

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Be the Food Safety MVP on Super Bowl Sunday

Super Bowl Sunday is fast approaching. The big game is a big day for food. When food sits out at room temperature for long periods of time, the door is open to uninvited guests—bacteria that cause foodborne illness. Every year 48 million people become ill from foodborne illness! Don't be the cause of a foodborne illness penalty flag! Follow these game day rules:



- Keep hot food HOT and cold food COLD: Hot food needs to be held at 140°F or higher. Use slow cookers and warming trays. Cold food needs to be held at 40°F or lower. Nest dishes in bowls of ice. Otherwise, use small serving trays and replace them as needed.
- Follow the two-hour rule: Perishable foods should not sit at room temperature for more than two hours. Between the pre- and post-game shows, you may easily have food sitting out 4–6 hours; temperature control is required.
- Handle food safely: Always wash your hands before handling food, and clean all surfaces. Use different utensils for each food item and ask guests to use new plates when returning to the food table.

For more information on food safety and cooking temperatures, visit ISU's [food safety website](#) or call the USDA Meat and Poultry Hotline at 1-888-674-6854.

## Baked Fish and Chips

Serves: 4 | Serving size: 2 fish strips, 1 cup potatoes

### Ingredients:

- 4 cups potatoes (4 medium)
- 1 tablespoon oil (canola or vegetable)
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 fish fillets, thawed (wild salmon, about 3 oz. each)
- 3 cups cornflakes
- 1 egg
- 2 tablespoons water
- 1/3 cup flour

Nutrition information (per serving):  
410 calories, 7g total fat, 1g saturated fat, 90mg cholesterol, 300mg sodium, 63g total carbohydrates, 6g fiber, 4g sugar, 26g protein

### Directions:

1. The potatoes (chips) take longer to bake. Once they are in the oven, prepare the fish.
2. Preheat oven to 425°F.
3. Scrub potatoes under running water using a clean vegetable brush. Cut in half and then into 1/4 inch slices.
4. Combine potatoes, oil, salt, and pepper in a bowl. Stir so potatoes are covered with oil.
5. Spray a cookie sheet with cooking oil spray and lay slices out in a single layer.
6. Bake for 15 minutes. Turn potatoes over and bake for 15 minutes more (for a total of 30 minutes).
7. Cut each fillet into two strips.
8. Place cornflakes in a plastic ziplock bag. Crush by rolling a glass over the bag.
9. Beat egg and water together in a bowl.
10. Spray a cookie sheet with cooking oil spray. Put flour in a dish. Dip each strip into flour, then egg mixture, then cornflakes.
11. Place fish on the sheet and bake in oven for 15 minutes until fish is 145°F or flakes easily with a fork.

Recipe source: [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/recipes) (spendsmart.extension.iastate.edu/recipes)



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

## The Sunshine Vitamin

Vitamin D is not just for your bones! It's also important for the health of your nerves, muscles, and immune system. Research suggests it can even help combat depression. Many Iowans have difficulty maintaining adequate vitamin D levels in the winter months, 40–75% of us being deficient.

It is recommended those up to the age of 70 years consume 600 International Units (IU) and those over the age of 70 consume 800 IU of vitamin D. We get vitamin D three ways: through our diet, our skin, and supplements. Yes, vitamin D is so important your body makes it with a little help from the sun!

In order to reach therapeutic levels described by research requires a supplement. You should always speak with your health care provider before taking any supplements. Eating vitamin D-rich foods during the winter months is especially important. Try these vitamin D-rich foods:

- Fatty fish (e.g., tuna, wild salmon, sardines canned in oil; canned fish is just as good as fresh or frozen)
- Eggs (yolk)\*
- Beef liver\*
- Fortified foods (e.g., milk [skim, 1%, 2%, or whole], yogurt, cereals, etc.)

\*If you avoid these foods because of the cholesterol content, don't worry. A review of science revealed dietary cholesterol intake doesn't significantly impact your cholesterol levels.

Sources:

[Journal of Pharmacology and Pharmacotherapeutics](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3356951) (www.ncbi.nlm.nih.gov/pmc/articles/PMC3356951)

[Vitamin D: Finding a Balance—Harvard Health Publishing](http://www.health.harvard.edu/blog/vitamin-d-finding-balance-2017072112070) (www.health.harvard.edu/blog/vitamin-d-finding-balance-2017072112070)

## Try A New Winter Sport

Have you always wanted to learn how to ski? How about ice skating? Snowboarding? Snowshoeing? Now's the time! There are a variety of winter activities right outside your doorstep that are affordable and fun. The best part—you can burn calories while enjoying yourself! A 150-pound person can burn approximately 415 calories per hour cross-country skiing. Check out the DNR website for trails and other winter activities!



Source: [Iowa Department of Natural Resources](http://www.iowadnr.gov/About-DNR/DNR-News-Releases/ArticleID/457/Iowa-Winter-Treks-and-Trails-to-Test-Those-Fitness-Trackers) (www.iowadnr.gov/About-DNR/DNR-News-Releases/ArticleID/457/Iowa-Winter-Treks-and-Trails-to-Test-Those-Fitness-Trackers)