

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Fun Ways to Eat Chia Seeds



Chia seeds are tiny black seeds of the chia plant, *Salvia hispanica*. They are a fun way to add fiber, texture, and extra nutrition to your foods.

Chia seeds contain omega-3 fatty acids, which are important for heart and brain health. They also have antioxidants that may reduce your risk of chronic illnesses. The seeds contain lots of calcium, phosphorus, potassium, and magnesium. The mature seeds are white or black. Brown seeds are immature seeds and don't have the same nutrient composition.

Chia seeds are versatile. They have little flavor of their own, so they don't compete with the other flavors in a dish. They swell up and form a gel, yet they continue to have a slight crunch. Prepare chia seeds by first soaking a quarter cup of them in one cup of water for 20–30 minutes. Then try one of the following:

- Adding chopped fruit to them
- Sprinkling them on salads or stirring them into yogurt
- Adding them to smoothies or juice
- Making chia muffins (see recipe) or chia pudding

Explore other fun ways to eat chia seeds at [Healthline](https://www.healthline.com), <https://www.healthline.com>.

Source:

[American Oil Chemists' Society \(AOCS\)](https://www.aocs.org/), <https://www.aocs.org/>.

## Lemon Chia Seed Muffins

Serving Size: 1 muffin | Serves: 12

### Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose white flour
- 1/2 cup white sugar
- 1 1/2 teaspoons baking powder
- 1 tablespoon chia seeds
- 1 cup nonfat milk
- 1/3 cup oil
- 2 eggs
- 1/3 cup lemon juice

### Directions:

1. Preheat oven to 350°F. Line a muffin tin with liners or spray with cooking spray.
2. Stir together whole wheat flour, white flour, sugar, baking powder, and chia seeds in a medium bowl.
3. Mix together milk, oil, eggs, and lemon juice in a small bowl.
4. Pour wet ingredients into dry ingredients. Stir until just combined. Divide the batter into muffin tins.
5. Bake until the muffins are golden and a tester inserted into the center of a muffin comes out clean. This should take about 16–18 minutes.
6. Store leftovers in an airtight container.

Tip: Use 1 tablespoon lemon zest and 3 tablespoons fresh lemon juice in place of the 1/3 cup lemon juice.

### Nutrition information per serving:

180 calories, 8g total fat, 1g saturated fat, 0g trans fat, 30mg cholesterol, 80mg sodium, 26g total carbohydrate, 2g fiber, 10g sugar, 4g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)



[www.extension.iastate.edu](http://www.extension.iastate.edu)

## Two Rules for Safe Outdoor Meals

When cooking and serving meals outdoors, remember to make food safety part of your planning. Keep these two guidelines in mind:

### 1. Don't Cross Contaminate

- When marinating food for grilling, refrigerate during the marinade process.
- Keep your raw fish, meat, and poultry away from any cooked or ready-to-eat foods.
- Have a clean plate to carry food to and from the grill.
- Wash and sanitize all surfaces and utensils after they have been in contact with raw fish, meat, or poultry.
- Be sure to have an extra clean utensil to remove cooked food from the grill.

### 2. Use a Food Thermometer

Experienced cooks may think they know when food is done just by looking at it, but this may not be the case. Burgers can turn brown before they are fully cooked. Germs that cause foodborne illness are not killed until a safe internal temperature is reached. This is where a food thermometer comes in. Using a food thermometer is the only way to know your food is done and safe to eat.

Use a thermometer to test for doneness:

- Fish—145°F
- Steaks, chops—145°F
- Ground meat—160°F
- Poultry—165°F

## Need a Workout Partner? Check out the Spend Smart. Eat Smart. Physical Activity Videos.



The Spend Smart. Eat Smart. website has new physical activity videos. These are a great way to learn some new exercises. They can even serve as your virtual workout partner. They allow you to explore several types of workouts.

Like any good workout partner, these videos will also supply you with motivational tips to keep you going!

Go to [Spend Smart. Eat Smart.](http://spendsmart.extension.iastate.edu/video-category/physical-activity/), [spendsmart.extension.iastate.edu/video-category/physical-activity/](http://spendsmart.extension.iastate.edu/video-category/physical-activity/), to check them out.