

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Intermittent Fasting? Not So Fast!

Intermittent fasting (IF)—the practice of abstaining from food for limited periods—is growing in popularity as a dieting fad. Two main types of IF are the 5:2 diet and time-restricted feeding. On the 5:2 diet, a person eats normally five days of the week and then eats just one meal a day on two nonconsecutive days. Time-restricted feeding involves fasting for about 16 hours a day, with an 8-hour eating window, usually from 10 a.m. to 6 p.m.



Some people are attracted to IF as a way to lose weight because it doesn't require calorie-counting. However, fasting can cause headaches, fatigue, and lightheadedness. Fasting at certain times may lead to overeating at other times. This practice is dangerous for people with certain health conditions, such as diabetes.

In the short term, according to the American Heart Association, IF does not help people lose weight or lower their cholesterol levels any more than conventional methods of dieting do. The long-term effects of this way of eating are unknown.

If you are interested in exploring proven and safe methods of weight control, visit the Weight-control Information Network (WIN) at [www.niddk.nih.gov/health-information/communication-programs/win](http://www.niddk.nih.gov/health-information/communication-programs/win). Consult your doctor before beginning any weight-control program.

Sources: [www.todaysdietitian.com/newarchives/0218p34.shtml](http://www.todaysdietitian.com/newarchives/0218p34.shtml)

[www.webmd.com/diet/a-z/intermittent-fasting](http://www.webmd.com/diet/a-z/intermittent-fasting)

[www.health.harvard.edu/heart-health/not-so-fast-pros-and-cons-of-the-newest-diet-trend](http://www.health.harvard.edu/heart-health/not-so-fast-pros-and-cons-of-the-newest-diet-trend)



## Mini Salmon Loaves

Serving Size: 1 loaf | Serves: 6

### Ingredients

- 1 cup canned Alaska salmon, drained (skinless, boneless, flaked)
- 1 egg, large (slightly beaten)
- 1 tablespoon milk (fat free)
- 1 teaspoon minced dried onion
- 1 teaspoon fresh dill weed, chopped
- 1/2 teaspoon lemon pepper seasoning
- 3 tablespoons whole wheat bread crumbs

### Instructions

1. Preheat oven to 350°F.
2. Place salmon in a medium bowl.
3. Break apart chunks of salmon using a fork.
4. Add egg, milk, onion, dill weed, lemon pepper, and bread crumbs. Mix well.
5. Divide salmon mixture into 6 even portions.
6. Shape each portion into a mini loaf.
7. Bake for 15 minutes. Heat to 160°F or higher for at least 15 seconds.
8. Serve 1 loaf (about 1 1/2 oz. cooked).

**Nutrition information per serving:** 82 calories, 3g total fat, 1g saturated fat, 0g trans fat, 101mg cholesterol, 197mg sodium, 3g total carbohydrate, 0g fiber, 0g sugar, 11g protein

Recipe source: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/mini-salmon-loaves>



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

Region 6 & 12  
Nutrition and Wellness  
Happenings:

Sept 10- Oct 1- Stay  
Independent: A Healthy Aging  
Series (Carroll)

September 18- Meal Planning  
Magic Child Care Training  
(Cherokee)

September 22- Preserve the  
Taste of Summer Workshop:  
Pressure Canning (Harlan)

September 25- ServSafe  
(Storm Lake)

September 27- Spend Smart.  
Eat Smart (Jefferson)

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## Kitchen Towels Can Be Home to Dangerous Bacteria

How often do you wash your cloth kitchen towels? In a recent study, researchers examined the bacterial content of 100 kitchen towels that families used for one month without washing. They found significant bacterial growth on 49 of these towels, including bacteria that can cause serious illness, such as *Staphylococcus aureus* and *E. coli*. The towels most likely to harbor bacteria were made of cotton. Because cotton is more absorbent than nylon and other synthetic fabrics, it's better able to hold the moisture bacteria need to grow. Towels used for just one purpose, such as only wiping utensils, held much less bacteria than multipurpose towels used for drying dishes, wiping hands, and cleaning up spills.

To prevent illness, toss reusable dish towels into the laundry after each use. A damp dish towel, especially, should not be reused before laundering. Air-dry dishes and utensils in a rack rather than wipe them with a cloth towel. Be sure to wash and sanitize sinks, counters, and refrigerator handles daily to reduce the risk of bacteria transferring from these surfaces to your clean towels.

Sources: [www.medpagetoday.com/meetingcoverage/asmmicrobe/73401](http://www.medpagetoday.com/meetingcoverage/asmmicrobe/73401)  
[www.healthline.com/health-news/your-kitchen-towels-are-probably-full-of-bacteria#1](http://www.healthline.com/health-news/your-kitchen-towels-are-probably-full-of-bacteria#1)

## Resistance Training Prevents Sarcopenia

Sarcopenia is the decline of skeletal muscle tissue, or muscle mass, as we age. The loss of this muscle progressively impairs the strength and balance of older adults until they can no longer perform daily activities independently.

You can prevent or reverse sarcopenia by staying physically active, particularly with resistance training and weight-bearing exercises. Resistance training (using resistance bands or lifting weights) has shown the best results for building and maintaining muscle. However, other weight-bearing exercises, such as walking, hiking, jogging, climbing stairs, dancing, or tennis, are beneficial as well.



The more we use our muscles, the bigger they grow! It's never too early—or too late—to start strengthening our muscles to stay independent for life. To find out more, download "Stay Independent, Prevent Sarcopenia" at [store.extension.iastate.edu/product/14826](http://store.extension.iastate.edu/product/14826).

Source: [www.ncbi.nlm.nih.gov/pmc/articles/PMC4849483/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4849483/)