

KEEP SUMMER FOODS SAFE & FUN

June 2000

USE A FOOD THERMOMETER!

Thermy™ is the new food safety messenger from the Food Safety and Inspection Service, USDA. He is a thermometer character whose message is, "It's safe to bite when the temperature is right." Using a food thermometer is the only sure way to knowing if your food has reached a high enough temperature to destroy foodborne bacteria.



"Color is misleading and should not be relied on to indicate a safely cooked product. Meat or poultry color can fool even the most experienced cook. USDA research shows that one out of every four hamburgers turns brown in the middle before it is safely cooked," says Catherine Woteki, Under Secretary for Food Safety.

Food thermometers help ensure a safe temperature, prevent overcooking, and take the guesswork out of preparing a safe meal. There are many choices of thermometers: digitals, instant-reads, probes for the oven and microwave, disposable indicators and sensor sticks, pop-ups, and barbecue forks. Their cost is minimal when you consider your family's safety. This is especially true if you are cooking for young children, pregnant women, people over 65 and those with a chronic illness.

For Thermy™ brochure including a safe temperature chart, contact your county Extension Office or check out his web site at www.fsis.usda.gov/thermy

MARINADES: FLAVOR WITH LITTLE FAT

Try one of the following marinades to add flavor with little fat or calories. Each marinade makes about half a cup, enough to coat one pound of food or four servings. Combine marinade ingredients in a small bowl. Place food to be marinated in a heavy-duty zippered plastic bag and pour the marinade over the food to coat. ALWAYS marinate in the refrigerator. Note: To use marinade for basting, reserve 2-3 tablespoons for that purpose before marinating. DO NOT use marinade that has been in contact with raw product for basting. It may contain harmful bacteria.

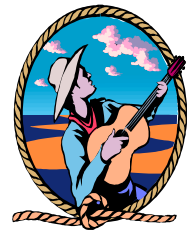
Mexican Marinade: Use with pork, chicken, tofu, vegetables or firm white fish (swordfish, monkfish or sea bass).

- ¼ cup lime juice
- 2 Tablespoons orange juice
- 1 Tablespoon canola or vegetable oil
- 4 cloves garlic, minced
- 2 teaspoon ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon hot pepper sauce, such as Tabasco



American Cowboy Use with beef, lamb, or portobella mushroom 'steaks'.

- 1/3 cup cold, strong brewed (or prepared instant) coffee
- 2 Tablespoon balsamic vinegar
- 2 Tablespoon brown sugar
- 1 Tablespoon canola or vegetable oil
- 2 cloves garlic, minced
- 1 teaspoon black peppercorns, crushed
- ½ teaspoon salt



Marinade information from:
Tufts University Health and Nutrition Letter, June 2000.

FAMILY DINNERS=BETTER NUTRITION

A new study from Harvard shows children who ate dinner every night with family members were twice as likely to have five servings of fruits and vegetables a day as those who ate dinner with their family only a couple of times a week. They were also much less likely to have fried foods away from home and a little less likely to be soda drinkers. Children in the study ranged in age from 9-14. It didn't matter if the families cooked in, ate out or brought food in to eat. Parents' presence by itself at dinnertime seems to influence children's eating habits for the better.



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DIETARY GUIDELINES FOR AMERICANS, 2000

The latest edition of the Dietary Guidelines for Americans was recently released. The ten new guidelines point the way to good health. They are intended for healthy children (ages 2 years and older) and adults of any age. Use these guidelines to help you and your family find ways to enjoy food while taking action for good health.

Aim for Fitness.

- ◆ Aim for a healthy weight
- ◆ Be physically active each day.



Build a healthy base.

- ◆ Let the Pyramid guide your food choices
- ◆ Eat a variety of grain daily, especially whole grains.
- ◆ Eat a variety of fruits and vegetables daily.
- ◆ Keep food safe to eat.

Choose sensibly.

- ◆ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ◆ Choose beverages and foods that limit your intake of sugars.
- ◆ Choose and prepare foods with less salt.
- ◆ If you drink alcoholic beverages, do so in moderation.

FOOD FUN FOR KIDS (AND ADULTS)

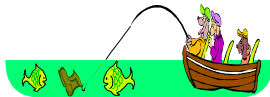
The following ideas are a fun, yet nutritious way to spend some time with children.

Goin' Fishin' in the Ocean

1 cup vanilla yogurt with several drops of blue food coloring stirred in (ocean)

Fish shaped crackers (fish)

Carrot sticks (fishing pole)



Pour 'blue-yogurt' ocean into a shallow plate. (Note: amount will vary depending on the dish and the appetite of the fisherman). Sprinkle fish crackers over the ocean. Use carrot stick pole to 'fish' for the crackers. (Note: the flavor of the carrot, cheddar crackers and yogurt is amazingly very good.)

Goin' Fishin' for Fruit

1 cup peach flavored yogurt with several drops of blue food coloring stirred in (ocean)

Fruit (red grapes and strawberry halves work well as fish)

Pretzel sticks (fishing pole)

Pour 'blue-yogurt' ocean into a shallow plate. Add fruit fish. Use pretzel stick to "Fish for Fruit".



Goin' Fishin'

Begin by preparing the "fish." Combine in a plastic bag or bowl 1 cup each of 3 or more different ready to eat breakfast cereals. (Low sugar, high fiber choices are great. Examples: Multi-Grain Cheerios®, Honey Nut Shredded Wheat®, Crispix®).

Give each fisherman:

1 cup of cereal mixture (fish)

1 Tablespoon of peanut butter (bait)

1 or 2 pretzel rods (fishing pole)

Put some bait (peanut butter) on the end of the pole (pretzel) and go fishin' in the cereal mixture.



(Note: All 3 methods got A+ ratings when kid tested)

Vegetable Bobbers

For each bobber, use 1 cherry tomato cut in half; 1 carrot stick (4 inches by ¼ inch); and one slice of cucumber. To make a bobber, string a tomato half following by the cucumber slice and the other tomato half onto the carrot stick.

FRUIT SALSA WITH CINNAMON TORTILLA TIES

Even if kids don't like tomato salsa, they will like this. I increase the orange juice and it makes a tasty fruit smoothie.

1 large red delicious apple

1 cup strawberries, fresh or frozen

1 kiwi, peeled

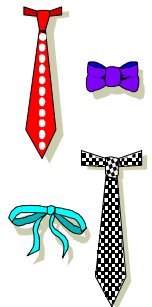
1 can mandarin oranges, drained

1 cup peaches, fresh, frozen or canned

2 Tablespoons apricot or strawberry jam

2 Tablespoons brown sugar

¼ cup orange juice



Place all fruit in a food processor and pulse until the consistency of salsa. Add jam, brown sugar and juice. Serve with Cinnamon Ties or Chips.

Adapted from *Healthy Food for Healthy Kids*, Bridget Swinney, Meadowbrook Press, ISBN 0-671-31725-3

CINNAMON TIES — a tasty low-fat snack

Preheat oven to 450°F. Cut 7 small flour tortillas into 6 wedges each. **OR** in honor of Father's Day, cut the tortillas into necktie or bow tie shapes. Brush cut tortillas with water. Sprinkle with a mixture of 1 tablespoon sugar and ½ tablespoon cinnamon. Bake 5-10 minutes or until crisp. Serve with Fruit Salsa.

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

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