Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Eat Right, Bite by Bite

March is National Nutrition Month, a campaign created by the Academy of Nutrition and Dietetics. This year's theme is Eat Right, Bite by Bite.

The first "bite" is knowing portion sizes. Use common items to help guide your portion sizes:

- Baseball or fist = 1 cup salad greens or cereal
- Deck of cards = 3 ounces of meat, fish, or poultry
- Four stacked dice = 1 1/2 ounces of cheese
- One die = 1 teaspoon of margarine or spread
- Ping pong ball = 2 tablespoons of peanut butter

Do you like to bake breads, muffins, or cookies? Another "bite" to consider is increasing your whole grain intake. Simply substitute whole wheat flour for all-purpose flour. Start by substituting one-fourth of the all-purpose flour with whole wheat flour, then one-half, three-fourths, and possibly all!

Another "bite" to consider? Replace some or all of the oil in breads, muffins, or cookies with fruit canned in 100% juice. This will help limit fat intake. Pureed fruit, like applesauce, works best. Use the same approach as the whole wheat flour—start by substituting one-fourth of the oil with fruit and work up to one-half or three-fourths.

Small changes do have a positive effect on your health, and every little "bite" is a step in the right direction!

Sources:

Eat Right, www.eatright.org/food/resources/national-nutrition-month

National Health, Lung, and Blood Institute, www.nhlbi.nih.gov/health/educational/wecan/downloads/servingcard7.pdf

Pineapple Snack Cakes

Serving Size: 1 | Serves: 12

Ingredients:

- 1 can (20 ounces) crushed pineapple in 100% juice
- 1 cup whole wheat flour
- 3/4 cup all-purpose white flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup white sugar
- 3 tablespoons oil (canola or vegetable)
- 1 teaspoon vanilla
- 2 eggs

Instructions:

1. Preheat oven 350°F. Line muffin tin or spray with cooking spray.
2. Drain juice from pineapple into a bowl. Save the juice for step 4. Dab pineapple with paper towel to dry.
3. Whisk whole wheat flour, all-purpose flour, baking powder, baking soda, and salt together in a medium bowl.
4. Beat sugar, oil, vanilla, and 1/4 cup of the saved pineapple juice until combined. Beat in eggs. Stir in crushed pineapple.
5. Pour wet ingredients into dry ingredients. Stir until just combined. Divide batter into muffin tins.
6. Bake until golden and tester inserted into center comes out clean, about 18–20 minutes.
7. Store leftovers in an airtight container in the refrigerator.

Nutrition information per serving:

170 calories, 4.5g total fat, 0.5g saturated fat, 0g trans fat, 30mg cholesterol, 150mg sodium, 29g total carbohydrate, 2g fiber, 15g sugar, 3g protein

Recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website.

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Counties served:

Region 2:	Region 3:
Emmet	Cerro Gordo
Hancock	Floyd
Kossuth	Franklin
Palo Alto	Mitchell
Winnebago	Worth

Scrub by Scrub: The Importance of Washing Your Produce

As we transition from winter to spring, many fruits and vegetables—like asparagus and strawberries—start to be in season! It is very important to remember to wash fresh produce prior to eating in order to remove any harmful bacteria like E. coli or listeria. The next time you reach for a fruit or vegetable, use these strategies to ensure it's clean and fresh:

- Wash your produce immediately before eating. Washing some produce—like berries—before storing actually hastens spoilage.
- Wash all produce in cold water; do not use detergents or soap to clean the outside of your fruit.
- Try using a vegetable brush for fruits and vegetables that have a thick skin.
- Produce that has tiny nooks and crannies—like cauliflower and broccoli—should be soaked in cold, clean water for one to two minutes.
- You don't need to rewash products that are labeled "ready to eat" or "triple washed."

For visual demonstrations of other ways to select, store, and prepare food, check out the Spend Smart. Eat Smart. website, spendsmart.extension.iastate.edu/videos.

Warm Weather and Warm Joints!

As seasons change, our bodies work to adjust to different temperatures. Unfortunately, this can cause our joints to become stiff and uncomfortable during weather changes. Try these three mobility exercises to increase functionality and reduce pain during the changing seasons:

Standing Hip Openers: Find your balance on one foot with the help of a chair. Standing on one leg, make a circle with the knee of the other leg. Bring the knee out to the side of your body and then back. Complete the motion 4–5 times with each leg.

Ankle Mobility: Stand tall with one hand on a wall for balance. Rise up onto your toes so your heels come off the floor. Then slowly rock back to the heels of your feet, letting your toes rise from the floor. Rock back and forth about 10 times.

Knee to Chest Stretch: Place back against a wall and bring one knee to your chest. Grab the knee with both hands and hold the stretch for 30 seconds. Repeat stretch on each leg, standing up tall against the wall.

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