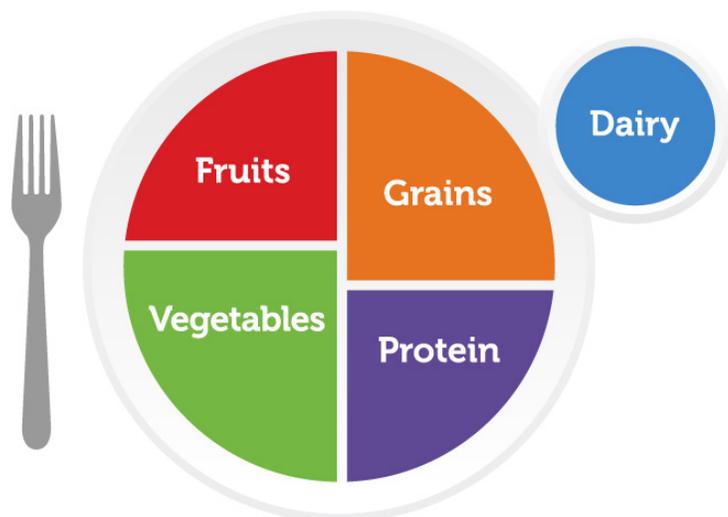


Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Start Simple with MyPlate



MyPlate.gov

The newly updated MyPlate website can help you put the new Dietary Guidelines for Americans, 2020–2025 into practice. To get started, go to [MyPlate](https://www.myplate.gov), www.myplate.gov. Find out if you are making every bite count by taking the MyPlate Quiz. You will receive the following free, personalized resources:

1. Start Simple with MyPlate app will help you build healthier eating habits by setting goals. You can also sync your quiz results with the app.
2. MyPlate Plan provides a personalized plan for what and how much to eat from each food group. Join challenges, track your progress, and earn badges to celebrate successes.
3. MyPlate Kitchen puts your MyPlate plan into action using healthy, budget-friendly recipes.

Make Every Bite Count and Start Simple with MyPlate at [MyPlate](https://www.myplate.gov), www.myplate.gov.

Source: [MyPlate](https://www.myplate.gov), www.myplate.gov.

Stuffed Bell Peppers

Serving Size: 1 stuffed pepper | Serves: 5

Ingredients:

- 5 bell peppers (red, orange, yellow, or green)
- 1 pound ground beef (90% lean), uncooked
- 3/4 cup brown rice, uncooked
- 1/2 can diced tomatoes (14 oz), low sodium
- 3 tablespoons lemon juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground black pepper

Directions:

1. Cut a circular hole in the tops of the bell peppers. Remove seeds and membrane and set aside.
2. In a large bowl, combine remaining ingredients and stir until completely mixed. Fill the bell peppers with meat mixture.
3. Place the stuffed bell peppers in a large stockpot on the stove with the tops facing up. Add 1 inch of water to the bottom of the pot and cover.
4. Place heat on medium, keeping covered for 30–40 minutes until rice is done. Serve.

Nutrition information per serving:

277 calories, 8g total fat, 3g saturated fat, 0g trans fat, 57mg cholesterol, 66mg sodium, 29g total carbohydrate, 4g fiber, 4g sugar, 21g protein

See how to make this recipe and more on USDA's [MyPlate Kitchen YouTube](https://www.youtube.com/watch?v=3s09zjQ), bit.ly/3s09zjQ.

Source: [MyPlate](https://www.myplate.gov/myplate-kitchen/recipes), www.myplate.gov/myplate-kitchen/recipes



www.extension.iastate.edu

Use a Food Thermometer

Using a food thermometer ensures food is cooked to a safe temperature. You can't rely on the color or texture of a food to determine if it's safely cooked. For example, ground beef may turn brown before it reaches a temperature that kills germs. A hamburger cooked to 160°F is safe regardless of color. Use a food thermometer to make sure cold food is at or below 40°F and hot food is at or above 140°F.

Food thermometers come in a variety of types and styles. Visit the [USDA Food Safety and Inspection Service](http://www.fsis.usda.gov), www.fsis.usda.gov, for more information.

Source:

[Kitchen Thermometers](http://www.fsis.usda.gov), www.fsis.usda.gov.



High-intensity Interval Training (HIIT)

Have you heard about HIIT workouts? High-intensity Interval Training (HIIT) alternates bursts of high-intensity effort with short recovery periods. It improves overall fitness, heart health, and body fat. People of all fitness levels can try this type of training. You can use it in cycling, walking, swimming, and group exercise classes. Workouts are generally shorter. They also burn more calories in the two hours after the workout.

Visit the [American College of Sports Medicine](http://www.acsm.org), www.acsm.org, for more information on finding an HIIT program that is right for you.

Source:

[American College of Sports Medicine Fitness Trends](http://www.acsm.org), www.acsm.org.