



Food and Fitness



May 2009

We Get Questions

When I purchase produce from the farmers' market what is the best way to wash the produce?



Most produce does not need to be washed until it is ready to be prepared to eat. Washing produce thoroughly with running water is the best way to remove dirt and germs.

- For vegetables such as lettuce or cabbage, remove and discard the outer leaves before rubbing gently under running water to loosen any dirt.
- Fruits and vegetables that have firm surfaces, such as melons, potatoes and carrots should be scrubbed. Wash all produce even if the skins will not be consumed. Dirt and germs on the surface can be passed to the flesh when the fruit or vegetable is cut.
- Do not use soap to wash fruit or vegetables. Soap residues can remain on the produce and can be absorbed.

Pick a Better Snack-Vitamin C for the Summer

Americans get more



vitamin C from oranges and orange juice than any other food. Oranges are a good source in the winter but there are other fruits and vegetables you can enjoy to get your recommended daily allowance of vitamin C. Check these out—each supply significant amounts of vitamin C to help each you 60 mg daily.

- One cup strawberries
- One green bell pepper (red and yellow peppers have even more)
- One kiwi fruit
- One cup cooked broccoli or Brussels sprouts
- Half a papaya

Strawberries – Just the Facts



Strawberries are one of the first fruits to ripen in the spring

- The seeds of the strawberry are really the fruit while the red fleshy part is the receptacle that holds the parts of the flower together
- On the average, there are 200 tiny seeds on every strawberry
- Strawberries are the most popular berry in the United States
- 94% of United States households consume strawberries
- Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita.
- If the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times.
- Strawberries are an excellent source of Vitamin C and a good source of potassium and magnesium.

Prepare Food Safely - To Rinse or Not?

Scientists from USDA advise cooks to not to rinse raw poultry or meat, since rinsing can easily spread bacteria from the poultry/meat to the sink, countertop, utensils, and other foods. Cooking the poultry/meat destroys the bacteria so rinsing is not needed.

For Questions About...

Polk County
Congregate Meals
515-286-2062

Commodity &
Supplemental Foods
515-286-3655

Nutrition, Food
Preparation &
Food Safety
ISU AnswerLine
1-800-262-3804

If you find the idea of cooking unwashed poultry/meat unappealing, go ahead and wash it, but minimize the risk of cross-contamination. After handling raw meat, scrub your hands thoroughly with warm and soap. Wash the sink, faucets, and countertops—anywhere the juices might have splattered. If sponges or dishcloths are used, soak in diluted bleach to sanitize. Better yet, use paper towels for cleanup.



Quick Macaroni and Cheese

Makes 4 servings

- 1 cup uncooked macaroni
- 1/3 cup nonfat dry milk powder
- 1 tablespoon flour
- ¼ teaspoon dry mustard
- 1/8 teaspoon salt (optional)
- ¾ cup water
- 1 cup shredded process American cheese
- 1 tablespoon onion (optional)

Cook macaroni according to directions; drain. Mix together nonfat dry milk, flour, mustard, and salt. Stir in water until smooth. Stir mixture into macaroni. Cook over low heat, stirring to prevent sticking until sauce thickens. Add cheese and stir until cheese melts.

This fast, low-fat version has less fat than the traditional recipe.

If dry milk is not available, make a cheese sauce to add to the cooked macaroni.

Cheese Sauce

Melt 1 tablespoon margarine over low heat. Add 1 tablespoon flour stirring until well blended. Gradually stir in 1 cup low-fat milk and cook for one minute after sauce begins to bubble. Stir constantly. Add 1 cup grated

cheese. Mix the sauce into the macaroni.

Nutrition Facts

Serving Size 1.00 serving(s) (116g)

Amount Per Serving

Calories 257 **Calories from Fat** 103

% Daily Value

Total Fat 11.4g 18 %

Saturated Fat 7.0g 35 %

Trans Fat 0.0g

Cholesterol 33.9mg 11 %

Sodium 555.0mg 23 %

Total Carbohydrate 24.8g 8 %

Dietary Fiber 0.9g 4 %

Sugars 3.9g

Protein 13.4g

Vitamin A 9 % Calcium 27 %

Vitamin C 1 % Iron 3 %

Food Assistance can Help You

Food Assistance is just a phone call away. Communities in Iowa use the 2-1-1 call system to provide help to all Iowans. If you are interested in locating your local Food Assistance office, just call 2-1-1. Remember that Food Assistance is the new name for Food Stamps.



Prepared by
Susan B. Klein,
ISU Extension Nutrition & Health
Field Specialist

with assistance from
Barb Anderson,
ISU Extension Nutrition & Health
Field Specialist

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Board of Supervisors.

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