

K-STATE
Research and Extension

Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 9 • 2016

Celebrate Success

You made it! Just because the formal Walk Kansas program has come to a close, your healthy lifestyle habits should continue. Celebrating success and rewarding yourself for achieving a goal is part of the process of changing behaviors. Again, this is just one step along the way because healthy lifestyle habits should continue for a lifetime.

Healthful food, beverages, and plenty of activity can play a role in every celebration. It is certainly all right to enjoy a treat, so don't think you can't have cake, cookies, or a special beverage. Just be mindful of the amount and realize that healthful foods, such as fruit, vegetables, and whole grains, can also be part of your celebration.

As we plan for Walk Kansas 2017, your feedback is so important. This evaluation survey is available [online](#) or in paper form from your Extension office. This survey also provides the opportunity for you to offer suggestions for the online system that was new this year. We know that modifications are needed and your ideas and options are valued. We also value your thoughts and suggestions for the online system that was new this year. A number of changes are planned and we value your input to this process.

Nearly 100 participants took part in the inaugural Walk Kansas 5K for the Fight on May 7 in Manhattan. The event raised \$1,025 for the Johnson Cancer Research Center at K-State, and the second Walk Kansas 5K is tentatively set for Saturday, May 6, 2017. More fun elements will be added to the 5K and Fun Walk next year, and we hope you can join us!

Just one more reminder that the Walk Kansas Photo Challenge has been extended through June 17. Each photographer that submits a selected photo will receive a Walk Kansas SportTek shirt of their choice. Complete information is available at <http://www.walkkansas.org/doc/wkphoto.pdf>

Thank you for participating in Walk Kansas 2016! We hope you will continue the healthy lifestyle habits you have practiced the past 8 weeks. Have a fabulous summer!

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Coming Next Year

Walk Kansas 2017

March 19 to May 13 (tentative)

Walk Kansas 5K for the Fight!

May 6, 2017 (tentative)

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Stay Safe this Summer

Summertime is here! Most people enjoy outdoor activities when the weather is warm, but the sun, heat, and outdoor insects can create health hazards. Be prepared so you can take full advantage of summer fun. Here are tips to keep you and your family safe.

Stay Hydrated

Your bodies have built-in cooling systems that help you adjust to warm temperatures. Remember that any activity will increase your body temperature, and your natural cooling system can fail if exposed to high temperatures for too long. Humidity also causes sweat to “stick” to your skin and not evaporate as quickly, which allows body temperature to go up even more.

Make sure you stay hydrated by drinking plenty of water, and cool off with fruits and vegetables that are rich in water. An easy way to know if you are hydrated is to check the color of your urine. Pale yellow (like lemonade) means you are well hydrated. Darker yellow (like apple juice) means you need to drink more water. As a guide, drink 8 to 10 ounces of water for every 20 minutes of outdoor activity.



Listen to your body when you are active outside in the heat. If you experience weakness, dizziness, muscle cramps, nausea, headache, are feeling light headed, or your heartbeat is rapid, find a place to cool down immediately.

Sun Protection

If you plan to be out in the sun, remember this catchphrase that prompts you to protect yourself — Slip! Slop! Slap! Wrap!

Slip on a shirt or some type of clothing cover. Keep in mind that a typical T-shirt will only provide an SPF rating of 15 or lower, and when it is wet the protection is even less.

Slip on Sunscreen. Make sure it is a broad spectrum product with an SPF of 15 or higher. Some health professionals recommend an SPF of 30. Apply sunscreen at least 15 minutes before you will be in the sun and use 1 ounce — enough to fill a shot glass — to cover your entire body. Don't rely on make-up that contains sunscreen. Reapply sunscreen about every two hours. Check the expiration date to make sure your sunscreen is still effective. When you buy sunscreen and it doesn't have an expiration date, write the year on the tube with a permanent marker. Sunscreen products are good for 2 to 3 years; if they have been exposed to heat for long periods, they will be less effective.

Slap on a hat and wrap on sunglasses. Choose a wide-brimmed hat and sunglasses that block 99 to 100 percent of UVA and UVB rays.

Avoid Bug Bites

While most bug bites are harmless, some mosquitoes and ticks can spread diseases (including Zika, dengue fever, West Nile virus, and Lyme disease), and some of these cannot be prevented or treated. Reduce your risk by preventing bug bites.

