

Words on Wellness

Your extension connection to nutrition and fitness

Get Ready to Rough It with Fiber!

You've probably heard it before: Eat more fiber! Do you know why fiber is so good for your health? Eating an adequate amount of fiber will lower your risk of diabetes, heart disease, and constipation. What a package deal! Current recommendations suggest that we consume at least 20 grams of dietary fiber per day from food, not supplements. The more calories you eat each day, the more fiber you need; teens and men may require 30 to 35 grams per day or more. Eating a healthy diet rich in whole grains, vegetables, and fruits will usually provide most of the fiber you'll need.

Here are some tips for choosing high-fiber foods:

- 1. Go with whole.** Whole fruits are packed with more fiber and a lot fewer calories than their juice counterparts. Choose whole grains, such as whole wheat or whole oats. Select grain products that have a whole grain listed as the first ingredient—typically found just below the nutrition facts panel. Breads, cereals, crackers, and other grain foods should have at least 3 grams of fiber per serving.
- 2. Break the fast with fruit.** Get off to a great start by adding fruit, like berries or melon, to your breakfast every day.
- 3. Eat more dried beans.** It's easy to forget about beans, but they're a great tasting, inexpensive source of fiber that also provides protein and other important nutrients.
- 4. Try a new dish.** Test new recipes that use whole grains, like tabouli, cooked barley, dried beans, or lentils.



Apple Dumplings

Serves: 6

Ingredients

2 tablespoons packed brown sugar
1 ½ teaspoon cinnamon
1 teaspoon cornstarch
1 teaspoon vanilla extract
1 tablespoon water
6 small apples, peeled and cored
6 square 12-inch egg roll wrappers
Nonstick cooking spray

Directions

1. Preheat oven to 375° F. Spray six muffin cups with nonstick cooking spray.
2. In a large bowl, combine sugar, cinnamon, cornstarch, vanilla, and 1 tablespoon water. Roll peeled apples in mixture until coated.
3. Place one apple in center of egg roll wrapper. Bring corners up to the top of the apple, pressing and folding to seal the edges.
4. Place each dumpling in muffin cup and lightly spray the tops with cooking spray.
5. Bake until golden, about 20 minutes. Cool for 15 minutes.

Nutrient information per serving

190 calories, 1 g total fat, 190 mg sodium, 43 g total carbohydrate, 4 g fiber, 4 g protein.

Mail Order Food Safety

Convenience means different things to different people; to many it means saving time. Food delivered by mail is a popular, convenient gift idea.

Because ordering food through the mail may cause concern about food safety, it's imperative to develop some mental checklists for how both food and packaging

(Continued on back)



IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.



www.extension.iastate.edu

(Food Safety continued)

should look when it arrives. This is especially true for perishable foods that must be handled in a timely manner to prevent foodborne illness. The following will help determine if the foods have been handled properly.

- Make sure the company meets state or federal requirements for mail delivery.
- Make sure the company sends perishable foods with a cold source, such as dry ice.
- Make sure perishable items and the outer package are labeled "Keep Refrigerated" to alert the recipient. Food should be delivered as quickly as possible – ideally, overnight.
- Open packaged food marked "Keep Refrigerated" immediately and check temperature of items:
 - The food should arrive frozen or with ice crystals still visible or refrigerator cold—below 41°F as measured with a calibrated food thermometer.
 - Even if a product is smoked, cured, vacuum-packed, and/or fully cooked, it still is a perishable product and must be kept cold.
 - If perishable food arrives warm — above 41°F, notify the company. Do not consume the food. Do not even taste suspect food. Responsible companies will reimburse you or send another package.
- Don't have perishable items delivered to an office unless you know it will arrive on a work day and there is refrigerator space available to keep it cold.

If mail order foods arrive in a questionable condition, the following organizations can provide help.

- USDA Meat and Poultry Hotline 1-888-MPHotline, weekdays
9 a.m. to 3 p.m. CT (1-888-674-6854) (meat, poultry, and egg products)
- FDA Outreach and Information Center 1-888-723-3366 weekdays
9 a.m. to 3 p.m. CT (any foods other than meat, poultry, and egg products)

Family Fitness – Get Healthy Together

Today we go everywhere by car and sit for hours in front of the TV or computer. This sedentary lifestyle has been tied to obesity and other health-related problems. Family exercise can improve the health of your loved ones, be fun, and at the same time develop stronger connections among all of you. The goal is to get youth active with 60 minutes of moderate to vigorous exercise every day; adults need 30 minutes every day. So, how do you find a way to make it work for everyone?



Combine exercise and household chores by having the entire family walk the dog, rake the lawn, or weed the garden. Engaging the entire family in household chores/activities makes the workload lighter for everyone and builds a sense of teamwork. Designate one evening as family fitness night and take turns designing the family workout you will all do together. Eventually, all family members get to do their preferred workout activities and all will benefit from a workout that will never be dull. In the process, you'll teach your children not only about health, but also family connection. Most importantly, make it fun for everyone!



PM 2099Y October 2012

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.