

Words on Wellness

Preventive Care: Small Appointments, Big Impact



Preventive care helps find health problems early before they become serious. It can include health screenings, checking your vital signs, getting vaccines, or talking with a healthcare provider about your daily habits and concerns. Here are some examples of preventive care:

- **Yearly checkups** with your primary doctor help review your overall health. During these visits, doctors check things like heart rate, blood pressure, height, weight, and examine your ears, eyes, throat, and skin.
- **Routine blood tests**, often done during checkups, can help identify risks for certain chronic diseases.
- **Regular dental visits** help prevent cavities and stop dental problems from getting worse.
- **Cancer screenings** can help find cancer early when it is easier to treat. Common screenings include those for breast, cervical, prostate, and colorectal cancer.

Taking care of your health starts with small steps - one appointment at a time!

Sources:

[CDC](https://www.cdc.gov/), go.iastate.edu/YIRTF6

[Cleveland Clinic](https://www.clevelandclinic.com/), go.iastate.edu/NTWZVC

Roasted Broccoli

Serving Size: 3/4 cup | Serves: 4

Ingredients:

- 6 cups broccoli, cut into florets
- 2 tablespoons oil (canola, olive, vegetable)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions:

1. Preheat oven to 425°F. Spray a baking sheet with nonstick cooking spray.
2. Wash and cut broccoli into florets.
3. Add broccoli and oil to a large bowl. Stir until broccoli is coated with oil.
4. Stir in salt and ground black pepper.
5. Bake for 15 minutes. Stir. Bake up to 10 minutes more, if needed.

Tips:

- Use an air fryer with fresh broccoli, cook at 400 degrees for 8 minutes, mix; cook 5 more minutes.
- Substitute 1 bag (14 ounces) frozen broccoli florets, not thawed, for the fresh broccoli to save prep time.
- Add 1/2 teaspoon garlic powder or Italian seasoning.
- Trim leftover broccoli stems and use in soups or casseroles

Nutrition information per serving:

90 calories, 7g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 170mg sodium, 5g total carbohydrate, 2g fiber, 2g sugar, 3g protein
This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.



Keep Your Air Fryer Clean and Safe



Air fryers are handy, but they must be kept clean to work safely. A clean air fryer helps prevent smoke, odors, and uneven cooking.

- **Clear out crumbs.** Crumbs and grease can build up under the basket and near the heating area. When reheated, they can burn and cause smoke. After the air fryer cools, empty crumbs and wipe the inside with a damp cloth. This also helps food cook more evenly.
- **Check rubber seals.** Rubber gaskets can trap moisture, which can lead to mold. Look for dark spots or musty smells. Wash removable parts with warm, soapy water and let them dry fully.
- **Protect the electronics.** Never put the whole air fryer in water. The base has wires and heating parts that can break if they get wet. Wipe the outside with a damp cloth and dish soap if needed.
- **Cook food safely.** A clean air fryer helps food reach a safe internal temperature. Use a food thermometer to be sure food is cooked through.

Source: [USDA](https://www.usda.gov/ia/extension/8GAWBS), go.iastate.edu/8GAWBS

Spend Smart. Eat Smart.: An Online Tool for Healthy Living

Did you know that Iowa State University Extension and Outreach offers a no-cost website and app to help you plan, shop for, and cook healthy, affordable foods? It's called [Spend Smart. Eat Smart.](https://spendmart.extension.iastate.edu), spendmart.extension.iastate.edu, and it has many easy-to-use tools to support your everyday life.

- **Meal Planning:** Find simple handouts and tips to help you plan your meals for the week. These resources can help you choose foods that fit your budget and support good nutrition.
- **Grocery Shopping:** Learn how to read food labels, compare prices, and decide how much to buy from each food group. These tools can help you feel confident and informed at the store.
- **Cooking Skills:** Discover basic kitchen tips, step by step guides, and ideas for using common foods from your pantry or fridge. These resources can help you feel more comfortable cooking at home.
- **Recipes:** Try dozens of tasty, low-cost recipes for snacks, meals, and desserts. These can help you keep your menu fun and healthy.

Spend Smart. Eat Smart. offers many more tools to make healthy living easier. Check it out today!

Source: [Spend Smart. Eat Smart.](https://spendmart.extension.iastate.edu), go.iastate.edu/W2SUSR

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Call 1 800 262 3804

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Spend Smart. Eat Smart.[®]

spendmart.extension.iastate.edu

Health and Human Sciences

extension.iastate.edu/humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1 855 944 3663 to apply for assistance today.

Call Iowa 2 1 1 or Iowa Lifelong Links, 1 866 468 7887, for additional resources.

