



Food and Fitness



March 2009

Peanut Butter Recall Questions

Peanut butter and peanut products have been found to be contaminated with Salmonella and are being recalled. What does this mean to Iowans?

“A lot -- if you consume certain products that are being recalled,” said Sam Beattie, an Iowa State University Extension food safety specialist.

Peanut butter and peanut paste from a specific peanut processor in Georgia has been found to be the source of a multi-state outbreak of Salmonella.

The products involved are industrial sized containers of peanut butter and peanut paste that range in size from five-pound tubs of peanut butter used in institutional settings to tanker sized containers of peanut paste used in the manufacture of peanut flavored products. These large volumes of peanut butter or paste are processed into a variety of food products including crackers, ice cream and energy bars.

“Remember, the consumer-sized jar of peanut butter that you buy at the grocery store has not been recalled. The recalls apply to certain products that contact peanut butter, peanut paste or peanuts,” Beattie said. The products that are being recalled can be found at www.fda.gov. Consumers also can use the contact information that manufacturers provide on the package to determine if a particular product has been recalled, Beattie added. For more information about the recall, consumers can visit the ISU Extension Food Safety website, www.iowafoodsafety.org. Salmonella is a bacterium that causes

severe gastroenteritis. Symptoms develop in 12 to 72 hours after a person has eaten a contaminated product. These symptoms are cramping, diarrhea and fever, with the diarrhea being most severe and potentially lasting for seven days. Because of the fluid loss with diarrhea, proper hydration is required. “If you believe that you have contracted Salmonella, you should see your health care provider immediately. Be aware that person-to-person spread is a possibility and could expand the illness to others,” Beattie said.

Spicy Chicken

Here is a quick, simple recipe that adds vegetables to the main dish:

- 4 skinless chicken halves (about 1 pound)
- ½ cup bottled salsa



Coat baking dish lightly with nonstick spray. Place chicken in baking dish, pour salsa over chicken. Cover tightly and bake at 400 degrees F. for 20 minutes. Chicken is done when a meat thermometer in the chicken reaches 165 degrees F. Serve with a tossed salad or vegetables.

Planning Food Pyramid Meals

MyPyramid is a useful tool to help you plan meals and snacks to meet your daily nutritional needs. No one food group is more important than any other. Healthy meal planning requires a balance of foods from each group. One-half of your plate should be fruits and vegetables (5-9 serving a day).

- One-fourth should be whole grain.
- One-fourth or less should be lean meat or protein.

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

- Include *low* fat dairy products (2-3 cups of milk each day).
- Use less saturated and trans fat and more plant oils like olive or canola oil.
- Cut out or back on sweetened drinks and soda.



And don't forget to walk or exercise everyday (30 minutes most days)!

For more information about MyPyramid, healthful eating and physical activity, visit: <http://www.MyPyramid.gov> or your local county Extension office.

We Get Questions

I have heard that fruit flies come from bananas. Someone also told me, that the flies come from your plumbing. Who is right? How do you eliminate the problem?

Both are true. Fruit flies are harbored in plumbing and on fruit. The key is rapid turnover of the fruit, using sound fruit, and keeping your pipes flushed with water and occasionally about 1 teaspoon of bleach in a quart of water. The drain that is most likely to be infested is the drain board side, not the wash side. Keeping this clean will reduce the potential for an infestation.

Weight-Loss Products – No. 1 type of Consumer Fraud in the U.S.

According to a report from the Federal Trade Commission about 5 million Americans fall for weight-loss scams each year, some of them buying more than one item. The products include dietary supplements, nonprescription drugs, skin patches, creams, wraps, and even earrings (yes, there are earrings that are supposed to suppress appetite). The typically promise substantial, rapid, no effort weight loss without dieting

or exercise – guaranteed. The only thing you're guaranteed to lose is your money.

Antioxidants In Fruits

According to the Journal of Agricultural and Food Chemistry report, wild blueberries scored the highest in antioxidants, followed in order by cranberries, apples, red grapes and green grapes.

Go Green on St. Patrick's Day



Green fruits and vegetables contain many health-promoting phytochemicals which help maintain vision health and strong bones and teeth. Some "**green**" ideas for St. Patrick's Day (or any day) include:

- Eat a tossed **lettuce** salad. Add extra green with **green peppers** if you like!
- Corned beef with **cabbage** is a natural for St. Patrick's!
- Include some **kiwi** fruit in your fruit salad
- Add some frozen **peas** into a soup
- Add **avocado** slices to salads and sandwiches
- Enjoy your favorite dip in combination with **broccoli** florets and other vegetables
- And don't forget – **spinach** noodles, **asparagus**, or **mixed green** vegetables with mushrooms

Healthy Potato Properties

Potatoes eaten with their skin are high in potassium, which along with low sodium, may reduce the risk of high blood pressure and stroke. And don't forget the fiber, also found primarily in the skin. Potatoes contain vitamin C, needed for healthy bones, muscles, and blood vessels and vitamin B6 required for red blood cell production and proper nerve function. Just a reminder, when you prepare potatoes, look for low-fat options and remember a potato the size of a computer mouse is one serving.

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