

Words on Wellness

Your extension connection to nutrition and fitness

Healthier Snacks Sold in Schools

If you have a child in school, you may have already heard about the new “Smart Snack” guidelines going into effect this year in Iowa schools that participate in the federal school lunch program. The 2010 Healthy, Hunger-Free Kids’ Act updated the nutrition standards for snacks and beverages sold in school vending machines, via a la carte sales in the cafeteria, and at school stores and some fundraisers.

The new “Smart Snack” guidelines are intended to limit the availability of high-energy, low-nutrition foods like sugary beverages, candy, chips, and snack cakes.

The guidelines require snacks to:

- Be a whole grain, fruit, vegetable, dairy product, and/or protein food;
- Provide at least 10% of the daily value of potassium, calcium, fiber, or vitamin D;
- Contain no more than 200 calories and 230 mg sodium;
- Provide no more than 35% of its calories as fat and no more than 10% as saturated fat (exceptions: nutrient-rich snacks such as nuts, seeds, and low-fat cheese); and
- Be no more than 35% sugar by weight.

The below table shows the difference in snacks allowed before and after the “Smart Snack” guidelines.



No Knead Whole Wheat Bread

Sandwiches are a packed lunch staple. Homemade bread makes a sandwich special. Try this easy-to-make, tasty, bread recipe. **Serves 16**

Ingredients

- 1 1/4 cups nonfat milk, lukewarm (100–110°F)
- 1/4 cup orange or apple juice
- 3 tablespoons honey
- 1 teaspoon salt
- 1 packet instant yeast (about 2 1/4 teaspoons)
- 2 cups whole wheat flour
- 1 1/4 cups all-purpose white flour

Instructions

1. Grease sides of an 8.5” x 4.5” loaf pan with nonstick spray.
2. Combine milk, juice, and honey in a bowl.
3. Add the remaining ingredients. Beat vigorously for 3 minutes. Dough will be thick. Scoop the dough into the pan. Cover pan with clean towel. Let the dough rise in a warm place for 45–75 minutes, until almost double in size.
4. When dough is almost doubled, preheat oven to 350°F.
5. Remove towel. Bake bread for about 30 minutes. Dough will pull away from sides of pan when bread is done. Cool 30 minutes before slicing.

Nutrition information per slice: 110 calories; 0 g fat; 0 mg cholesterol; 23 g carbohydrates; 4 g protein; 2 g fiber; 150 mg sodium

From Spend Smart Eat Smart at www.extension.iastate.edu/foodsavings/.

Before the New Standards			After the New Standards		
Food	Total Calories	“Empty” Calories	Food	Total Calories	“Empty” Calories
6 medium chocolate sandwich cookies	286	182	1.0 oz peanuts	170	0
2.2-oz fruit-flavored candies	249	177	Snack bag light popcorn	161	17
1 large donut	242	147	1 oz low-fat tortilla chips	118	0
1 chocolate bar	235	112	1 granola bar (oats, fruit, nuts)	95	32
12 fl oz soda	136	126	12 fl oz flavored water	0	0

Adapted from “Smart Snacks Infographic,” USDA Food and Nutrition Service, <http://www.fns.usda.gov/smart-snacks-school-infographic>

School Snacks FAQs

Will I break the law if I put a double-fudge brownie in my child’s or grandchild’s lunch? Although it is important that both schools and caregivers promote healthy eating for the well-being of children, the standards do not apply to packed lunches.

Will cupcakes be forbidden at classroom parties? Nope. These rules govern only food sold to children in school, not food that is given to them free.

How can I find out more about the new Smart Snacks standards? For more information on the USDA Smart Snacks standards, visit www.fns.usda.gov/school-meals/smart-snacks-school.

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What's in Your Lunch Box?

When making a bag or box lunch for yourself or your child, don't forget to play it safe! Food that travels from one place to another is likely to stay outside of the refrigerator for more time than the food you serve at home. Therefore, the bacteria that cause foodborne illness have a better chance of growing rapidly in a bag lunch.

Use the Right Container

Gone are the days of a "brown bag" lunch. Choose insulated lunch bags and boxes to keep cold food cold. The lunch container should have enough space so that you can always fit in a reusable freezer pack or a plastic bottle filled with ice. Make sure the bag or box can easily be washed daily with hot soap and water. A dishwasher-safe lunchbox or a bag that can be laundered is ideal. Wash lunch boxes and other lunch containers soon after coming home.

Wash, Wash, Wash!

Wash hands thoroughly for at least 20 seconds with soap and hot water before preparing any food for the lunchbox. Make sure that any utensil that comes in contact with the food has been thoroughly washed and sanitized. When eating away from home, many people forget to wash hands before eating. This allows germs the perfect chance to transfer to a sandwich or apple. Make it easy for you and your child to eat with clean hands by including hand sanitizer or wipes in the lunch bag.

For more ideas on protecting your family's health when packing lunches, use the handout titled *What's for Lunch? It's in the Bag!* available at store.extension.iastate.edu/Product/PM3026.

A 10-Minute Run Does Your Heart Good

You don't have to be a marathoner to reap the health benefits of running. A recent Iowa State University study, published in the *Journal of the American College of Cardiology*, found that running for just 5 or 10 minutes a day can reduce your risk of heart disease.

Researchers followed more than 55,000 adults for 15 years to measure the benefits of running, according to DC (Duck-chul) Lee, lead author of the study and an assistant professor of kinesiology at Iowa State University. Lee stated "runners were 45 percent less likely to die from heart disease or stroke than non-runners, regardless of their running distance, duration or speed."

"Most people say they don't have time to exercise...but I think most everyone can find 5 to 10 minutes per day to run for the health benefits," Lee said. For more about the study, watch the video at www.news.iastate.edu/news/2014/07/28/runningmortality.

Looking for other quick ways to get fit? Check out ISU Extension's "Quick Fit," a program of exercises you can complete in only 15 minutes a day, 5 days a week: store.extension.iastate.edu/Product/EDC247.



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