

Words on Wellness

Your extension connection to nutrition and fitness

Vegetarian Diet: Getting the Most Nutrition

October is Vegetarian Awareness month.

A well-planned vegetarian diet can meet the needs of people of all ages, including children, teenagers, and adults. It starts with the menu and ends with enjoying tasty foods. MyPyramid and MyPlate www.choosemyplate.com are helpful tools for a healthy diet, whether or not it is vegetarian.

People following vegetarian diets may do so for a variety of reasons. Whatever the reason, people can obtain all the nutrients they need from a vegetarian diet. However, they must be careful to eat a wide array of foods to meet their nutritional needs, paying close attention to protein, iron, calcium, zinc, and vitamin B12.

There are three main types of vegetarian diets:

- 1. Vegan:** excludes all meat, poultry, fish, eggs and dairy products, and any foods that contain these products.
- 2. Lacto:** excludes meat, fish, poultry, and eggs, as well as foods that contain them. Dairy products are allowed.
- 3. Lacto-ovo:** excludes meat, fish, and poultry, but allows eggs and dairy products. It is the position of the American Dietetic Association that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention and treatment of certain diseases. For more information on eating healthy, visit www.eatright.org.

Skating Your Way

Roller skating or blading is a fun activity and can improve your heart and lung health as well as muscular endurance. It requires relatively good balance and coordination, but if you want to glide gracefully, you will need a lot of practice. Beginning skating does not have to be an expensive trip to the sporting goods store. Try it out at your local skating rink or check the local parks and recreation office or fitness center to see if they rent roller skates or rollerblades.

If you decide you like skating, get skates designed with a high roller skate boot for maximum ankle support. Skating is a great workout, so try it. Be sure to wear protective gear, including helmet, knee and elbow pads, and gloves before strapping on those skates.



Amazon Bean Soup with Winter Squash and Greens

Serves: 8 (Serving size: 1 ½ cups)

Ingredients

- 1 tablespoon butter
- 4 cloves garlic, minced, or 2 teaspoons minced garlic
- 2 carrots, chopped
- 1 medium onion, chopped
- 6 cups reduced-sodium chicken broth
- 3 pounds winter squash peeled and diced (about 6 cups)
- 1 plum tomato, chopped
- ¼ teaspoon crushed red pepper
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 15-ounce cans pinto or other canned beans, drained and rinsed
- 10 ounces spinach, stemmed, and coarsely chopped
- 1 lime, cut into wedges – optional

Directions

- Melt butter in a Dutch oven (or thick-walled, usually cast iron cooking pot with tight-fitting lid) over medium-high heat. Add garlic, carrots, and onion and cook, stirring occasionally, until the vegetables are tender and lightly browned, 5 to 7 minutes. Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, salt, and pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.
- Transfer 3 cups of the soup to a blender and puree until smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot. Stir in beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

Nutrient information per serving

223 calories; 3 gm fat (2 gm sat., 0 gm mono); 8 mg cholesterol; 310 mg sodium; 43 gm carbohydrates; 0 gm added sugars; 10 gm fiber; 11 gm protein; 927 mg potassium



Adapted from www.eatingwell.com/recipes/

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Make Safe Food Choices for Pregnancy

Moms want the best for their babies, and typically pay more attention to their diet and physical activity during pregnancy. They eat more fruits and vegetables, whole grains, and dairy products. Because pregnancy affects the immune system, moms and their unborn babies are more susceptible to bacteria, viruses, and parasites that cause foodborne illness. But do you know there are foods to avoid during pregnancy? Pregnant women are at increased risk of bacterial food poisoning because the immune system is compromised.

Here is a checklist to help ensure that moms and babies stay healthy and safe.

- Raw, undercooked, or contaminated seafood may contain harmful bacteria or viruses. It's important to avoid raw oysters and clams and refrigerated smoked seafood, such as lox. Cook most fish to an internal temperature of 145°F. Canned, shelf-stable versions of seafood (e.g., tuna and salmon) and seafood cooked to the proper internal temperatures are safe to eat.
- Avoid undercooked meat, poultry, and eggs. Fully cook all meats and poultry before eating. **Cook hot dogs and processed deli meats until steaming or avoid them all together.** Cook eggs until the egg yolks and whites are firm as raw eggs can be contaminated with the salmonella bacteria. Bake cookies and cakes. Raw cookie dough or cake batter may contain salmonella from raw eggs.
- Avoid unpasteurized foods such as unpasteurized milk or soft cheeses. Be sure these cheeses are clearly labeled as being pasteurized or made with pasteurized milk: brie, feta, camembert, blue cheese, and mexican-style cheeses such as queso blanco, queso fresco and panela. Avoid drinking unpasteurized juice or homemade apple cider. Check their label.
- Avoid unwashed fruits and vegetables as they may harbor harmful bacteria. Cut away any damaged portions as well. Avoid raw sprouts of any kind. Alfalfa, clover, radish, and mung bean sprouts may contain disease-causing bacteria, so cook thoroughly. Always check with your healthcare provider for specific food, food safety, and pregnancy questions.



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