

Words on Wellness

Go Nuts for Health



Nuts are a great source of protein, minerals, and healthy fats. Most of the fat in nuts is unsaturated fat, which helps support heart health. Some nuts, like walnuts, also contain omega-3 fatty acids. These healthy fats can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol.

Each type of nut offers different nutrients. For example, just one Brazil nut can provide a full day's worth of selenium, a mineral that supports heart and brain health. Eating a variety of nuts gives you the most benefits. A serving is about 1.5 ounces of whole nuts (a small handful) or 2 tablespoons of nut butter.

Nuts are an easy and tasty way to add nutrition to your day. Try adding them to yogurt, salads, or cereal, blending them into smoothies, spreading nut butter on toast, or choosing nuts instead of less-healthy snacks. They also add great flavor and crunch to vegetables and baked goods.

Source: [USDA Agricultural Research Service](https://www.ars.usda.gov/), go.iastate.edu/HFNURE

Crunchy Apple Roll-Up

Serving Size: 1/2 of roll-up | Serves: 2

Ingredients:

- 1/2 medium apple
- 1 tablespoon peanut butter
- 1 whole wheat tortilla (8 inch)
- 2 to 3 tablespoons crispy rice cereal

Directions:

1. Chop apple into small pieces, slice thinly, or shred with grater.
2. Spread peanut butter in a thin layer over tortilla.
3. Spread apple pieces in an even layer over peanut butter.
4. Sprinkle with cereal.
5. Roll up tightly and cut in half.

Nutrition information per serving:

150 calories, 6g total fat, 2g saturated fat, 0g trans fat, 0mg cholesterol, 160mg sodium, 20g total carbohydrate, 4g fiber, 5g 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 [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.



Food Safety for Meal Delivery Kits

Meal kits and food deliveries make cooking easy. However, it's important to handle them safely, especially for older adults. Follow these simple steps to keep your meals safe.

1. **Before you order.** Choose companies that follow safe food handling rules. Ask how they keep food cold during shipping and what they do if food arrives warm.
2. **Be home for delivery.** Try to be home when your box arrives so you can put food in the fridge or freezer right away. If you cannot be home, ask a neighbor to bring it inside.
3. **Check the box.** Food should arrive cold. Perishable items should be frozen, partly frozen, or at 40°F or below. Use a food thermometer to check. Look for solid ice packs or dry ice, and make sure packaging is not damaged.
4. **Store food quickly.** Put cold foods in the fridge or freezer as soon as you unpack the box. Even smoked, cured, or cooked foods must stay cold to stay safe.

Source: [FoodSafety.gov](https://www.foodsafety.gov), go.iastate.edu/CQPHF5



Smart Snacking on a Budget

Having healthy, affordable snacks ready can make a big difference when hunger hits. Planning simple snacks ahead of time helps you save money and avoid less healthy choices. Below are a few easy, budget-friendly snacks you can prepare at home and enjoy throughout the week.

- **Peanut Butter Banana Oat Bites** are soft, cookie-like snacks that provide steady energy between meals. They can be made in advance and stored in the freezer for quick reheating.
- **Energy Bites** are similar to no-bake granola bars in bite-sized form. They are quick to prepare, store well in the fridge, and are perfect for busy days.
- **Cowboy Caviar** is a colorful, filling mix of beans and vegetables. It's easy to customize with different beans, vegetables, or spices and can be eaten with tortilla chips or in lettuce wraps.
- **Crunchy Apple Roll-Up** is a sweet snack that also provides fiber. Adding cinnamon can boost flavor even more.

Keeping these snacks on hand gives you easy, nutritious options to stay fueled all day.

Sources: [Spend Smart. Eat Smart.](https://spendsmart.eatsmart.org), go.iastate.edu/1E3RBW

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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.



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go.iastate.edu/WZ3IXE

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