

# Words on Wellness

## Shut Off Your Screen for Health



Screens are part of daily life. Many people spend hours each day on computers, on phones, on tablets, and watching television. Too much screen time can lead to negative health effects.

Watching television for hours leads to sedentary activity and increases the risk of weight gain and type 2 diabetes. Spending time on social media decreases social connections with others, raises feelings of loneliness, and increases risk of depression. Too much screen time also causes eye strain due to long periods of blue light exposure, which may cause headaches, blurred vision, neck and shoulder pain, and lower melatonin levels. Melatonin helps the body feel tired and ready for sleep.

We can't get rid of all screens, but we can take steps to limit our time on them. Use these tips to reduce your screen time.

1. Limit screens outside of work or school to 2–4 hours or less per day. Consider using time limit controls on your devices.
2. Take frequent breaks from screens throughout the day. You can download a [free app](https://tek.io/3NaMKEz), [tek.io/3NaMKEz](https://tek.io/3NaMKEz), to remind you to do so.
3. Make time to be active and spend time outside when Iowa weather is nice.
4. Avoid screens during mealtimes.
5. Shut off screens for at least an hour before bedtime.

Sources:

[Association between screen time and depression among US adults](https://go.iastate.edu/SBV0HZ), [go.iastate.edu/SBV0HZ](https://go.iastate.edu/SBV0HZ)  
[Television Watching and Other Sedentary Behaviors in Relation to Risk of Obesity and Type 2 Diabetes Mellitus in Women](https://go.iastate.edu/K1ZIZ3), [go.iastate.edu/K1ZIZ3](https://go.iastate.edu/K1ZIZ3)  
[Sleep Foundation](https://go.iastate.edu/9ZYARC), [go.iastate.edu/9ZYARC](https://go.iastate.edu/9ZYARC)



## *Fiesta Skillet Dinner*

Serving Size: 1 1/2 cups | Serves: 5

### Ingredients:

#### Dressing:

- 1 can (15.5 ounces) Mexican style tomatoes
- 1 can (15.5 ounces) black beans (drained and rinsed)
- 1 cup frozen corn
- 1 tablespoon chili powder
- 2 cups cooked chicken, diced
- 1 cup prepared instant brown rice (1/2 cup uncooked)
- 1/2 cup 2% reduced fat cheddar cheese, shredded

### Directions:

1. Mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet. Cook over medium heat until heated through.
2. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
3. Serve hot.

### Nutrition information per serving:

330 calories, 7g total fat, 3g saturated fat, 0g trans fat, 680mg sodium, 38g total carbohydrates, 8g fiber, 4g sugar, 29g protein. This recipe is courtesy of ISU Extension and Outreach's SpendSmart. EatSmart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

## Stretching Your Food Dollar

Rising food costs have shoppers thinking of new ways to stretch their dollars. Consider these money-saving tips from SpendSmart. EatSmart®:

- Prepare more than one meal. Save some for leftovers or to freeze for another date.
- Substitute some or all the meat in a recipe with beans or lentils to save money while increasing fiber in the diet.
- Repurpose foods. For example, after they are ripe, refrigerate bananas to keep them edible for up to two weeks. Or freeze them to use in a smoothie later.
- Download the FoodKeeper app or use the [Food Safety website](https://www.extension.iastate.edu/food-safety-website), [go.iastate.edu/MMFN7E](https://go.iastate.edu/MMFN7E), to discover the best ways to store foods to avoid food waste.
- Check out the [Unit Pricing Calculator](https://www.extension.iastate.edu/unit-pricing-calculator), [go.iastate.edu/BMMCCL](https://go.iastate.edu/BMMCCL). This calculator gives you a product's price per ounce so that you can compare the cost of products of different sizes.



Learn more about  
Unit Pricing  
[go.iastate.edu/  
BMMCCL](https://go.iastate.edu/BMMCCL)

## Discover Iowa by Trail

*The Physical Activity Guidelines for Americans* recommends at least 150 to 300 minutes (30 to 60 minutes, 5 days weekly) of moderate-intensity aerobic activity, such as brisk walking, swimming, biking, or hiking each week.

Did you know there are more than 1,800 miles of trails in Iowa available to explore on foot or by bike? Iowa by Trail is a resource from the Iowa Natural Heritage Foundation. It is available as an app or on the [Iowa by Trail website](https://go.iastate.edu/XOJQ8I), [go.iastate.edu/XOJQ8I](https://go.iastate.edu/XOJQ8I). Search for trails by location and find information on distance, surface, and accessibility. The app allows users to track the trails they completed and the distance they traveled.

To download the app on a cellular device, open the App Store. Search for the app using the Search tab. Tap "download" to install the app. Check out this resource to learn why Iowa is referred to as the "Trail Capital of the Nation."

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/  
humanosciences](https://extension.iastate.edu/humanosciences)

*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.*



Share with us your thoughts!  
[go.iastate.edu/BBYBJQ](https://go.iastate.edu/BBYBJQ)