

# SALUTE TO FOOD SAFETY AND 5 A DAY

Food for Fitness and Fun - September 2003

## PICK A BETTER SNACK™

SEPTEMBER featured produce items for the Pick a **better** snack™ campaign include:

- Plums
- Radishes
- Zucchini Squash
- Tomatoes



By eating fruits and vegetables and getting physical activity, you may be eligible to win one of 6 prizes to be awarded. **NOTE: This is the last month to play!** The bingo card will continue to be on the web site for individuals and groups to use for educational purposes, but I will stop providing monthly prizes. Here's what you need to do to play this **LAST TIME**:

1. Get a copy of the Pick a Better Snack and Act Bingo Card from the web site at: [www.extension.iastate.edu/food/](http://www.extension.iastate.edu/food/) OR Call the Johnson Co. Extension Office at 319-337-2145 to have a card and entry blank mailed to you.
2. Earn a Bingo by completing the physical activity and eating suggestions in any row across, down; or corner to corner. You are "on your honor" as to what "counts" as a Bingo for you. For a new food item, just a bite may be sufficient. For familiar foods, you would eat a serving. Physical Activity will be similar. For a new activity, giving it a try is a great goal. If it's a familiar activity, participate for 20-30 minutes.
3. Use one of these ways to return completed entries:
  - a) Complete the form on the web site,
  - b) Fax the form to me at 319-337-7864
  - c) Mail to: Jan Temple - PBS  
Johnson County Extension,  
4265 Oak Crest Hill Road, SE,  
Iowa City, IA 52246
4. Winners will be contacted. Prizes will be mailed to persons within the continental United States. Participate each month – October 2002 to September 2003. Encourage the whole family to play!

## LIGHTEN UP IOWA

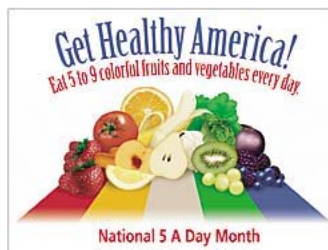
The 12,000 Iowans taking part in "Lighten Up Iowa" recorded more than 2.6 million miles of activity and lost a total of 23.5 tons (more than 47,000 pounds) from January 6 to June 6, 2003.

Watch this newsletter for details about the 2004 program which will begin in January and include activities for youth as well as adults.

IOWA STATE UNIVERSITY  
University Extension

**Helping you become your best.**

## SEPTEMBER IS 5 A DAY MONTH



"Get Healthy America!" by eating more colorful fruits and vegetables is the theme for National 5 A Day Month in September. Sponsored by the Produce for Better Health Foundation and the National Cancer Institute

and other 5 A Day Partners, the nationwide effort promotes eating 5 to 9 servings of colorful fruits and vegetables every day as the easy way to get healthy and lower your risk for some cancers.

**BLUE/PURPLE** fruits and vegetables - plums, blueberries, grapes, eggplant and purple cabbage help urinary tract health, memory function and healthy aging.

**GREEN** fruits and vegetables - green apples and grapes, avocados, honeydew, broccoli, brussel sprouts and green beans help to maintain vision health and strong bones and teeth.

**WHITE** fruits and vegetables - bananas, white peaches, potatoes, onions and cauliflower help maintain a healthy heart and cholesterol levels that are already healthy.

**YELLOW/ORANGE** fruits and vegetables - grapefruit, oranges, peaches, yellow winter squash and pumpkin help maintain a healthy heart, vision health, and a healthy immune system.

**RED** fruits and vegetables - cranberries, strawberries, watermelon, beets, tomatoes and red potatoes help maintain a healthy heart and memory function.

## FIRE AND ICE TOMATOES

*These are guaranteed to be a favorite 'red' food at your house.*

- 6 large tomatoes
- 1 large green bell pepper, cut in strips
- 1 red onion—sliced in rings
- ¾ cup vinegar
- ½ teaspoons celery salt
- ½ teaspoon black pepper
- 4 teaspoons sugar
- 1 ½ teaspoons mustard seed
- 1/8 teaspoon red pepper -- (cayenne)
- ¼ cup cold water



Skin and quarter tomatoes. Place with green pepper and onion in a large bowl with tight-fitting lid. Place remaining ingredients in a saucepan and bring to boil. Immediately pour over vegetables. Chill, turning occasionally. Serve cold. Makes 2 quarts.

