



Food and Fitness



February 2009

Tips on Cold Party Trays

Planning a Super Bowl party – or any party where a tray of fresh cut vegetables, fruit, cold meats or pate will be part of the celebration? Remember the maximum amount of time these perishable foods can sit out at room temperature is two hours before they become a potential danger to guests.

Two quick tips for your “cold party trays are”:

- Nest the trays in bowls of ice.
- Rather than serve from large trays of food, use smaller trays of food and replace them within the two hour window.



Myth Buster

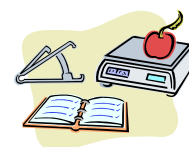
If juices run clear, then meat and poultry is cooked to a safe temperature, right? Wrong!!! Over the years we have all heard advice related to food safety. Some of this advice rings true, while other guidance is just plain wrong, as is the case with clear juices indicating that meat and poultry is safe to eat.

Although convenient and often tempting to use a visual test to determine if meat or poultry is thoroughly cooked, it is not accurate. It is common, for example, for hamburgers to turn brown well before they are cooked to a

Internal temperature of 160°F.

Use a food thermometer to measure the internal temperature of cooked foods. Make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to a safe internal temperature.

Are You an Apple?



A waist-to-hip ratio (waist measurement divided by hip measurement) is an index of body fat patterning. For women a ratio above 0.8 and 1.0 for men indicates an “apple shape”. These individuals carry their weight around their middle. Researches have found people with this body type are more likely to be at risk for heart disease, high blood pressure, stroke and diabetes.

We Get Questions



What exactly is high fructose corn syrup?

To understand high fructose corn syrup one must understand the composition of traditional table sugar. Table sugar, sucrose, is a molecule made up of a combination of glucose and fructose unites in equal amounts. Table sugar is 50% glucose and 50% fructose. High fructose corn syrup is very similar to table sugar in that it is a combination of glucose and fructose; however, fructose is present in a slightly greater proportion – 45% glucose and 55% fructose. Ultimately, table sugar and corn syrup are metabolized very similarly because of their similar compositions.

Yet, high fructose corn syrup has been “blamed” for the obesity crisis by some

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groups claiming that high fructose corn syrup alters energy and fat metabolism, which has not been proven. It is possible however, that high fructose corn syrup has contributed to the obesity crisis by making sugar sweetened products, such as soda, more available. High fructose corn syrup costs significantly less than table sugar (sucrose), thus increasing the presence of sugar sweetened products in the food supply.

Frozen Dinner Guidelines

To choose the most healthful frozen dinner, read the Nutrition facts label and look for: 22 grams or less of fat, 600 mg. or less of sodium and 20% or more of at least one of these – Vitamin A and C, Iron and Calcium

Fish Have Omega-3's

Not all fish are high in omega – 3 fatty acids but eating fish provides a heart health benefit because fish are low in fat and saturated fat. The American Heart Association recommends eating at least two servings of fish a week. Omega-3-rich fish come from the coldest waters.

Dark fleshed fish – like salmon, mackerel, catfish, herring, sardines, and tuna – tend to be highest in omega – 3 - fatty acids.

Lighter colored, omega-3 rich fish include ocean perch, orange roughy, halibut, Rainbow trout, carp, and ocean bass.

Choose water-packed tuna to get the most omega 3's. The fatty acids move into the oil of oil-packed tuna and are lost when it is drained.

Fat and Vitamin A

Recent research at Iowa State University has shown that to gain full benefit of Vitamin A in salad vegetables, some fat is needed for absorption. Vitamin

Aids in the fight against cancer and heart disease.

On the flip side, eating a salad or fresh vegetables with no fat deprives your body of these beneficial substances.

About Tomato Juice



One ¼ cup serving of canned tomato juice contains 820 mg. of sodium. To enjoy tomato-flavored juice and reduce the sodium, consider drinking 6 ounces of low sodium vegetable juice. The sodium content is just 80 mg. per serving.

Carrot-Raisin Bars

(Makes 12 Bars)

Approximate Serving size 1 (2") square

- ½ cup light brown sugar, packed
- ¼ cup butter or margarine
- 1 egg
- ½ teaspoon vanilla
- ¾ cup flour, sifted
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ cup raisins
- ¾ cups carrots, finely grated
- ¼ cup walnuts, finely chopped (optional)

1. Preheat oven to 350°F. Grease 9" square pan lightly.
2. Mix sugar and butter. Add egg and vanilla; beat.
3. In a second bowl, mix together flour, salt, baking soda and baking powder.
4. Add raisins and carrots; stir.
5. Spread mixture into baking pan and sprinkle with walnuts.
6. Bake about 40 minutes or until a toothpick inserted in center comes out clean.



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