

To Your Health

September 2008



Be Food Safe

Did you know that in the United States each year ...76 million cases of foodborne illness occur.
...more than 325,000 people are hospitalized for foodborne illness.
...5,000 people will die from foodborne illness.

Food handling safety risks at home are more common than most people think. Four easy steps - clean, separate, cook and chill - can help prevent harmful bacteria from making your family sick.

Clean: Wash hands, utensils, and cutting boards before and after contact with raw

meat, poultry, seafood and eggs.

Separate: Keep raw meat and poultry apart from foods that won't be cooked.

Cook: Use a food thermometer - you can't tell food is cooked safely by how it looks.

Chill: Chill leftovers and takeout foods within 2 hours and keep in the refrigerator at 40°F or below.

Cross-contamination is how bacteria spread.

- Use one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.
- Keep raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart and bag.
- Store raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

September is *National Food Safety Education Month*®. For more information, go to www.foodsafety.gov. Take a look at "food safety at home podcasts."

Is Your Canned Food Safe?

Ever looked in your pantry and wondered how long that dusty can of green beans or tomato soup has been there? Well, here's a "rule of thumb": *If you can't remember, it's probably time to toss it.* In general, the Food and Drug Administration says that high-acid canned foods, such as tomatoes, grapefruit, and pineapple, will last for 12-18 months, if the cans have been stored in a cool, clean, and dry place. Canned foods such as meat, poultry, fish, and most vegetables will keep 2-5 years if stored correctly. Be aware that dented or rusted canned goods could be unsafe to eat. And throw away any cans that are bulging or leaking; those are signs the food inside has spoiled. Always check for "use by" dates on food packages.

...Save time, save money - be safe!

Fix Dinner Fast

Cooking a healthy meal doesn't have to be a huge burden on your time. It's easy when you stock the kitchen with a variety of foods that you can put together for healthy meals in a hurry.

- Foods for **pantry shelves**: a variety of beans (canned), rice, and whole-wheat pasta, canned vegetables and fruit, dried fruits, canned soups and broths, canned meats (including tuna, salmon, chicken), oils, herbs and spices.
- In the **refrigerator**: fresh fruits and vegetables, reduced- or non-fat dairy products, sauces and condiments.
- In the **freezer**: frozen vegetables and fruits, chicken, chicken breasts, various cuts of beef (including lean hamburger) and pork, fish, etc.

New publication - "Healthy Meals in a Hurry"

This **publication** offers recipes for 14 main dishes that can be prepared ahead of time and frozen for ready-to-eat convenience. Each recipe includes a nutritional analysis. Most recipes also satisfy the U.S. Department of Agriculture (USDA) Dietary Guidelines, as well as the DASH (Dietary Approach to Stop Hypertension) Diet recommendations.

"Healthy Meals in a Hurry" (Pm 2035) is available for \$2.50 per copy from county offices of ISU Extension, or through the online store at

www.extension.iastate.edu/store

Let's Do Breakfast

We have often heard it said that breakfast is the most important meal of the day, yet as many as 48% of girls and 32% of boys do not eat breakfast every day.

Do you eat breakfast every day? It is an important meal for children and adults.

Breakfast can be as easy as cereal (whole-grain preferably), fruit and/or juice, and milk (low-fat or non-fat). How about:

Layered Fruit and Cereal

Makes 1 serving

- 1 6- or 8-ounce container low-fat plain or flavored yogurt or $\frac{3}{4}$ cup cottage cheese
- $\frac{3}{4}$ cup flake or chex-type cereal
or $\frac{1}{2}$ cup granola-type cereal
- 1 cup sliced, fresh or canned fruits - such as bananas, peaches, berries, or apples; or $\frac{1}{2}$ cup dried fruits - such as raisins, cranberries, chopped apricots, or dates

WASH hands. PUT yogurt or cottage cheese in cereal bowl. ADD choice of cereal. TOP with choice of fruit.

SERVE with low-fat or non-fat milk for breakfast. (Enjoy for breakfast, lunch, or as a snack. Try other types of cereal.)

Nutrition Facts per serving: 288 calories, 10 calories from fat; 1.1g total fat, 0.1g saturated fat; 2.5mg cholesterol; 251.2mg sodium; 64g total carbohydrate, 5.3g dietary fiber, 31.4g sugars; 8.5g protein; 22% calcium, 35% iron, 25% vitamin C, 24% vitamin A

Source: *Food and Fun for Healthy Families*, 2008 nutrition calendar, Iowa State University Extension

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