

To Your Health

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June 2006

Be Food Safe ... Prepare With Care

The Centers for Disease Control and Prevention estimate that every year about 76 billion people in the United States become ill from harmful bacteria in food. Of these, about 5,000 die.

Prepare, handle and store food safely to keep you and your family and friends safe.

Bacteria can grow on meat, poultry, seafood, eggs, and dairy products, as well as on cut-up fresh or cooked vegetables and fruits.

To be "food safe" --

Wash hands and surfaces often. Wash your hands with warm, soapy water for 20 seconds before and after handling food. Wash cutting boards, dishes, utensils, etc., with hot soapy water after preparing each food item. Wash fresh fruits and vegetables with cold water before using.

Separate - don't cross-contaminate. Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing. Place cooked food on a *clean* plate.

Cook food to proper temperatures. Use a food thermometer to be sure.

Refrigerate foods promptly.

Refrigerate or freeze perishables, prepared food, and leftovers within 2 hours or sooner.

"Is It Done Yet?"

Many people assume that if a hamburger is brown in the middle, it is done. Looking at the color and texture of food is not enough, though. You have to use a food thermometer to be sure. According to USDA research, 1 out of every 4 hamburgers turns brown before it reaches a safe internal temperature. The only safe way to know if meat, poultry, and egg dishes are "done" is to use a food thermometer. When a hamburger, for instance, is cooked to 160 degrees F internal temperature, it is both safe and delicious.

For more information, go to:
www.IsItDoneYet.gov

Fiesta Burgers

Makes 4 servings

1½ pounds lean ground beef
¼ cup onion, chopped
2 tablespoons red bell pepper, finely chopped
3 tablespoons picante sauce or salsa
2 teaspoons prepared Dijon-style mustard
1 tablespoon prepared horseradish (optional)
Salt and pepper to taste
4 Whole wheat buns
Leaf lettuce (or fresh spinach leaves) and sliced tomatoes

Preparation Directions:

*Wash hands with soap and warm water for 20 seconds before handling the meat.

*In a bowl, mix ground beef with onion, red pepper, picante sauce or salsa, mustard, horseradish (if desired), salt and pepper.

*Form into four burgers, about ¾ - inch thick.

*Wash hands with soap and warm water for 20 seconds after handling the meat.

*Using utensils, place burgers on grill that has reached medium-high heat.

*Check each burger with a food thermometer after approximately 10-15 minutes. Turn burgers as needed. A hamburger is done when it reaches 160 degrees F internal temperature.

*Clean the stem of the thermometer between uses with hot, soapy water.

*Place cooked burgers on buns and top with condiments and garnishes of choice.

Source: "Is It Done Yet?" – publication available at www.IsItDoneYet.gov

Men's Health Week

June 12-18

...To heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

- Get your blood pressure and cholesterol checked.
- Have your PSA (prostate specific antigen) checked.
- Start on a regular physical activity campaign – walk, bike, golf (walk vs us a cart), etc.
- Select healthy snacks.
- Choose water to refresh and re-hydrate.

www.menshealthweek.org

Protect Your Eyes from the Sun

Sunglasses help you in two important ways. They filter light and protect your eyes from damaging ultraviolet (UV) rays. Mounting evidence shows that exposure to UV rays can damage your eyes. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids.

Are you are risk?

Everyone is at risk for eye problems caused by the sun. Even children are at risk for damaging their eyes. The risk of sun related eye problems is higher for people who –
..spend long hours in the sun
..have had cataract surgery or have certain retina disorders
..are on certain medicines that increase the eye's sensitivity to light (such as tetracycline, sulfa drugs, birth control pills, diuretics, tranquilizers)

Choose sunglasses that:

- Reduce glare
- Filter out 99-100% of both UV-A and UV-B rays
- Protect your eyes by wrapping around the side
- Are comfortable to wear
- Do not distort colors

Source: Prevent Blindness America
www.preventblindness.org

3-A-Day

According to the United States Department of Agriculture, only 19 percent of Americans meet the Dietary Guideline recommendation of three servings of dairy foods per day.

Eating three servings of low-fat or fat-free milk, cheese or yogurt is an easy way to get the recommended amounts of calcium and other essential nutrients we need to improve bone mass, for nutrient adequacy, and for a healthy weight.

For those who are lactose intolerant, lactose-free and lower-lactose products are available. Other sources of calcium include tofu and soy beverage (calcium and vitamin D fortified), some green leafy vegetables, broccoli, calcium-fortified juices, salmon (canned including bones).

Get your 3-A-Day.

3 on the Go: Order milk with your meal or snack at your favorite restaurant. More fast food stops are putting milk back on the menu, and making it an option with 'kids' meals.'

Cucumber Salad: Mix diced cucumber with a cup of low-fat or fat-free plain yogurt, a little chopped fresh mint and a pinch of salt and pepper. Spread on whole-wheat pita wedges.

Simple Shortcake: Try a piece of angel food cake topped with ½ cup fat-free or low-fat strawberry yogurt.

Lettuce Wrap: Wrap a slice of Swiss cheese, a slice of turkey, a little Dijon mustard in lettuce leaves.

Milk and Berries: Enjoy a handful of fresh berries (strawberries, raspberries, or blueberries) with a glass of cold fat-free or low-fat milk.

Source: National Dairy Council, "33 Terrific Tasty Snack Ideas"

Let's Move

Consider life before the automobile. How did we get around?

Walking was once the primary mode of transportation. Today it can connect us to our communities while providing us with health-giving physical activity.

Benefits of Walking

- Affordable: No gym fees, no expensive equipment – just you, your feet, comfortable clothing and shoes.
- Keeps you fit: Walking provides enhanced cardiovascular health while keeping bones strong and managing weight.
- Keeps you mentally fit: Researchers at the University of Illinois found that research subjects who received aerobic training through walking had improved attention and memory.
- Opportunity for socializing: Planning to meet a friend for a walk gets you out of the house, physically active, and provides time for catching up.

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6-2006

Iowa State University and U.S. Department of Agriculture Cooperating.

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