

# Words on Wellness

## Healthy Fair Food



The 2024 [Iowa State Fair](https://www.iowastatefair.org), [iowastatefair.org](https://www.iowastatefair.org), theme is “Fair Fever.” It brings to mind fond memories and local traditions. From August 8th to the 18th, fairgoers can expect new and old fair foods, enjoy the exciting rides, participate in friendly competitions, and look forward to fun entertainment.

Let’s talk about [healthy food options](https://www.iowastatefair.org/food), [iowastatefair.org/food](https://www.iowastatefair.org/food), at the fair. While having the classic fair treat is part of the fun experience, there are also healthy choices to consider.

- 1. Grilled Corn on the Cob:** This is a delicious option that combines the sweetness of fresh corn with smoky flavors from the grill.
- 2. Fruit Kabobs:** Fresh fruit on a stick—like watermelon, pineapple, and berries—provides a refreshing and vitamin-packed snack.
- 3. Salad Wraps:** Seek out vendors offering wraps filled with leafy greens, grilled chicken, and colorful veggies.
- 4. Smoothies:** These are drinks made with real fruit and no added sugars.
- 5. Yogurt Parfaits:** Layers of yogurt, granola, and fresh fruit create a balanced and satisfying treat.
- 6. Grilled Chicken, Turkey Sandwiches, and Pork Chop on a Stick:** These treats are sure to satisfy your taste buds as you explore the fair.

Remember, balance is key! Enjoy the fair’s treats while also choosing healthier options for your body.

## *Fruit Kabobs with Yogurt Dip*

Serving Size: 5 toothpick kabobs/2  
tablespoons dip | Serves: 6



### Ingredients:

- 2 small fruits of your choice (apples, pears, oranges, bananas, kiwi, grapes)
- 1 can (8 ounces) chunk pineapple
- 1 container (6 to 8 ounces) fruit yogurt
- 1 to 2 tablespoons low fat whipped topping
- 30 toothpicks

### Directions:

1. Wash fruit under running water. Peel bananas, clementine oranges, kiwi.
2. Drain pineapple juice into a bowl.
3. Cut fruit in wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
4. Place fruit on toothpicks or skewers. Arrange on a platter.
5. Stir together the yogurt and whipped topping. Pour into a bowl for dipping. Refrigerate any leftovers.

### Nutrition information per serving:

70 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 15mg sodium, 16g total carbohydrate, 1g fiber, 11g sugar, 1g 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](https://spendsmart.extension.iastate.edu).

## Physical Activity and Vacation

It can be tempting to skip exercise on vacation! However, staying active is key for maintaining overall well-being. Here are some practical tips:

- 1. Set Realistic Expectations.** Vacations are meant for relaxation, but don't ignore your exercise routine altogether. Be realistic about how often you can work out during your trip. Remember, any exercise is better than none.
- 2. Plan Ahead.** Before you travel, check out your options. Some hotels have fitness facilities.
- 3. Stay Active.** If you cannot find a gym, find other ways to keep moving. Walk instead of driving. Take the stairs. Perform body weight exercises like push-ups. These small efforts add up. Read [Walk Your Way to Fitness](https://store.extension.iastate.edu/Product/5530), store.extension.iastate.edu/Product/5530, for more information.
- 4. Embrace Adventure.** Get creative with your activity. Instead of sticking to your usual routine, plan an adventure. Try biking or hiking. Explore new trails. Go kayaking. Different activities engage muscles you might not use regularly.
- 5. Do Not Stress.** Don't worry about missing your usual workouts. Enjoy your vacation time and relax. Be sure to return home ready to get back into your fitness routine. So go ahead, explore, and keep moving while making memories!



## 211—Resources for Iowans

[211 Iowa](https://211iowa.org), 211iowa.org, is free. It provides a complete information and referral system that connects Iowa residents to various health and human service programs—for example, community services, disaster services, and governmental programs. If you need assistance, 211 is your one-stop source for information. You can also use it to explore what resources are available. You can access it in multiple ways:

- 1. Phone:** Dial 2-1-1 to speak with live, local operators who can assist you 24/7.
- 2. Text:** Send your zip code to 898211 to chat live with a 211 operator around the clock.
- 3. Mobile App:** Download the 211 Iowa app for iOS or Android to instantly access the comprehensive 211 database.

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PM 2099 August 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.*



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