

# Words on Wellness

## Let's Be Clear on Cleaning



Knowing the difference between cleaning, sanitizing, and disinfecting is helpful in preventing the spread of diseases. Always follow the manufacturer's label for proper use and safety.

**Cleaning** first removes germs and dirt from surfaces. **Sanitizing** is done after cleaning to further reduce germs on surfaces to safer levels. **Disinfecting** kills germs and bacteria with a chemical product.

### What To Use?

Use soap or detergents with water to scrub and wash for cleaning. Use a weaker bleach solution sanitizing spray for sanitizing. Use an EPA-registered disinfecting product or strong bleach solution for disinfecting.

### When To Use?

Regularly clean objects and surfaces before sanitizing or disinfecting. Be sure to sanitize objects and surfaces that are in contact with mouths such as countertops, any surface that touches food, utensils, toys, and other infant feeding supplies. It is important to disinfect surfaces when someone has gotten sick or it is a high-traffic area where germs are more likely to spread.

Stay safe when using cleaning and chemical products. If there has been a chemical exposure to cleaners or disinfectants, call Poison Control at 1-800-222-1222.

Sources: [CDC](https://www.cdc.gov), [go.iastate.edu/QCF85B](https://go.iastate.edu/QCF85B)  
[CDC](https://go.iastate.edu/H3MYZ7), [go.iastate.edu/H3MYZ7](https://go.iastate.edu/H3MYZ7)

## Scrambled Egg Skillet

Serving Size: 1 1/3 cups | Serves: 3

### Ingredients:

- 1 tablespoon oil (canola, olive, vegetable)
- 1 1/2 cups yellow or red potato, diced
- 3/4 cup bell pepper, diced
- 1/2 cup onion, diced
- 6 eggs, beaten
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- Optional: chopped avocado, chopped herbs, hot sauce, ketchup, salsa, shredded cheese, sour cream

### Directions:

1. Heat oil in a large skillet over medium heat.
2. Add potatoes to skillet. Sauté for 12 minutes, stirring every 2 to 3 minutes.
3. Add peppers and onions. Sauté 4 to 5 minutes or until potatoes are cooked through.
4. Reduce heat to medium low. Pour eggs over vegetables. Stir in salt and pepper.
5. Gently stir the eggs into the vegetables. Cook and stir until eggs are set and no liquid remains in the pan.
6. Top with optional ingredients.

### Nutrition information per serving:

200 calories, 1.0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 450mg sodium, 39g total carbohydrate, 8g fiber, 9g sugar, 12g 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)

## Win with Workplace Wellness

One way to improve our overall health is to be physically active on a regular basis. It is crucial for healthy aging, reduces risk of chronic diseases, improves mental health, and strengthens bones and muscles. Most Americans who work full-time are spending at least eight hours a day at their worksite, and most of that time is spent at a computer or desk. Here are five tips for increasing physical activity during the workday:

- Take short 3- to 5-minute breaks every hour to get up and walk around your worksite.
- Find your favorite [exercise video](#) from Spend Smart. Eat Smart., [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu), before or after lunch.
- Invest in a standing desk or “treadmill desk” to increase standing or walking throughout the day.
- Try stretches while sitting at your desk—such as chair squats, arm and elbow stretches, sit up and stretches, and overhead presses.
- Find a colleague to walk with during your lunch hour. This can improve social and physical well-being.

Sources:

[CDC](https://www.cdc.gov), [www.cdc.gov](https://www.cdc.gov)

[New Jersey Agricultural Experiment Station](https://njaes.rutgers.edu), [njaes.rutgers.edu](https://njaes.rutgers.edu)

[Harvard Health Publishing](https://www.health.harvard.edu), [www.health.harvard.edu](https://www.health.harvard.edu)

## What Is Intuitive Eating?

Intuitive Eating is an evidence-based, mind and body health approach. The ten principles of Intuitive Eating cultivate or remove barriers to body awareness. It’s a process of listening and responding to your body to meet physical and psychological needs.

The 10 Principles of Intuitive Eating:

- Reject the Diet Mentality
- Honor Your Hunger
- Make Peace with Food
- Challenge the Food Police
- Discover the Satisfaction Factor
- Feel Your Fullness
- Cope with Your Emotions with Kindness
- Respect Your Body
- Movement—Feel the Difference
- Honor Your Health—Gentle Nutrition

You are the expert of your own body. Use Intuitive Eating as an empowerment tool. You are the only one who knows what hunger, fullness, and satisfaction feel like! Check out this article that provides [real-life examples of each principle](#), [go.iastate.edu/MUBDLM](https://go.iastate.edu/MUBDLM).

Source: [Intuitive Eating Pros](https://www.intuitiveeating.org/), [www.intuitiveeating.org/](https://www.intuitiveeating.org/)

Copyright 2022 © Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](https://www.extension.iastate.edu/diversity/ext).  
PM 2099 January 2024

Here for you.  
Now.  
Always.

Iowa State University  
Extension and Outreach

### AnswerLine

Call 1-800-262-3804

[extension.iastate.edu/answerline](https://extension.iastate.edu/answerline)

### Spend Smart. Eat Smart.®

[spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

### Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)

[humansciences](https://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.*

