

Words on Wellness

Nutrition on the Trails



July is National Park and Recreation Month! If you like hiking, here are some simple nutrition tips:

- **Stay energized by eating carbohydrates.** Carbs give you energy, especially for long hikes. Examples of carbs include dried fruit, cereals, or granola bars. Aim for 30–60 grams of carbs per hour for hikes lasting 1 to 2.5 hours, such as an apple, peanut butter and jelly sandwich, or a cup of pretzels. For longer hikes, eat 60–90 grams of carbs per hour, like 2 bananas, 2 granola bars, or a bagel with cream cheese.
- **Eat protein to build muscle.** Carbs are not the only thing you should eat while hiking—protein is also important to eat! Some examples of foods with protein are meats, nuts, and beans. Protein is important for muscle strength during hikes.
- **Stay hydrated.** Drink water regularly, even if you are not thirsty. If you go on longer hikes or it is hot outside, you may need sodium. Sodium helps the body hold on to water. Aim for 300–600 mg of sodium during long hikes. You can get sodium from salty snacks or electrolyte drinks.

Take-along Trail Mix is a great snack option for hiking because it has carbs, protein, and sodium. Happy hiking!

Source: [National Library of Medicine](https://www.nlm.nih.gov/7WWAPE), go.iastate.edu/7WWAPE

Take-along Trail Mix

Serving Size: 1/2 cup | Serves: 16

Ingredients:

- 2 cups unsweetened cereal (e.g., Cheerios®, Wheat Chex®, Fiber One®, Cracklin' Oat Bran®, or All Bran®)
- 2 cups sweetened cereal (e.g., Honey Nut Cheerios®, Frosted Mini-Wheats®, or Life®)
- 2 cups small pretzel twists
- 1 cup dried fruit (raisins, dried cranberries, dried apricots, or dried pineapple) (chopped into small pieces)
- 1 cup peanuts

Directions:

1. Wash hands.
2. Mix all ingredients in a large bowl.
3. Store in an airtight container in cupboard for about 1 week or in freezer for several weeks.

Tips:

- Dried fruits and nuts are a choking hazard for young children. Make trail mix without dried fruit or nuts for children under the age of three to reduce the risk of choking.
- Measure 1/2-cup amounts into snack-size plastic bags so they are ready to grab and go.

Nutrition information per serving:

200 calories, 5g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 220mg sodium, 34g total carbohydrate, 2g fiber, 9g total sugar, 4g added sugar, 5g 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

Using and Calibrating Food Thermometers

Checking food temperatures is a key step to ensure food safety. Calibrating a food thermometer ensures accurate readings, preventing undercooking and reducing the risk of food poisoning. The primary way to calibrate a manual food thermometer is by using ice water.

To calibrate your thermometer using ice water, put your thermometer in a glass of ice water and adjust until the reading is 32°F, the freezing point. Once this is done, you know that your thermometer will read the temperatures of foods correctly, which will keep your food safe.

Cook foods to these minimum internal temperatures for food safety:

- Seafood: 145°F
- Steaks, roasts, chops (beef, pork): 145°F; rest time: 3 minutes
- Rabbit and venison: 160°F
- Ground meat (beef, pork): 160°F
- Any leftovers: 165°F
- Chicken, poultry: 165°F
- Casseroles: 165°F

Sources: [FoodSafety.gov](https://www.foodsafety.gov), go.iastate.edu/WQIZY1
[USDA](https://www.usda.gov), go.iastate.edu/ZFSABS



Tips to Eliminate Food Waste

Did you know that around 96% of food waste ends up in landfills? Instead of letting food go to waste, follow these tips to decrease food waste:

1. Before grocery shopping, check your fridge, freezer, and pantry for ingredients you already have. This prevents buying duplicates!
2. Plan out the meals you will be cooking that week, and only buy food items for those meals.
3. Aim to cook the right number of portions to avoid throwing away extra food.
4. If you have leftovers, refrigerate or freeze them in clear containers, labeled with the contents and dates.
5. Check your refrigerator and freezer frequently so you do not let food go to waste.

Here's to saving money and saving the environment!

Source: [EPA](https://www.epa.gov), go.iastate.edu/BSGFIA

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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.

