

# Words on Wellness

Your extension connection to nutrition and fitness

## Milk Myths Busted!

June is Dairy Month — a good time to consider the benefits of drinking milk and eating other dairy foods for calcium and Vitamin D. Drinking milk increases bone health, reduces risk of heart disease, type 2 diabetes, and blood pressure. Despite these benefits, some milk myths prevent some people from drinking milk. Our ISU Extension and Outreach myth busters have “busted” a few of these myths below.

### Milk Myth 1: Milk causes mucus

**Myth Buster:** For some, drinking milk may make mucus thicker than it is normally. However drinking milk for most people does not make your body produce more phlegm and will not worsen a cold.

### Milk Myth 2: Organic milk is much healthier than conventional milk

**Myth Buster:** Cup for cup, organic and conventionally-produced milk contain the same nine essential nutrients such as calcium, vitamin D, and potassium. Both conventionally-produced and organic milk are routinely tested for antibiotics and pesticides and must comply with very stringent safety standards, ensuring that both organic milk and conventional milk are pure, safe, and nutritious.

### Milk Myth 3: Fat-free milk has almost no nutritional value.

**Myth Buster:** Fat-free milk has the same amount of calcium, vitamin D, and protein as whole, 2%, and 1% milk. The only nutritional difference among the varieties of milk is the amount of fat and calories per serving. Another difference is that fat-free milk is often cheaper than the other varieties. A family of four changing from whole milk to fat-free milk could save \$8 to \$11 per week and shave off 5,040 calories and 518 grams of fat!



## Fruit Kabobs & Yogurt Dip



**Serves: 6 (Serving size: 1 toothpick )**

### Ingredients:

- 2 small fruits of your choice (apple, pear, banana, kiwi, grapes)
- 1 8-ounce can chunk pineapple
- 1 6- or 8-ounce container fruit yogurt
- 1 to 2 tablespoons low-fat whipped topping

### Directions:

1. Wash fruit with cold running water.
2. Drain pineapple juice into a bowl.
3. Cut fruit in wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
4. Thread fruit on skewers or toothpicks. Arrange on a platter.
5. Stir together the yogurt and whipped topping. Pour into a bowl for dipping.

### Nutrient information per serving

60 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 13 g total carbohydrate, 1 g fiber, 2 g protein

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## Food safety in stormy weather

This time of year brings occasional stormy weather. Are you prepared if your power goes off? Your refrigerator and freezer can help you avoid foodborne illness if you are prepared.

### Be prepared

- **Monitor the temperature.** Keep a thermometer toward the front of the refrigerator and freezer. Check the temperatures as soon as you can after the power is restored before the food refreezes and you cannot tell how warm it had been. Safe temperatures are 40°F or lower in the refrigerator and 0°F or lower in the freezer.
- **Keep ready-to-eat food.** Store ready-to-eat foods in case you can't cook or cool food.

### When the power goes out

- Refrigerator and freezer doors should be kept closed as much as possible.
- The refrigerator will keep food cold for about four hours if the door is kept closed.
- A full freezer will hold temperature about 48 hours (24 hours if half-full).
- Packages can be grouped in an "igloo" if the freezer isn't full.

### When power is restored

- Toss perishable food that has been above 40°F for two hours or more.
- Throw out food with an unusual odor, color, or texture, or that feels warm to the touch.
- Check for ice crystals in frozen food. Food partially or completely thawed may be safely refrozen if it still contains ice crystals or is 40°F or colder.

### When in doubt, throw it out.

Need to know which foods are safe to keep? Ask for *When the Home Freezer Stops* (PM 1367) at your county Extension and Outreach office. Or download it: [store.extension.iastate.edu/Product/When-the-Home-Freezer-Stops](http://store.extension.iastate.edu/Product/When-the-Home-Freezer-Stops)

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

## Iowa Games – A great way to get moving this summer

**What are the Iowa Games?** The Iowa Games offer statewide competition in some 50 sports. The Iowa Games provide Iowans with recreational opportunities through Olympic-style events.

**Who can compete?** All Iowans! There are events for athletes of all ages and abilities! Athletes in all competitive events vie for Iowa Games gold, silver, and bronze medals with neck ribbons.

**When and where are the Games?** The Summer Games are scheduled the last three weekends in July. Events take place in central Iowa with most events in Ames.

**How do I register?** Go to: [www.iowagames.org/Register.aspx](http://www.iowagames.org/Register.aspx)

**Which sports are included?** Whether you compete in golf, handball, fishing, Zumba, or any of the more than 50 events, you'll find them described at: [www.iowagames.org/Sports/SummerGames.aspx](http://www.iowagames.org/Sports/SummerGames.aspx)



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