

# FOOD & FITNESS

IOWA STATE UNIVERSITY EXTENSION

## GRILLING CHICKEN BASICS

Grilled and barbequed chicken are summer family favorites. Make your grill a safety zone with these safe handling tips.

- Wash hands after handling raw chicken. Twice as many men as women do not consistently wash their hands after handling raw meat or chicken. Lack of hand washing can lead to foodborne illness.
- Completely thaw poultry before grilling so it cooks more evenly. Defrost in the refrigerator, in cold water, or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165°F. Use a food thermometer. You can't tell it is cooked by looking!
- Use a clean plate for cooked food. Never place cooked food on a plate that previously held raw poultry or meat because of the risk of cross-contamination from raw meat to the cooked meat.
- Wash cutting boards and utensils in hot, soapy water between uses. One in five cooks say they do not consistently use separate cutting boards or grilling utensils when handling raw meat and ready-to-eat foods.



Grilled chicken – you can't tell it is cooked by looking!

### DEAR RISK REDUCER

Go outside and soak up some Vitamin D from all the sunshine. The human body can synthesize Vitamin D simply by being outdoors. But we also know exposing unprotected skin to too much sunlight increases the risk of skin cancer.

Ruth Litchfield, associate professor and ISUE nutrition specialist, says you can also get Vitamin D from food. It occurs naturally in only a handful of foods and then in relatively small amounts. Vitamin D is found in fatty fish

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(salmon, tuna, mackerel, herring) and eggs.

It may be necessary to take a Vitamin D supplement to achieve the recommended daily intake of 3,500 to 4,000 International Units. This is a new and higher recommendation to achieve optimal Vitamin D levels in the blood.

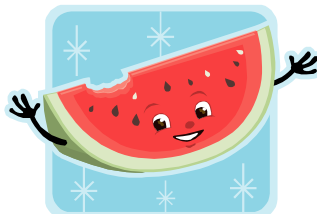
Healthily Yours,  
Barbara Anderson  
ISUE Nutrition and Health Field Specialist

## MMMMM...WATERMELON

Today the U.S. ranks 4th in the world in growing watermelons. The fruit is grown in 44 states

with Florida, Texas, California, Georgia, and Arizona leading the way. Of the 200-300 varieties grown, about 50 are popular.

Watermelons are 92% water. So a watermelon should weigh from 5-30 pounds.



How does a person choose a watermelon? Start by choosing a watermelon that is firm and free from bruises, cuts, and dents.

Look for a creamy yellow spot. This indicates the area where the watermelon was sitting on the ground. That means the fruit ripened in the sun.

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## IOWA STATE UNIVERSITY University Extension

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

## FOOD PRESERVATION RESOURCES

Iowa State University Extension resources can be found at:

<https://www.extension.iastate.edu/healthnutrition/food/preservation>

Preserve Food Safely—N3332 (pdf)

Canning and Freezing Tomatoes—PM638 (pdf)

Freezing Prepared Foods—PM799 (pdf)

Canning Fruits—PM1043 (pdf)

Canning Vegetables—PM1044 (pdf)

Freezing Fruits and Vegetables—PM1045 (pdf)

Making Fruit Spreads—PM1366 (pdf)

Making Pickles and Pickle Products—PM1368 (pdf)



National Center for Home Food Preservation—<http://www.uga.edu/nchfp/>

Ball Blue Book—<http://www.freshpreserving.com/>

So Easy to Preserve (University of Georgia)—<http://www.uga.edu/setp/>  
or [soeasytopreserve.com](http://soeasytopreserve.com)

USDA Complete Guide to Home Canning—<http://foodsafety.cas.psu.edu/canningguide.html>

ISUE Answerline —800-262-3804

or <http://www.extension.iastate.edu/answerline>

## CALORIES AND COFFEE (TEA, TOO)

Portable coffee drinks are all the buzz. People flock to fast food counters to get cappuccino and latte.

The good news is that both supply the same amount of calcium as a cup of milk—at least when they are medium or large sizes. But the bad news is that if you order the whole milk or caramel flavored versions, you add 120-290 calories per cup.

If you have one or two cups per day during work days, this can add almost a pound per week depending on your drink of choice. While fat free is a better choice, it is not calorie free. Sugar (caramel) and other flavorings can add a significant amount of calories. When it comes to iced coffee, sugar free is a better way to go.

Don't overlook the large iced sweet teas when it comes to calories. A large tea has 230 calories!

### Five ways to trim 100 calories

1. Swap an 8-ounce regular soft drink for a diet soft drink.
2. Drink 2 cups fat free milk instead of 2 cups whole milk.
3. Use 1 tablespoon mustard or ketchup or 1 tablespoon fat free mayonnaise in place of 1 tablespoon regular mayonnaise.
4. Split a small bag of French fries with a friend.
5. Slice a piece of apple pie about 1/3 smaller (cut pie into 8 slices instead of 6).