

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

“Instant Pot” might help you eat healthier

The electric programmable pressure cooker, popularly known as the “Instant Pot” or “Insta-Pot,” has become a best-selling kitchen appliance.

Like a pressure cooker used on stovetops, it can cook beans and whole grains quickly as well as tenderize tough cuts of meat. Unlike a traditional pressure cooker, though, you don’t have to watch this pot. Just program it—then walk away.

The Insta-Pot does not cook all dishes equally well. Its moist heat is great for stews and pork shoulders, for example, but not for making chicken legs crisp. Still, if you believe that shorter cooking times would motivate you to make more meals at home, the Insta-Pot could be one way to improve your diet. Studies show that meals made at home are likely to be more nutritious (and lower cost!) than processed foods or restaurant meals.

Before you buy, however, be sure to read independent product reviews to get the right brand for you. For more information about choosing an electric pressure cooker, visit blogs.extension.iastate.edu/answerline/2016/11/21/electric-pressure-cookers/.

Sources:

www.nytimes.com/2017/01/31/dining/instant-pot-electric-pressure-cooker-recipes.html

www.todaysdietitian.com/newarchives/050409p42.shtml



Red Beans and Rice

Serving Size: 1/2 cup vegetables and 1/2 cup rice | Serves: 8

Ingredients

- 1/2 tablespoon oil (canola or vegetable)
- 1 medium onion, chopped (about 1 cup)
- 1/4 teaspoon garlic powder
- 2 medium tomatoes (finely diced)
- 1 medium green bell pepper, chopped (about 1 cup)
- 2 ribs celery, sliced (about 1 cup)
- 1/2 teaspoon dried oregano
- 1 can (15 ounces) red beans (rinsed and drained)
- 4 cups instant brown rice, cooked

Instructions

1. Place oil in large skillet and heat. Add onion and cook until soft.
2. Add garlic powder, tomatoes, green pepper, celery, and oregano.
3. Cover and simmer until vegetables are crisp tender (about 5 minutes).
4. Add beans and simmer. Stir mixture every once in a while until heated through.
5. Cook rice according to package directions.
6. Spoon the vegetable and bean mixture over rice.

Nutrition information per serving: 260 calories, 3g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 130mg sodium, 49g total carbohydrate, 7g fiber, 2g sugar, 9g protein

Recipe courtesy of ISU Extension and Outreach’s Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.

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www.extension.iastate.edu

Feeling Queasy? Call, It's Easy!

To get more people to report foodborne illness or “food poisoning,” the Iowa Department of Public Health recently launched the IowaSic Hotline. Now when you think you ate something that made you sick, you can call 1-844-IowaSic or 1-844-469-2742. A trained specialist will ask you about your symptoms and all the foods you ate recently. If your illness seems related to a food you bought, the Iowa Food and Consumer Safety Bureau will investigate.

By calling IowaSic, you may save others from the misery of foodborne illness—and worse. A food “bug” that makes you only queasy could possibly kill other, more vulnerable people, such as young children and the elderly.

To find out more on what to do if you think you have a foodborne illness, go to youtu.be/NteaRbPFbno.

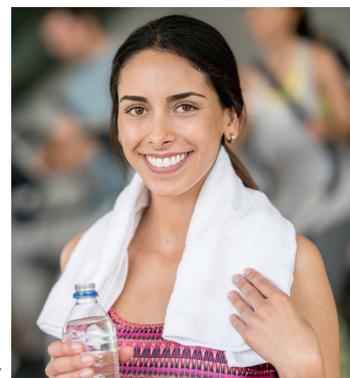
Source: www.foodsafetynews.com/2016/10/who-ya-gonna-call-iowa-outbreak-busters-launch-hotline/

Indulging in Physical Activity

What do you think about when you think of being physically active?

Did you know that thinking positively about physical activity can actually change the way you experience it?

According to a study in the Journal of Behavioral Medicine, people tend to enjoy physical activity much more if they already believe that the exercise will make them feel better.



Start thinking of physical activity as a treat instead of a chore:

- Remind yourself of times when physical activity was fun! Recall how you felt playing softball or racing your bike as a kid.
- While engaging in physical activity, be mindful of the pleasant effects it's having on your body. Think: “I’m breathing more deeply!” “It feels good to be using my muscles.”
- Enlist friends and family as cheerleaders. Celebrate your small successes on Facebook or Twitter—“Just walked two miles in 40 minutes. Not out of breath!”
- Pair physical activity with the things you already enjoy. If you’d like to spend more time with family or friends, take a group hike with them. If you’d like more time for yourself with a good mystery, get an audio version of the book and listen to it on the treadmill.

For more tips on indulging in the luxury of physical activity, visit food.unl.edu/fitness-indulgence.

Sources: www.psychologytoday.com/blog/the-athletes-way/201608/study-if-you-believe-in-exercise-itll-make-you-feel-good

www.esquire.co.uk/life/fitness-wellbeing/news/a14468/psychological-tricks-exercise-hacks/

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