## SEPTEMBER = FOOD SAFETY

September marks the 9<sup>th</sup> annual National Food Safety Education Month<sup>SM</sup>, one of the activities supported by the National Food Safety Program. One of the goals of the month is to educate the public to handle and prepare food properly at home. Try this Food Safety Quiz to test your knowledge. Answers follow.

1. Is it safe to leave perishable foods at room temperature for longer than **TWO** hours TOTAL time?
2. Is it OK to refrigerate foods while they're still warm?
3. Should you eat refrigerated leftovers within a day or two for safety and quality?
4. Should your refrigerator be 40 degrees F or lower?
5. Can you always see, smell or taste bacteria that cause food-borne illness?

## FOOD SAFETY QUIZ ANSWERS

1. NO. Refrigerate perishable foods so the TOTAL time they're at room temperature is less than TWO hours. At room temperature, just ONE bacterium in these foods could grow to 2,097,152 in 7 hours!
2. Yes. Just leave the container cover slightly cracked until the food has cooled. Refrigerate foods in shallow containers to speed cooling.
3. Yes. Eat refrigerated leftovers promptly
4. Yes. Keeping your refrigerator at 40 degrees F or lower slows bacterial growth. Keep your freezer at 0 degrees F or lower, which stops most bacterial growth. Freezing DOES NOT kill bacteria. Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at recommended temperatures.
5. No. When in doubt, toss it out! You can't always see, smell or taste bacteria that cause food-borne illness. It takes from 1/2 hour to 6 weeks before you get sick from contaminated food.

*Source: Developed by: University of Nebraska Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department*

## KEEP BOX LUNCHES SAFE

- Wash the lunch container and thermos with hot water and detergent after every use. If you use a paper bag, purchase bags specifically for carrying sack lunches and use a clean one each time.
- Packed lunch foods that are safe at room temperature are: Peanut butter sandwiches; Popcorn; Bread, crackers, bagels; Fresh fruit in the peel; Unopened single-serving containers of fruit, fruit juice and pudding; Commercially prepared meats, poultry, seafood and dried beans (such as beans and franks) that can be opened and eaten immediately; Dried fruits; Nuts; Cookies, cereal bars.

*Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County*

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*Web Site: <http://www.extension.iastate.edu/food>*

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

*and justice for all*

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## FAST FOOD QUIZ

It pays to know before you go. Sometimes a food that sounds healthy is not really that great of a choice when it comes to calories. Choose the item below that is the lowest calorie choice for each question. Answers below.



1. A Taco Bell Salad or a McDonalds Big Mac
2. A super-size serving of French fries or a Quarter Pounder with Cheese
3. Egg McMuffin or a Sausage Biscuit with Egg
4. Wendy's Classic Single hamburger with everything or Wendy's Broccoli & Cheese Potato

## "FAST FOOD QUIZ" ANSWERS

1. The Big Mac contains 590 calories while the Taco Bell Salad contains 840. Your best bet is the Grilled Chicken Deluxe only 440.
2. Surprise! A super sized fry has 540 calories while the Quarter Pounder with cheese contains 530
3. This one was easy – The Egg Mc Muffins contains only 290 while a Sausage Biscuit with Egg has 510
4. Wendy's Classic Single Burger with everything has 410 while the Wendy's Broccoli and Cheese Potato contains 480. Your best bet is to order a plain baked potato filled with salsa and a little margarine and a Spring Mix salad with the dressing on the side.

*Source: Communication Food for Health, September 2003.*

## MAKING BETTER CHOICES

At some time during a typical week, you are super hungry and in a big hurry; furthermore you are not in a position to prepare your own meal. If you are in your car you might be tempted to stop at a fast food restaurant. You are not alone! Sales for quick-service restaurant operators are projected to increase 4.8 percent in 2003, to \$137.8 billion, according to the National Restaurant Association's publication, Restaurant Industry Forecast – 2003. Here are four easy ways to lower the amount of fat, sodium and calories you consume in a fast food meal.

1. Choose baked, grilled or broiled items instead of fried. Salads, grilled chicken, baked potatoes and small lowfat sandwiches are always your best choices.
2. Put condiments on the side.
3. Order diet soda, unsweetened tea or water instead of soda or other sweetened beverages.
4. Don't supersize your meals.

Fat food nutrition information can be found at the restaurants' individual website or at an interactive fast food website at <http://www.olen.com/food/>

*Source: Communication Food for Health, September 2003*