Apply insect repellent when you are going to be outdoors and are at risk for getting bitten by ticks or mosquitoes. Use EPA-registered insect repellents that contain at least 20 percent DEET and apply a thin layer to the surface of all exposed skin. Follow the directions on the product to determine how frequently it needs to be applied. If humidity is high, you are perspiring, or get wet, you may need to reapply repellent more frequently.

Serve Safe Food

It is the season for picnics and barbecues. Don't invite foodborne illness to be part of your summer fun. Here are a few reminders to keep food safe this summer.

- » Keep cold food cold. Food should be stored at 40°F or below. Place cold food in a cooler with ice/cold packs.
- » Keep hot food hot. Food that is served hot should be kept at 140° or above. Avoid leaving food in the temperature danger zone, 40° to 140°F, for more than 2 hours. If the temperature outside is 90° or above, the time is reduced to 1 hour.
- » Avoid cross-contamination. Keep raw meat, poultry, and seafood wrapped and away from foods that will be eaten raw, such as fruits and vegetables. When cooking outdoors, don't reuse a utensil or platter that was used to handle raw meat. Have a clean platter and utensils ready to serve food.
- » Rinse fruits and vegetables under running tap water before packing in a cooler — even those with skins and rinds that are not eaten. Rub firm-skinned produce under running water or scrub with a clean vegetable brush. Dry produce with a clean paper towel or spin dry in a salad spinner. Packaged fruits and vegetables that are labeled “ready-to-eat,” “washed,” or “triple washed” do not need additional washing.
- » Pack a food thermometer. Make it a habit to pack a food thermometer with your grilling tools so you can ensure everything has been cooked to a safe internal temperature.
 - Ground meat - 160°F
 - Poultry - 165°F
 - Steaks, Roasts, Chops - 145°F

Quinoa - The Mother Grain

Quinoa (pronounced KEEN-wah) is an ancient grain that has been rediscovered. It is a favorite of whole-grain cooks because it can be ready to eat in just 15 minutes, and it is so good for you. Technically, quinoa is not a cereal grain, but a seed that can be cooked and eaten like grains. Quinoa, a highly nutritious food, has the highest protein content of all whole grains. It provides all nine essential amino acids and is gluten free. This nutrient profile is why quinoa is sometimes called the "Mother Grain."

Quinoa is an annual plant with stalks that range from 3 to 9 feet tall with large seed heads in a range of colors — red, purple, orange, green, black, and yellow. Seeds are harvested and processed to remove a bitter tasting coating. The quinoa plant is drought resistant and grows well in poor soils. It has been designated a "super crop" by the United Nations because of its potential to feed the world's population.

Quinoa has a nutty taste that blends well with all kinds of ingredients, making it a versatile side dish or entrée. Cooks can choose from the seed version, as well as quinoa flakes or flour. While the quinoa available to consumers has had the bitter coating removed from the seeds, an extra rinse is a good idea to remove any residue.

Enjoy quinoa for breakfast with brown sugar, dashes of cinnamon, and milk. For lunch, scoop quinoa into tortillas along with veggies and other wrap ingredients. Serve quinoa, in combination with other ingredients, as a side dish, salad, as an entrée — vegetarian, or with tuna or roasted chicken. There are also many dessert recipes that include quinoa. The possibilities are endless.

Corn and Quinoa Salad with Chicken

Makes 4 servings

Ingredients:

1 cup quinoa, rinsed and drained
2 cups cold water (check package directions)
2 cups drained, rinsed canned corn
1 cup roasted or grilled skinless chicken breast, cut into ½-inch pieces
2 medium tomatoes, seeded and chopped
1 cup chopped red onion
2 small jalapeno chilies, seeded and minced (optional)
1 cup chopped fresh cilantro
Juice of 2 oranges
1 teaspoon ground cumin
2 teaspoons extra-virgin olive oil
Salt and pepper to taste

Instructions:

1. In a large saucepan, cook the quinoa with water according to package directions. Uncover and cool slightly.
2. In a large bowl, combine the quinoa, corn, chicken, tomatoes, onion, jalapenos, and cilantro. In a separate bowl, combine the orange juice, cumin, and oil. Add to quinoa mixture.
3. Toss salad to coat; season with salt and pepper, to taste; serve warm or slightly chilled.

Nutrition Information for 1 serving:

367 calories
7.6 g fat
60 g carbohydrates
20 g protein
6 g fiber
334 mg sodium

