

# Words on Wellness

Your extension connection to nutrition and fitness

## GREEN—It's the Color of the Season!

After a long winter, the first, fresh vegetables of spring taste wonderful, whether from your garden, a farmer's market, food co-op, or local grocery store! Lettuce is plentiful, being a fairly easy vegetable to grow, but many kinds of leafy greens are available.

Many people make iceberg lettuce the base of a fresh salad, but spring and summer bring many more options! This summer, try something new like arugula, frisée, kale, or spinach. The different colors, flavors, and textures make an attractive salad and the fresh greens are loaded with nutrients.

**Arugula:** This leafy green offers a spicy, peppery flavor which gives a zesty "punch" when added raw to salads. Arugula is rich in phytonutrients, which may reduce the risk of several kinds of cancers, including breast, stomach and colon.

**Frisée:** This frilly, funky-looking green adds fun to a fresh salad! It contains many vitamins and minerals and is especially high in folate, and vitamins A and K. The feathery leaves also can give a touch of elegance to a fresh salad.

**Kale:** Kale is considered a "powerhouse of nutrition," with beautiful leaves that provide an earthy flavor. It is an excellent source for vitamin K, and helps lower cholesterol.

**Spinach:** This dark green leafy vegetable is fairly mild in flavor overall. It is one of the most nutrient-dense foods available, being packed with vitamins (especially A and C) and minerals (especially iron).

### Jazz up your fresh salad by adding:

- **Fruits:** Use fresh or dried berries, apples, and oranges. Fruit juice could be part of the dressing.
- **Grains:** Try adding cooked whole grain pastas, brown rice, quinoa, barley, wheat berries, or bulgur.
- **Protein:** Include proteins like nuts, seeds, beans, tofu, lean fish, and meats.
- **Dressing:** Keep it light in both calories and saturated fat, yet high in flavor with small amounts of juices, spices, herbs, flavored oils, and flavored vinegars.



## Salad in a Bag

**Serves:** Variable  
**(Serving size: 1 1/2 cups)**

### Ingredients

- 1 cup salad greens per person (romaine, spinach, arugula, etc.)
- 1/2 cup vegetables per person such as: broccoli, black beans, shredded carrot, peas, cabbage, cucumbers, onions, tomatoes
- 1-2 tablespoons salad dressing per person

### Directions

1. Use a one-gallon sized zip-lock bag for a family sized salad or a one-quart sized bag for individual salads.
2. Place 1 cup salad greens per person in the gallon bag or 1 cup in each quart bag.
3. For individual salads in quart bags, add 1/2 cup veggies to each bag. For a family sized salad in gallon bag, add 1/2 cup veggies per person.
4. Add salad dressing.
5. Zip bag shut and shake to distribute the dressing over all the ingredients.

See more recipes at *SpendSmart EatSmart*:  
<http://www.extension.iastate.edu/foodsavings/>

### Nutrient information per serving

160 calories, 10 g total fat (1.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 260 mg sodium, 15 g total carbohydrate (6 g sugar), 5 g fiber, 4 g protein

**Note:** Recipe analyzed using romaine lettuce, black beans, carrots, peas, tomatoes, and French salad dressing.

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## Springtime Learning = Summer Safety

Use technology to introduce your children or grandchildren to food safety basics they can put to use all summer long. Below is a list of technology-based resources that can help make learning food safety fun. The first two are free apps for iPads, iPhones, or iPod touch that can be downloaded from iTunes:

- **Perfect Picnic Game:** This app helps kids learn how to build and run a food safe picnic park.
- **Solve the Outbreak:** This app allows kids to become a food detective and uncover the *what, why, and how* of foodborne illness outbreaks and to see the type of work that real-life “Disease Detectives” do. *(Created by the Centers for Disease Control and Prevention)*
- **Scrub Club:** This interactive website teaches kids about hand-washing through the use of games, songs, videos, and other downloadable activities. *(From the National Science Foundation International)* Go to: <http://www.scrubclub.org/home.aspx>



For more information on these and other food safety applications, please visit: <http://www.fightbac.org/kids>

## Be Active, No Matter Your Age!

Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. Go4Life was designed to help adults 50 and older incorporate more exercise and physical activity into their daily lives. Learn about this exercise and physical activity campaign from the National Institute on Aging by visiting their Go4Life® website at: <http://go4life.nia.nih.gov/>

You can order a free video/DVD (*Go4Life Everyday Exercises from the National Institute on Aging*) from: <https://order.nia.nih.gov/health/publication/order/MS033>

Designed for older adults, the DVD features strength, balance, and flexibility exercises that can be done at home, at work, at the gym—almost anywhere.

The video is a companion to the popular exercise book, *Exercise & Physical Activity: Your Everyday Guide* from the National Institute on Aging, available in English and Spanish. This 120-page book can be ordered free by going to: <https://order.nia.nih.gov/health/publication/order/BK004>



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