

Words on Wellness

Your extension connection to nutrition and fitness



Are You at Risk?

May is National Osteoporosis Awareness and Prevention Month.

Thirty years ago, osteoporosis and the broken bones it caused were considered part of normal aging. Fortunately, today we know how to prevent osteoporosis. Eating a nutritious diet that includes adequate amounts of calcium and vitamin D, in addition to regular exercise, can maintain our bone health and prevent osteoporosis. Vitamin D plays two important roles in bone health. Vitamin D increases calcium absorption from the food we eat. Vitamin D also will “pull” calcium from our bones if we do not get enough calcium in our diet.

- Recommended daily calcium intake for adults

	Calcium (mg)
Males aged 18-70	1000
Males aged 70+	1200
Females aged 18-50	1000
Females aged 50+	1200

- Good sources of calcium are low-fat milk, yogurt, and cheese along with foods with added calcium such as orange juice, cereals, and breads.

- Recommended daily intake for vitamin D

	Vitamin D (IU)
Children–Adults aged 70	600
Adults aged 70+	800

- Natural sources of vitamin D include some kinds of fish (e.g., salmon, herring, mackerel, and tuna). Some foods and beverages, such as breakfast cereals, margarine, orange juice, and soy beverages are commonly fortified with this nutrient. The best source of vitamin D is exposure to sunlight. Vitamin D is vital for calcium absorption in bones and to improve muscle strength.

Osteoporosis prevention should begin in childhood. Eighty-five percent of adult bone mass is acquired by age 18 in girls and age 20 in boys. Plenty of physical activity during the preteen and teen years helps to increase bone mass and greatly reduces the risk of osteoporosis in adulthood.

- Get regular exercise. Keep bones healthy through weight-bearing exercises such as walking, jogging, stair climbing, dancing, or weight lifting.

You may not know that you have osteoporosis until a strain, bump, or fall causes a bone to break. You're never too young or too old to improve the health of your bones.



Grilled Salmon with Avocado Dip



Serves 6

Ingredients

2 avocados – peeled, pitted, and diced
 2 cloves garlic, peeled and minced
 3 Tablespoons Greek-style yogurt
 1 Tablespoon fresh lemon juice
 Pepper to taste
 2 pounds salmon steaks
 2 teaspoons dried dill weed
 2 teaspoons lemon pepper

Directions

- Preheat an outdoor grill to high heat, and lightly oil grate (or spray with nonstick spray).
- In a medium bowl, mash together avocados, garlic, yogurt, and lemon juice. Season with pepper.
- Rub salmon with dill and lemon pepper. Place on the prepared grill and cook 15 minutes, turning once, until easily flaked with a fork. Serve with the avocado mixture.

Nutrient analysis per serving

326 calories; 20 gm total fat*; 2.9 gm saturated fat; 9.6 gm monounsaturated fat; 5 gm polyunsaturated fat; 84 mg cholesterol; 83 mg sodium; 3.8 gm total carbohydrates; 3 gm dietary fiber; 32 gm protein

* Over one-half (14.6 gm, 54.3%) of the total fat is from heart healthy fats (monounsaturated and polyunsaturated fats). These fats, provided by the salmon and avocado, have positive effects on blood cholesterol levels.

Source: www.allrecipes.com



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Think Summer, Think Safety!

It's May and time to brush off the outdoor grill. A national poll reveals that 6 out of 10 Americans can't wait to fire up the grill for the outdoor cooking season. Nearly 90 percent of people say they plan to enjoy grilled food in their own backyard this summer. It's important to have a safe as well as an enjoyable barbecue season.

Here are some safety tips to guide you through a safe grilling season.

1. Grills are for outside only. Never barbecue in your trailer, tent, house, garage, or any enclosed area because carbon monoxide can accumulate and harm you. Set up your grill in an open area that is well-ventilated and away from buildings, overhead combustible surfaces, dry leaves, or brush. Use baking soda to control a grease fire and have a fire extinguisher handy.
2. Use different utensils, platters, and tongs for raw versus cooked meats, fish, or poultry on the grill. One of the biggest mistakes made while grilling is to use the same platter for raw meat as well as grilled meat. That mistake allows the bacteria from raw meat juices to contaminate the cooked meat. Be sure to wash utensils and platters with hot, soapy water and rinse with hot water to remove and kill bacteria.
3. Keep cold foods cold. If you are transporting cold food outside, be sure to keep it cold for as long as possible by using a cooler with ice. Place the cooler in the car rather than in the trunk to keep cold foods cold while transporting. Keep raw meats separate from foods that won't be cooked. Meat stored on ice will contaminate the ice, so use very heavy plastic bags or a separate ice chest for the meat.
4. Use the two-hour rule. After the picnic, chill your leftover foods quickly. Leaving food out longer than one to two hours will allow it to warm up to temperatures that permit illness-causing bacteria to grow. Put your leftovers back on ice or discard them if you can't keep them cold.

Be sure to follow these safety tips so your grill season can be fun, relaxing, and safe.

Pushing the Pedal

You hear about "going green" in your daily life and reducing your carbon footprint. One way for you to get a little greener is to ride a bike. May is also National Bike Month. This is a great excuse to get off your couch or from behind the wheels of your car and enjoy the thrill and fun of riding a bike.

Cycling isn't just good for the environment, it's good for you. Casual pedaling burns about 500 calories per hour (for a 150-pound person), all while enjoying the fresh air and sunshine of spring and making some extra Vitamin D for your bones. Wear a properly fitted bicycle helmet, adjust the bicycle to fit, check the tires and brakes, and be sure to wear white or bright colored clothing so other riders and drivers can see you while having fun this summer on your bike.

Get the whole family involved and ride this May.



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