

Words on Wellness

Your extension connection to nutrition and fitness



What Does Gluten-Free Mean?

Gluten is a protein found in wheat, barley, malts, triticale (a cross between wheat and rye), and rye. Foods that typically contain gluten include bread, pasta, crackers, cereal, candies, brown-colored soda, beer, and gravy. Manufacturers now produce gluten-free products labeled "gluten-free" indicating products do not include ingredients containing gluten.

Examples of gluten-free foods: **rice, corn, potato, soy, buckwheat, most dairy products, eggs, meats, beans, fish, fruits, and vegetables.**

Gluten-Free Diets

Approximately one percent of Americans have Celiac Disease and are prescribed a gluten-free diet. When people with this disease eat gluten, they are likely to become ill, have stomach pain and diarrhea, because their small intestines become inflamed and damaged. After multiple exposures to gluten, the intestines lose their ability to absorb essential nutrients.

Some people may experience weight loss when they initially begin this diet, partially due to the limited number of gluten-free products. There is recent interest in using a gluten-free diet for weight loss, though gluten-free diets are not recommended as a long-term solution. There is no evidence showing that a gluten-free diet will lead to weight loss. Gluten-free products contain a similar number of calories and may have increased sugar and fat to make them palatable.

Food Safety: Home-Canned Salsas

Cooks love to experiment with salsa recipes and many want to preserve their winning combination by canning. Most salsa recipes are a mixture of low-acid foods (such as onions and peppers), with high-acid foods (such as tomatoes). The type and amount of ingredients as well as the preparation method are important considerations to safely preserve homemade salsa. Improperly home-canned salsas or other tomato-pepper combinations have been implicated in botulism poisonings. A USDA-tested recipe using the type and amount listed for each ingredient can ensure a safe, home-canned salsa. Changing the type or amount of ingredients alters the acidity of the product, making it unsafe. If you have a personal favorite that is not a tested recipe, it is best to eat your creation fresh, store it up to one week in the refrigerator (40°F or below), or freeze it. Most salsas should retain good quality for up to one year in a freezer maintained at 0°F.



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Strawberry, Melon & Avocado Salad

Serves: 4

Ingredients

¼ cup honey
2 tablespoons sherry vinegar, or red-wine vinegar
2 tablespoons finely chopped fresh mint
¼ teaspoon freshly ground pepper
Pinch of salt
4 cups baby spinach
1 small avocado, (4-5 ounces), peeled, pitted and cut into 16 slices
16 thin slices cantaloupe, (about ½ small cantaloupe), rind removed
1 ½ cups hulled strawberries, sliced
2 teaspoons sesame seeds, toasted (see Tip)

Directions

1. Whisk the first five ingredients in a small bowl. The dressing will keep, covered, in the refrigerator for up to 1 day.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

TIP: To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Nutrient information per serving

202 calories; 8 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 24 g carbohydrates; 3 g protein; 7 g fiber; 90 mg sodium

SOURCE: http://www.eatingwell.com/recipes/strawberry_melon_avocado_salad.html



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(Home-Canned Salsa continued)

Acidity –

Acid ingredients help preserve canned salsas and make them safe to store on the shelf. The acids are usually commercially bottled vinegar (at least 5% acidity) or lemon juice. The amount of vinegar or lemon juice in a recipe for canning cannot be reduced.

Tomatoes –

Paste tomatoes, such as Roma, have more flesh or solid tissue, producing thicker salsas. Select only disease-free, preferably vine-ripened, firm tomatoes. Do not can tomatoes from dead or frost-killed vines.

Peppers –

Use only high quality peppers, choosing your favorite such as sweet bell, jalapeno, habanero, etc. Do not exceed the total amount (pounds or cups) of peppers in any recipe.

Spices and Herbs –

Amounts of spices and herbs in these recipes (black pepper, salt, oregano, pickling spice, dried red pepper flakes, and ground cumin) may be altered.

Other –

Red and yellow onions may be substituted for each other. Do not exceed the total amount of onions in any recipe.

Food Preservation Publications and Recipes:

www.extension.iastate.edu/healthnutrition/food/preservation/resources.htm

<https://store.extension.iastate.edu/>

www.uga.edu/nchfp/index.html

Tennis, Anyone?

Tennis has historically been called the sport for a lifetime. It is still one of the best sports anyone can choose to play, no matter what your age. Tennis has specific health benefits for both the body and mind, which gives it an edge over many other types of physical activity.

Recreational tennis constitutes moderate aerobic exercise, involving quick bursts of activity with intermittent resting, called interval training. Research shows that this type of training is beneficial for the heart and enhances muscle performance. Tennis works many muscle groups at the same time and improves balance, dexterity, mobility, and agility. It also challenges your mind as you must learn to plan rapidly and act while thinking tactically.



Other sports may provide excellent health benefits, as well as stimulate mental and emotional growth. But no other sport has received such acclaim for its great benefits physically, mentally, and emotionally. Tennis is a fun activity that everyone in the family can enjoy.

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