

Words on Wellne

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Meatless Meals

Eating plant-based meals improves your heart health by lowering cholesterol levels and blood pressure. Eating meatless meals may also save you money at the grocery store. According to the American Heart Association, “People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available.”

Follow [MyPlate](https://myplate.gov), myplate.gov, to plan healthy meatless meals that include fruits and vegetables, whole grains, beans and legumes, unsalted nuts, and/or lower fat or fat-free dairy foods. Eating one meatless meal a week is a great way to start. Visit the [American Heart Association](https://www.heart.org), www.heart.org, for more tips on keeping your heart healthy.

Easy meatless meal ideas include the following:

- vegetable quesadillas
- spaghetti with tomato sauce
- macaroni and cheese
- bean burritos
- vegetable stir-fry with tofu
- lentil tacos
- stuffed potatoes

Source: [American Heart Association](https://www.heart.org), www.heart.org, and [Spend Smart. Eat Smart](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.

Santa Fe Stuffed Potatoes

Serving Size: 1 potato | Serves: 4

Ingredients:

- 4 medium potatoes
- 1 cup black beans (drained and rinsed if canned)
- 1 cup salsa
- 1 cup corn (canned or frozen)
- 1 cup cheese, shredded

Directions:

1. Preheat oven to 425°F.
2. Scrub potatoes and prick with fork. Bake for 1 hour or until cooked through.
3. Stir together beans, salsa, and corn in a saucepan about 10 minutes before the potatoes are done. Heat over medium heat until simmering.
4. Remove potatoes from oven. Cut in half lengthwise on plates. Spoon bean mixture over the top of each potato.
5. Sprinkle 1/4 cup cheese over each potato.

Nutrition information per serving:

380 calories, 10g total fat, 6g saturated fat, 0g trans fat, 30mg cholesterol, 730mg sodium, 59g total carbohydrate, 11g fiber, 5g sugar, 17g protein

This information is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.

Can You Outgrow a Food Allergy?

It appears age may affect a person's ability to outlast a food allergy. In general, children may outgrow allergies to milk, egg, soy, and wheat. New research also shows that up to 25 percent of children may outgrow their peanut allergy. However, food allergies in adults tend to be lifelong. The most common food allergies for adults are shellfish, tree nuts, peanuts, and soy.

Symptoms of an allergic reaction can include vomiting and diarrhea. These can sometimes be mistaken for the stomach flu or food poisoning. Currently, avoiding the food you are allergic to is the only way to protect against most food allergy reactions. Researchers are exploring treatments and therapies to help manage food allergies.

www.extension.iastate.edu

Source: [American College of Allergy, Asthma, and Immunology.org](http://AmericanCollegeofAllergy,Asthma,andImmunology.org).

Walk with Ease: A Program for Better Living

A team at Iowa State University (ISU) is leading the statewide rollout of Walk with Ease (WWE). It is an evidence-based program to help older adults establish healthy patterns of physical activity. The ISU team is currently inviting adults over the age of 60 to take part in an enhanced version of the virtual, self-directed WWE program. This includes access to an online portal as well as personalized support to help older adults incorporate more steps into their daily lives. All programming, including a guidebook, is free for those willing to provide feedback on the enhancements. For more information and to enroll in the program, visit [Walk with Ease](http://WalkwithEase.org), www.walkwitheaseisu.org.

Sources: [Walk with Ease](http://WalkwithEase.org) at Iowa State University, www.walkwitheaseisu.org.