

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Eating Fish Protects Your Heart

According to the American Heart Association, eating fish twice a week will lower your risk of heart failure, heart attack, and stroke. The best fish for heart health are oily fish such as salmon, mackerel, herring, lake trout, sardines, or albacore tuna. These fish are all high in omega-3 fatty acids.

So many people have heard about the benefits of omega-3s that fish oil is the most popular nutrition supplement in the United States. However, the latest research shows fish oil isn't as beneficial as actually eating fish. Whole fish offers a wealth of nutrients besides omega-3 oil, such as protein and selenium. For reasons scientists do not yet fully understand, nutrients often provide the most benefit when they are combined with other nutrients—in the form of food!

Eating fish is both healthy and delicious! Here are a few tips for including fish in your meal plan:

- Keep seafood on hand. Seafood doesn't need to be fresh to give you health benefits. Canned and frozen seafood varieties are just as healthy.
- Be creative. Try different ways to enjoy seafood like seafood salads, tacos, stir-fry, or with pasta.
- Cook it safely. Make sure you follow safe food handling practices and cook seafood to an internal temperature of 145°F.

ChooseMyPlate.gov offers tips on [how to get more heart-healthy seafood on your plate](http://www.choosemyplate.gov/ten-tips-eat-seafood) (www.choosemyplate.gov/ten-tips-eat-seafood).

Sources:

[American Heart Association](http://newsroom.heart.org/news/keep-saying-yes-to-fish-twice-a-week-for-heart-health) (newsroom.heart.org/news/keep-saying-yes-to-fish-twice-a-week-for-heart-health)

[Harvard Health](http://www.health.harvard.edu/blog/fish-oil-friend-or-foe-201307126467) (www.health.harvard.edu/blog/fish-oil-friend-or-foe-201307126467)



## Asparagus with Gremolata Sauce

Serving Size: 1/2 cup | Serves: 6

Asparagus with gremolata sauce is a great side dish to serve with fish. Gremolata is a dressing or a type of garnish that is made with chopped parsley, garlic, and lemon zest.

### Ingredients:

- 3 cups fresh asparagus (washed and trimmed)
- 2 tablespoons butter or margarine
- 2 teaspoons grated lemon peel
- 1 garlic clove (peeled and minced)
- 2 tablespoons lemon juice
- Parsley to taste

### Instructions:

1. Cook asparagus in a large pot of boiling water until tender—about 4 minutes.
2. Drain. Rinse with cold water to cool quickly and drain again.
3. Pat dry.
4. Melt margarine or butter in a large heavy skillet over medium high heat.
5. Add lemon peel and garlic. Stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté asparagus until heated through—about 3 minutes.
8. Sprinkle with parsley and serve.

### Nutrition information per serving:

49 calories, 4g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 3mg sodium, 3g total carbohydrate, 2g fiber, 1g sugar, 2g protein

Recipe courtesy of the [USDA Mixing Bowl](http://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/asparagus-gremolata-sauce) (whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/asparagus-gremolata-sauce).



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

## Smartphones in the Kitchen

A 2016 FDA survey showed 49% of consumers use their smartphones while preparing food. However, only one-third washed their hands with soap after touching the devices! Why is this a big deal? Whenever you touch a phone, the bacteria on that phone travel to your hands. If your unwashed hands then touch food, you transfer those bacteria to the food. This can cause foodborne illness.

Here are three tips to keep your phone from contaminating your food:

- Clean and sanitize your phone regularly with a lint-free cloth.
- Avoid taking your phone into the bathroom.
- Scrub your hands at least 20 seconds with soap and warm water after touching a phone and before handling food.

Sources:

[FDA](http://www.fda.gov/Food/FoodbornellnessContaminants/BuyStoreServeSafeFood/ucm614915.htm) ([www.fda.gov/Food/FoodbornellnessContaminants/BuyStoreServeSafeFood/ucm614915.htm](http://www.fda.gov/Food/FoodbornellnessContaminants/BuyStoreServeSafeFood/ucm614915.htm))

[National Institutes of Health](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466825) ([www.ncbi.nlm.nih.gov/pmc/articles/PMC5466825](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466825))

[Phys.org](http://phys.org/news/2019-03-smartphone-dirtier-toilet.html) ([phys.org/news/2019-03-smartphone-dirtier-toilet.html](http://phys.org/news/2019-03-smartphone-dirtier-toilet.html))

## Get Your Family Moving!

You probably know that regular physical activity helps both parents and children stay well. It strengthens the heart, muscles, and bones. But did you know that physical activity could strengthen families, too? Families that take walks, play sports, or do physically active chores together often notice these benefits: better communication and bonding, less stress and conflict, and more family fun!



Getting family members of all ages involved in the same physical activity at one time can be a challenge. Here are tips that may help:

- Set regular, specific activity times. Determine times when the whole family is available.
- Plan and track progress. Write plans on a family calendar.
- Build new skills. Enroll yourself and the kids in exercise classes you will both enjoy.
- Treat physical activity as a gift. Give presents that encourage physical activity, such as bikes, balls, jump ropes, and badminton sets.

Both parents and children can treasure the times when the family is physically active together. Visit [Choose MyPlate's Ten Tips to Be an Active Family](http://www.choosemyplate.gov/ten-tips-be-an-active-family) ([www.choosemyplate.gov/ten-tips-be-an-active-family](http://www.choosemyplate.gov/ten-tips-be-an-active-family)) for additional information.

Sources:

[ChooseMyPlate.gov](http://www.choosemyplate.gov/ten-tips-be-an-active-family) ([www.choosemyplate.gov/ten-tips-be-an-active-family](http://www.choosemyplate.gov/ten-tips-be-an-active-family))

[WebMD](http://www.webmd.com/fitness-exercise/ideas-active-family-fun) ([www.webmd.com/fitness-exercise/ideas-active-family-fun](http://www.webmd.com/fitness-exercise/ideas-active-family-fun))