

Words on Wellness

Your extension connection to nutrition and fitness

Eggs Provide 'Egg'cellent Nutrition

It was once believed that limiting your egg intake was an important step in eating a heart healthy diet. After all, one egg yolk provides 215 milligrams of cholesterol (recommended intake is less than 300 milligrams daily). This myth is slowly being dispelled, however, with the release of the 2010 Dietary Guidelines for Americans. Supported by the U.S. Departments of Agriculture and Health and Human Services, the guidelines are a set of recommendations based on current scientific evidence. They are intended to promote health, lower the risk of chronic disease, and decrease the incidence of overweight and obesity through better nutrition practices and physical activity. The 2010 guidelines state there is no evidence to suggest that eating one egg daily increases blood cholesterol or the risk of heart disease in healthy people. Eggs are an inexpensive, but excellent source of protein, vitamins, and minerals.



A Dozen Egg Safety Tips

Eggs made news earlier this year because of a salmonella outbreak. Properly handling and storing eggs will reduce the risk of contaminating eggs with salmonella. Salmonella infection is often the result of eating raw or undercooked eggs or egg products, meat, or poultry. It can take from several hours to about two days to cause symptoms. Following is a list of possible signs and symptoms of salmonella infection:

- Nausea • Vomiting • Abdominal pain • Diarrhea • Fever • Chills • Headache
- Muscle pains • Blood in the stool

There are many ways to make sure eggs are safe to eat. Use the following tips:

1. Buy eggs only if sold from a refrigerator or refrigerated case at 45°F.
2. Store eggs in their original carton on a shelf in the refrigerator (not in the door) and use them within 3 weeks for best quality.
3. Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with eggs and egg-containing foods.
4. Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
5. Casseroles and other dishes containing eggs should be cooked to 160°F (72°C). Use a food thermometer to be sure.



(Continued on back)



Eggs in a Pocket

Serves 4

Ingredients

- 4 eggs
- ¼ cup skim milk
- ⅓ cup onion, chopped
- ⅓ cup red pepper, chopped
- ⅓ cup green pepper, chopped
- 2 teaspoons dry mustard
- ½ cup reduced fat cheddar cheese
- 2 whole wheat pita bread shells, halved
- Salsa, optional

Directions

Whisk together eggs, milk, onion, red pepper, green pepper, and mustard. Heat 10-inch skillet to medium high heat and pour egg mixture into pan. Scramble eggs until firm but still moist. Just before eggs are set, add cheese and warm until melted.

Warm pita pockets in microwave for 20 seconds. Open one pita half and spoon ¼ of egg mix into shell. Serve hot.

Nutrient analysis per serving

- 210 calories
- 14 g protein
- 22 g carbohydrates
- 7 g (2.5 g saturated)
- 215 mg cholesterol
- 330 mg sodium

Source: Iowa Egg Council



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(Egg safety tips continued)

6. For recipes that call for eggs that are raw or undercooked when the dish is served—Caesar salad dressing and homemade ice cream are two examples—use pasteurized egg products.
7. Avoid taste-testing egg-containing foods before they are thoroughly cooked.
8. For buffet-style serving, hot egg dishes should be kept hot, and cold egg dishes kept cold.
9. Cooked eggs, including hard-boiled eggs, and egg-containing foods should not sit out for more than 2 hours. Within 2 hours either reheat or refrigerate.
10. Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking.
11. Refrigerate leftover cooked egg dishes and use within 3 to 4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.
12. Cooked eggs for a picnic should be packed in an insulated cooler with enough ice or frozen gel packs to keep them cold. Don't put the cooler in the trunk—carry it in the air-conditioned passenger compartment of the car.

Source: Retrieved from "Playing It Safe With Eggs" at: http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm?sms_ss=email&at_xt=4dc78645fdbd556a%2C0

Dancing

Whether you prefer to exercise in the privacy of your home or at your local YMCA, you'll find that dancing is a great way to get your body moving! A person weighing 150 pounds can burn approximately 200 calories in 30 minutes with light dancing, such as ballroom dancing. More intense dancing, such as ballet, can burn upwards of 275 calories per 30 minutes of activity. Dancing is a great way to improve cardiovascular fitness, muscle strength, endurance, and flexibility. Experts also say that certain dancing styles offer different benefits. For example, if you are looking to improve muscle tone in your legs and stomach, ballet or reggae dancing should be your choice. If you are looking to improve cardiovascular fitness, then tap, jazz, and African dance would be the best for you.

The wonderful part about dancing is that you do not have to follow a certain style (e.g., ballet, tap, jazz) to get the health benefits. You can just pop in a CD, play the music of your choice, and start boogying in your living room! If you have young children, get the whole family involved by having a dance competition. Have the children pick out their favorite song and let them create their own moves.



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Want to try something new with your spouse? How about enrolling in a ballroom dance class? It may take a while to convince your partner that it will be fun, but once the class begins, it will be a guaranteed good time! Check with your local park and recreation services to find where classes might be offered near you.

As with any type of exercise, it is recommended that you consult with your physician before starting a new exercise.

Adapted from: "Dancing Your Way to Fitness," *Ebony*, Dec 1998