

Words on Wellness

Your extension connection to nutrition and fitness

2015 Dietary Guidelines Released

The 2015 Dietary Guidelines for Americans were recently released. They emphasize that a healthy eating pattern isn't a rigid prescription, but is adaptable so that individuals can enjoy foods that meet their personal, cultural, and traditional preferences and fit within their budget. This edition of the Dietary Guidelines focuses on shifts to emphasize the need to make substitutions—choosing nutrient-dense foods and beverages in place of less healthy choices.



An eating pattern represents the totality of all foods and beverages consumed. All foods consumed as part of a healthy eating pattern fit together like a puzzle to meet nutritional needs without exceeding limits, such as those for saturated fats, added sugars, sodium, and total calories. All forms of foods—including fresh, canned, dried, and frozen—can be included in healthy eating patterns.

Nutritional needs should be met primarily from foods. Individuals should aim to meet their nutrient needs through healthy eating patterns that include nutrient-dense foods. Foods in nutrient-dense forms contain essential vitamins and minerals and also dietary fiber and other naturally occurring substances that may have positive health effects. In some cases, fortified foods and dietary supplements may be useful in providing one or more nutrients that otherwise may be consumed in less than recommended amounts.

Healthy eating patterns are adaptable. Individuals have more than one way to achieve a healthy eating pattern. Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns. New to this edition is a specified limit to help achieve a healthy pattern within calorie limits:

- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2,300 milligrams per day of sodium.

For more information on the 2015 Dietary Guidelines, visit <http://health.gov/dietaryguidelines/2015/>.



Fish Sandwich

Serving Size: 1 sandwich | Serves: 4

Ingredients:

- 2 tablespoons oil
- 1/4 cup cornmeal
- 4 (3-ounce) frozen white filets (e.g., tilapia), thawed
- 4 hamburger buns
- Optional sandwich toppings: sliced onions and tomatoes, leaf lettuce, tartar sauce, etc.

Instructions:

1. Heat oil in a skillet over medium heat until hot. Spread the cornmeal on a plate and press the fish into the cornmeal to coat all sides.
2. Fry the fish in the hot oil until the cornmeal is lightly browned. This will take about 2–3 minutes on each side. Fish is done when the internal temperature reaches 145°F or it flakes easily with a fork.
3. Move the fish from the frying pan to a plate lined with paper towels. Pat the fish dry with more paper towels.
4. Assemble sandwiches with your favorite toppings.

Nutrition information per serving:

300 calories, 10g total fat, 1.5g saturated fat, 0g trans fat, 45mg cholesterol, 250mg sodium, 29g total carbohydrate, 1g fiber, 3g sugar, 22g 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/.



www.extension.iastate.edu

Leftovers and Food Safety

The first step in having safe leftovers is to cook the food safely. Cook the food to the proper temperature by using a food thermometer. Bacteria grow rapidly in the temperature danger zone (40°F to 140°F), so be sure your leftovers are safe by following these steps:

- Refrigerate leftovers within 2 hours of cooking or holding it hot.
- Throw away all cooked food that has been at room temperature for more than 2 hours.
- Cool foods rapidly. To do this, large quantities of food should be cut in smaller pieces first or divided into shallow containers that will aid in cooling.
- Cover leftovers well before refrigerating. This helps keep odors and bacteria out and moisture in.
- Store leftovers in the refrigerator for up to 4 days or freeze for up to 4 months. Although leftovers are safe indefinitely when frozen, quality will deteriorate when stored longer.

For a chart on storage times, visit <http://www.foodsafety.gov/keep/charts/storagetimes.html>.

Physical Activity Guidelines

The relationship between diet and physical activity contributes to calorie balance and managing body weight. A key recommendation of the 2015 Dietary Guidelines is to meet the Physical Activity Guidelines for Americans, which help promote health and reduce risk of chronic disease. Remember the following:



- Regular physical activity offers health benefits for everyone!
- Some physical activity is better than none.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity physical activity, such as brisk walking. You can get this amount in by being active 30 minutes 5 days a week.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.

Need some motivation? Not sure where to start? The free online USDA Physical Activity Tracker may be a good way to get new ideas for being physically active and help you track your movement. This is available at <https://www.supertracker.usda.gov/physicalactivitytracker.aspx>.

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