

# Words on Wellness

Your extension connection to nutrition and fitness

## Tip-Offs to Find Rip-Offs

Everyday we hear about a new super-food, the next miracle cure, or a pill that provides overnight weight loss. Health fraud scams have been around for hundreds of years. Manufacturers behind these “miracle” products prey on consumers’ desires for easy solutions to difficult health issues to pad their bottom line.

Fraudulent products not only will not work, they could cause serious injury. The U.S. Food and Drug Administration (FDA) found over 100 weight-loss products that were illegally marketed as dietary supplements contained sibutramine, an ingredient pulled from the U.S. market in 2010.

FDA offers these tips to spot rip-offs:

- **One product does it all.** Be suspicious of products that claim to cure a wide range of diseases.
- **Personal testimonials.** “I’ve been cured” is an easy statement to make up and is not a substitute for scientific evidence.
- **Quick fixes.** Beware of any claim to eliminate a disease or condition quickly.
- **“All natural.”** Some natural plants are poisonous and can cause death when consumed. FDA has found products containing hidden and dangerously high doses of prescription or untested active ingredients.
- **“Miracle cure.”** Alarms should go off when you see this claim. If a real cure had been discovered, it would be widely reported through the media and prescribed by a health professional.
- **Conspiracy theories.** Claims stating that the authorities are hiding information about a “miracle cure” are untrue and unfounded.

It can be difficult to spot fraudulent claims. They can be promoted by popular television personalities or by persons perceived to be in positions of authority. If you are tempted to purchase a product with a claim, check with your health care professional first.

Research-based reliable sources include: public health agencies, hospitals, government sources and websites ending in .gov, universities and websites ending in .edu, or qualified nutrition experts, such as a registered dietitian (RD) or a Nutrition and Health Program Specialist at your local extension office.



## Rice Salad with Mango and Black Beans

**Serves: 4 (Serving size: 1¼ cup)**

### Ingredients

2 cups cooked brown rice  
1 can (15 ounces) black beans, rinsed and drained  
¾ cup diced, fresh mango in ¼-inch pieces  
½ cup chopped and seeded plum tomato  
⅓ cup chopped green onion, green and white parts

### Dressing:

⅓ cup orange juice  
1 – 2 tablespoons fresh lime juice  
1 serrano chile pepper or 1- to 2-inch piece jalapeno pepper  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
1 tablespoon canola oil  
2 – 3 tablespoons fresh cilantro, chopped  
Salt and pepper to taste

### Directions

1. Combine rice, beans, mango, tomato, and onion in mixing bowl. Cover and refrigerate up to 2 hours before serving salad.
2. Dressing: Whirl together in blender: orange and lime juices, chile pepper, cumin, and oregano until chile is ground up.
3. Add oil and whirl to blend. Refrigerate dressing up to two hours before serving. Just before serving, pour dressing over salad and sprinkle with cilantro.

### Nutrient information per serving

284 calories, 5 g total fat (less than 1 g saturated fat), 201 mg sodium, 51 g carbohydrates, 10 g dietary fiber, 10 g protein



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## Teach Kids to be Food Safe

The kitchen is often the first place children go when they get home from school, but it's not always the safest place. Millions of children become ill from the food they eat. The U.S. Department of Agriculture (USDA) makes these recommendations:

1. Place books, bookbags, and sporting equipment on the floor, not on kitchen counters or table where germs could be transferred.
2. Empty out lunch boxes and throw away perishable sandwiches or other "refrigerator type" foods, such as yogurt tubes or cheese sticks, left over from lunch. Be sure to clean your lunch box with warm, soapy water and rinse well.
3. Wash your hands before you make or eat a snack.
4. Wash fresh fruits and vegetables with running tap water before you eat them.
5. Do not leave cold items, like milk, lunchmeat, hardcooked eggs, or yogurt out on the counter. Put these foods back in the refrigerator as soon as you've fixed your snack. Do not eat any perishable food that has been left out of the refrigerator for 2 hours.



For more information visit: [http://www.fsis.usda.gov/Fact\\_Sheets/Food\\_Safety\\_After\\_School/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_After_School/index.asp)

## No Workout on Purpose?

For some people, making a commitment to engage in physical activity is unheard of. Their counterparts, on the other hand, can't wait for their next sweat-laden encounter. Why the difference? Scientists are curious about the different attitudes between these two groups.

One finding so far: how people interpret their body's sensations during and after exercise plays a major role in whether they enjoy it and make it a habit. Physical sensations of exertion or fatigue, such as increases in body temperature, also can influence whether they stick with an exercise routine. One group views this as enjoyable while the other group sees this as uncomfortable.

Researchers at Iowa State University found that many individuals inaccurately self-assess their physical fitness and push beyond their limits. This causes pain and dislike of the physical activity. The researchers suggest more positive experiences over time are needed to increase physical activity. Factors that can help boost the motivation to move include:

- how competent a person feels performing the activity
- whether the activity involves listening to music
- whether the activity is in an aesthetically pleasing environment
- whether the person feels he or she has some control or choice in the matter, and
- whether the activity fosters an ability to belong.



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