

Words on Wellness

Diet and Inflammation



A diet focused on eating more plant-based foods and less saturated fats will help lower chronic inflammation. Chronic inflammation can lead to disease. Choose anti-inflammatory foods to improve your health and well-being, lower your risk for disease, and improve your quality of life. Plant-based foods, such as berries and dark leafy vegetables, have anti-inflammatory properties. Base your diet on whole, nutrient-dense foods that contain antioxidants, and avoid highly processed products high in added sugar and fat. Your anti-inflammatory diet should provide a healthy balance of protein, carbohydrate, and fat.

Foods to eat more of include the following:

- **Whole Grains:** 3 servings/day; whole grains have brain healthy B vitamins and are a great source of fiber.
- **Green Leafy Veggies:** 6+ servings/week; dark leafy greens are nutrient packed with antioxidants and high in vitamins A, C, and K, all of which have anti-inflammatory properties.
- **Other Veggies:** 1 serving+/day; other vegetables like broccoli and cauliflower are cruciferous vegetables that protect against cell damage in our bodies.
- **Berries:** 2+ servings/week; berries get their superpowers from their bright colors that fight inflammation and cell damage.

Easy Roasted Veggies

Serving Size: 1 cup | Serves: 5

Ingredients:

- 5 cups of vegetables cut into uniform sized pieces (carrots, mushrooms, onions, potatoes, sweet potatoes, turnips, winter squash)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

Directions:

1. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Spread vegetables evenly in a single layer on the pan.
4. Sprinkle oil on the vegetables. Stir. Sprinkle with Italian seasoning, ground black pepper, and salt. Stir.
5. Bake for 20-40 minutes, stirring every 10 minutes. Bake until vegetables are tender.

Nutrition information per serving:

Nutrition Information per serving: 90 calories, 3 g total fat, 0 g sat fat, 0 g trans fat, 0 mg cholesterol, 95 mg sodium, 16 g total carbohydrate, 3 g fiber, 4 g sugar, 2 g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu



Plan Your Move

The health benefits of regular physical activity are well known, but many of us do not make it a part of our daily routine. Are you active for at least 30 minutes 5 days a week, or 150 minutes a week? Do you engage in muscle strengthening activity 2 days each week? If not, check out these tips:

- **Keep track!** Schedule time on your calendar for at least 30 minutes of physical activity 5 days each week. Find activities you enjoy like taking a walk outside or going for a swim.
- **Ask for a partner to join you.** Enjoy time with friends and family when you are active. Find an exercise partner to support you and hold you accountable.
- **Join a fitness class.** Joining a class can help you stick with it.
- **Find activities you can do all year.** Find an indoor place to walk like the grocery store or Walmart or watch an online exercise video when it isn't nice outside.



Wireless EBT Project

Iowans with limited incomes receiving SNAP have access to locally grown farm-fresh food at selected farmers markets with the Iowa Department of Health and Human Services' Wireless EBT Project. This project provides wireless machines to farmers across the state. This allows farmers to accept SNAP EBT, MasterCard, Visa, Discover and American Express cards. The program is a win-win for Iowans! You can use your EBT, credit, or debit card to purchase food at the farmers markets, making it easy to access fresh local Iowa food. The project helps farmers sell their products to people that may not have been able to buy them before. For more information and to see if you qualify for SNAP, call the hotline number, **1-855-944-3663**.

Check out your local farmers market to see if they participate in the Wireless EBT Project.

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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



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