

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## What is 'clean' labeling?

You may have heard or read of the movement in the food industry to create a clean food label. There is no legal definition to “clean” labeling, which increases confusion among consumers. Follow these tips when thinking about clean labeling.

Consider the source of the information. Be wary of advocacy groups using social media to push an agenda that may not be in the public’s best interest.

Food manufacturers quickly respond to changes in consumer preference. Before buying into the latest fad, think about whether it is market-driven or science-based.

Do not assume food label buzzwords such as “clean” or “all natural” are synonymous with nutritious or healthful.

For more information visit [www.news.iastate.edu/news/2017/10/31/cleanfood](http://www.news.iastate.edu/news/2017/10/31/cleanfood)



## RECIPE

### *It's a Meal Strata*

Serving Size: 4x4-inch piece | Serves 4

#### Ingredients

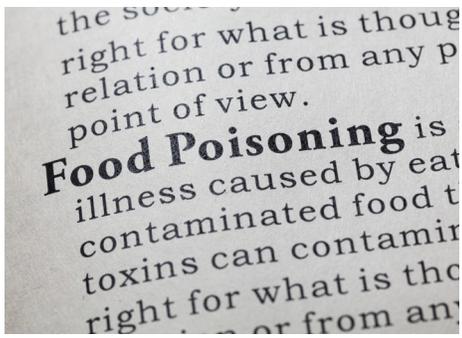
- 3 cups vegetables (sliced or chopped)
- 1 teaspoon oil (canola or vegetable)
- 1 clove garlic, minced, or 1/4 teaspoon garlic powder
- 1 package (3 ounces) light cream cheese (also called Neufchatel), softened
- 3 eggs
- 1 cup cubed bread (day old, about 1 slice)
- 1/3 cup cubed ham, cooked
- 1/8 teaspoon ground black pepper
- 1/3 cup cheddar cheese, shredded

#### Instructions

1. Preheat oven to 350°F.
2. Cut the vegetables so they are about the same size.
3. Heat oil over medium high heat in a large skillet. Add the vegetables and garlic and cook until tender (stirring occasionally). Turn off heat and pat the vegetables with paper towels to remove the moisture. Set aside.
4. Beat the cream cheese until smooth in a large bowl. Add eggs and beat well.
5. Stir in vegetables, bread, cubed ham, and pepper.
6. Pour into a greased 8x 8-inch baking dish or small casserole dish.
7. Bake uncovered for 10–15 minutes or until the egg mixture is set.
8. Remove from heat, sprinkle on the cheese, and let stand for 5–10 minutes before serving.

Nutrition information per serving: 200 calories, 12g total fat, 5 g saturated fat, 0 g trans fat, 165 mg cholesterol, 350 mg sodium, 11 g total carbohydrate, 2g fiber, 13 g sugar, 13 g protein

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



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Not Always the Last Thing You Ate

One minute you're fine, and the next you begin to sweat as crippling cramps move wavelike through your belly. You vomit or have diarrhea, or both, fearing you won't live to see another day; then it goes away. You're back to your old self, maybe after a day or two.

The Centers for Disease Control and Prevention estimates that this scenario, known as an "acute gastrointestinal event," happens to all of us at least once a year. People tend to blame the last thing they ate, but most likely it could be something from a day or two ago.

It takes the stomach around four to six hours to empty a full meal, and then the small intestine takes about six to eight hours to get out all the nutrients and empty into the colon. The remains linger there for another one to three days.

While this may not be something you like to think about, knowing this information the next time you get sick will help you be able to estimate when you might have eaten the food that made you sick. For example, if you throw up something and don't have diarrhea, it could be that what made you ill was something you ate within the last four to six hours. If you wake up in the middle of the night with cramps and diarrhea, it's more likely something you consumed 18 to 48 hours earlier.

Source: [www.cdc.gov/foodsafety/](http://www.cdc.gov/foodsafety/)

## Staying Active in Wintertime

Winter months can be a challenge for daily physical activity because the need does not change in cold weather. Adults can ensure children (and they are moving and developing their muscles by providing large muscle play opportunities. Action rhymes are a great way to get everyone moving. What are action rhymes? These are songs or poems set to motion that tell a story. Some classic action rhymes include "Row Your Boat," "Ring Around the Rosy," and "Head and Shoulder, Knees and Toes."



When winter weather will allow, walking in the snow is a workout in itself; make it more interesting by searching for animal tracks. Pretending to be those animals when there is snow on the ground is a fun new game. Old-time favorite activities like creating a snow angel, dancing the "Hokey Pokey," or playing the game "Duck, Duck Goose" are also a workout in the snow. Throwing snowballs at a target (a red circle in the snow made using food coloring) will satisfy the throwing urge and no one gets hurt. Following the leader or marching in a circle lifting those legs as high as they can go and swinging arms gets many muscles working.

Source: Posted on December 24, 2012, by Shannon Lindquist, Michigan State University Extension.