



Food and Fitness



July 2009

Safe and Savory Burgers this Summer



Finally, it is beginning to feel like summer and outdoor home chefs are working overtime to grill tasty burgers for their families. But most home chefs are missing the key to a successful burger - an internal temperature of 160° F.

As backyard cooks head outdoors and fire up their grills, it's important to keep ground beef safety top of the mind.

- Always cook ground beef to 160° F. This ensures ground beef isn't under - or overcooked, and any harmful bacteria is destroyed.
- Stop eyeballing the doneness of your burgers. Rather than relying on colors or juices, get an instant-read meat thermometer, which gives an accurate temperature reading much quicker than an oven-proof thermometer.
- Use your instant-read meat thermometer properly. Always insert the meat thermometer sideways into the thickest portion of the patty to ensure it has reached 160°F. And to make sure you get an accurate reading, hand wash your thermometer instead of using the dishwasher.

Buy Fresh, Buy Local

You wouldn't buy a new car with high miles, so why eat food with high miles? Fresh produce travels on average 1500 miles from a U.S. farm to an Iowa table. Just one more reason to buy fresh, buy local.



Common Food Allergies

About 90 percent of all food allergies are caused by the following eight foods: Milk, Fish, Wheat, Peanuts, Soy, Shellfish, Eggs, Tree Nuts.

Helping Your Kids Eat Healthy

Dark lettuce leaves have more nutrients. Add lettuce to sandwiches. Add spinach to your salads, trim off the small stems and just roll the leaves tightly like a jelly roll. Slice like you would a loaf of bread, this makes it easy to add the "spinach strips to your salad - even "non-eating spinach" children will enjoy this. Ask your child to "invent" their own salad. Let them pick out the vegetables and other toppings they want to use.



Be a Safe Gardener

If you are a gardener, make sure you have a tetanus booster. More than one-third of tetanus cases in this country occur in people who got it while gardening or doing yard work. The disease is caused by bacteria commonly found in dirt and on tools, and even a small cut or splinter can transmit the bacteria. Everyone should have the shot every ten years. It also includes a vaccine against diphtheria and sometimes pertussis. People over 50 are least likely to be adequately immunized. Though tetanus is rare in the U.S., it can be fatal.

Nine Often Overlooked Cost Savers

- Having the **right ingredients** on hand for preparing meals means you will not spend extra dollars stopping unnecessarily at the grocery.

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

- Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to **serve less meat per person.**
- **No-meat options**, such as lentils, and rice, or bean soup with vegetables, are hearty and cheap and good for you!
- **Cabbage** is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so it helps you stretch the budget-buy one head of lettuce and when that runs out serve slaw or stretch your tossed salad with shredded cabbage.
- **Apples and carrots** make great snacks, brown bag treats and side dishes for meals and they are cheap when bought in bulk.
- **Grapes** get used better than some fruits and are a great grab and go snack when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
- **Potatoes** are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
- **Coupon clipping** is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more dishes rather than buy more convenience foods.
- The **best place to shop** is often in your own pantry or freezer. Plan meals around using up things you have on hand.



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

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

Printing provided by Polk County
Board of Supervisors.

**IOWA STATE
UNIVERSITY**
University Extension

We Get Questions

Is it true that the baby carrots I am so fond of are treated with chlorine as I recently heard?



Yes - and so are the whole carrots, as well as many other vegetables. But the practice appears safe. Manufacturers often treat produce - even organic produce - with a mild chlorine solution to disinfect it and extend its shelf life. But the concentrations are tiny compared with those used in cleaning products and they pose no known risk to humans. If you would prefer to avoid the chemical choose produce fresh from a farm stand or your own garden.

(Consumer Reports on Health, April, 2009)

Baked Canned Peaches

2 cups sliced peaches (canned)
2 tablespoons sugar
2 tablespoons brown sugar
1 tablespoon lemon juice
¼ cup coconut

Preheat oven to
350 degrees.

Drain peaches and
reserve juice.

Place reserved
juice in 2 quart
saucepan. Cook
on medium
high heat until

boiling. Add and blend sugars and lemon juice. Put above mixture in small casserole. Pour hot syrup over peaches. Bake for 10 minutes. Sprinkle coconut over peaches. Bake 3 more minutes. Serve warm with cookies.



... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

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