

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Healthy Choices for Healthy Events

Everyone has a role in helping to create and support an environment for healthy eating. Try these tips to encourage healthy choices at meetings, conferences, parties, and other events.

- Strive to provide half of the food served from a variety of fruits and vegetables. Fruit makes a great dessert. Beans and legumes, such as black beans and chickpeas, are vegetable-based protein sources.
- Provide 100% whole-grain products in a variety of forms such as breads, rolls, crackers, or tortillas. Include whole-grain pasta, brown rice, quinoa, and other whole grains as part of healthful salads, mixed dishes, and casseroles.
- Serve smaller portion sizes such as mini bagels, 6-oz. bottles or cartons of 100% juice, or 3 oz. of meat, fish, or poultry. For more information about portion sizes, visit <https://store.extension.iastate.edu> to download publication PM 3024, How Much Are You Eating?
- Limit availability of processed foods, which tend to be higher in sodium and added sugars. Instead choose less-processed snack options like raw or dry-roasted nuts, fresh fruit, whole-grain chips with healthier dips (e.g., salsa, guacamole, or bean dips), or whole-grain baked products.
- Go green; provide pitchers and cups for drinking water during the event. If needed, offer non- or low-calorie beverages (40 calories per 12-ounce serving). Try water infused with fresh fruit, vegetables, or herbs.

### Sources:

- Tips for Offering Healthier Options and Physical Activity at Workplace Meetings and Events, Center for Disease Control and Prevention, <http://www.cdc.gov/obesity/downloads/tips-for-offering-healthier-options-and-pa-at-workplace.pdf>



## Carver Dip

Serving Size: 1/4 cup  
Serves: 8

### Ingredients:

- 1 can (15 ounces) sweet potatoes
- 1/2 cup unsweetened applesauce
- 1/4 teaspoon cinnamon
- 1 teaspoon sugar

### Instructions:

1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave-safe bowl.
3. Cook in microwave for 1 1/2 minutes or until heated through.
4. Stir until smooth.

### Nutrition information per serving:

70 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 16g total carbohydrate, 2g fiber, 5g sugar, 1g 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/](http://www.extension.iastate.edu/foodsavings/).

## The Real Deal on Raw Flour

You may be aware of the dangers related to eating raw dough because of the presence of raw eggs and the associated risk with Salmonella. However, did you know that there may be harmful strains of E. coli in flour?

The U.S. Food and Drug Administration (FDA) and Centers for Disease Control and Prevention are investigating E. coli O121 outbreaks related to raw flour. General Mills is conducting a voluntary recall on its three brands of flour: Gold Medal, Signature Kitchens, and Gold Medal Wondra. The varieties include unbleached, all-purpose, and self-rising flours. A person doesn't need to consume the raw flour to become ill.

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You can become ill if you handle it and forget to wash your hands.

Follow these food safety tips from the FDA when handling flour and raw dough:

- Do not let young children handle “play” clay that is homemade from raw dough.
- Do not eat any raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.
- Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- Keep foods made with raw flour separate from other foods during preparation to prevent any contamination that may be present from spreading. Be aware that flour may spread easily because of its powdery nature. Follow label directions to chill products containing raw dough promptly after purchase until baked.

For more information, please visit:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm508450.htm>

## Planks for a Strong Core

Need a way to strengthen your core muscles? Try planks. They hit all major abdominal muscles while also working the muscles of your back, chest, shoulders, glutes, and quads. Planks help to improve posture, increase flexibility, and improve balance. They can be easily modified based on your fitness level and abilities.



### Traditional plank:

1. Lay stomach-down on the ground and press your chest up until your shoulders are directly over your elbows.
2. Your body should be in a straight line from your head to your heels.
3. Engage your core muscles to maintain this position.

### Plank for beginners:

If you are new to exercise, try these modifications that will allow you to build up to achieving the traditional plank. Rather than placing your hands on the floor, you can hold on to a variety of objects, such as a bench or a platform. The further away your upper body is from the ground, the easier the exercise. Your elbows and shoulders should be in a line with each other. Make sure you engage your core to keep your hips and shoulders from dipping.

### Plank for people who use a wheelchair:

Transfer onto a low bench, table, or platform. Your toes, knees, or hips can be supported by the bench depending on your level of function. This is called the pivot point. Your body should form a straight line from your head to the pivot point. Your shoulders should be directly over your elbows.

Source: Planks 101, National Center on Health, Physical Activity and Disability,

<http://www.nchpad.org/1391/6235/Planks~101>

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