the topic. For more information, download the Iowa State University Extension and Outreach publication.

*Survivor’s Guide to Healthy Web Surfing and Phone Apps (N 3418)*, [store.extension.iastate.edu/Product/N3418](http://store.extension.iastate.edu/Product/N3418)

### Sources:

- Nourish Your Mind and Body With Accurate Health Information—How to Sort Fact From Fiction, North Dakota State University, Julie Garden-Robinson, PhD, RD, LRD Food and Nutrition Specialist
- [www.ag.ndsu.edu/publications/health-fitness/nourish-your-mind-and-body-with-accurate-health-informationhow-to-sort-fact-from-fiction](http://www.ag.ndsu.edu/publications/health-fitness/nourish-your-mind-and-body-with-accurate-health-informationhow-to-sort-fact-from-fiction)
- Choosing Reliable Nutrition Information, University of Illinois Extension

### The Most Credible

Domain	Domain Registrant
.edu	Educational institutions
.gov	Government agencies

### Some Credibility

Domain	Domain Registrant
.org	Organizations, often nonprofit

### The Least Credible

Domain	Domain Registrant
.com	Commercial sites
.net	Networks
.info	General use
.biz	Business



## Apricot Pops

Serving Size: 1 pop (1/2 cup)  
Serves: 8

### Ingredients:

- 1 can (15 ounces) apricots, packed in juice or light syrup
- 2 cartons (6 ounces each) of low fat, sugar free vanilla yogurt

### Supplies:

- 8 small paper cups
- 8 plastic spoons or wooden sticks (for handles)

### Instructions:

1. Drain apricots.
2. Chop the apricots finely and mix with the yogurt or blend the fruit and yogurt until smooth with a blender or food processor.
3. Pour mixture into 8 small paper cups and put in freezer. After half an hour (when they start to freeze), stand a plastic spoon or wooden stick in the pops.
4. Freeze 3–4 hours or until pops are solid.
5. Remove from cup to serve. Place bottom of cup under hot running water for 20 seconds. Peel off paper cup.

### Nutrition information per serving:

60 calories, 0.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 30mg sodium, 12g total carbohydrate, 1g fiber, 8g sugar, 2g protein

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



[www.extension.iastate.edu](http://www.extension.iastate.edu)

### DESKerWhat?

Sitting is the new smoking. Long periods of sitting, even if you get the recommended 30 minutes of physical activity in during the day, can be harmful to your health. If you have a sedentary desk job, you may find it difficult to move throughout the work day.

Try to “deskercise,” which refers to exercise that can be done during the workday right at your desk. The National Center for Health, Physical Activity and Disability (NCHPAD) has a deskercise poster you can download at no cost. Choose two exercises on the poster and do them twice a day. The exercises include cardio, strength, and flexibility. Challenge your coworkers as well to get active at their desks. Here is the link to download the poster:

[www.nchpad.org/fppics/deskercise%20poster\\_updated.pdf](http://www.nchpad.org/fppics/deskercise%20poster_updated.pdf).



### Safe Preserving Using a Steam Canner

The University of Wisconsin–Madison published research saying that an Atmospheric Steam Canner *is* safe to use for home canning of acidic foods such as fruits, or acidified foods such as salsa or pickles, as long as the following guidelines are observed:

- Foods must be *high in acid*, pH of 4.6 or below.
- A *research-tested recipe* developed for a boiling water canner must be used with the Atmospheric Steam Canner. Do not rely on the recipes that come with the steam canner.
- Jars must be heated prior to filling with hot liquid, the steamer must be vented so that the jars are processed in pure steam at 212° F for 45 minutes or less. Cooling must be minimized prior to processing.
- The steam canner may be used with recipes approved for half-pint, pint, or quart jars.

PM 2099S August 2016

#### ...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.

For further information: [fyi.uwex.edu/safepreserving/2015/06/24/safe-preserving-using-an-atmospheric-steam-canner/](http://fyi.uwex.edu/safepreserving/2015/06/24/safe-preserving-using-an-atmospheric-steam-canner/).