

To Your Health

Food Safety Tips for the Desktop Diner

When you're at work, eating a meal can be just another task to juggle during a busy day of e-mails, phone calls, meetings and deadlines. As more people try to multi-task their way through breakfast, lunch and dinner, "desktop dining" has quickly become a common practice.

If you're a "desktop diner," give bacteria the pink slip by following workplace food safety tips:

- Wash hands before and after digging into your desktop dish. A thorough wash with soap and water is best. Keep moist towelettes at the desk for an emergency.
- Wipe off your desk with a moist towelette before getting your food out.
- From the time you make your food at home - assuming it contains

perishable food items - don't let more than 2 hours pass before you put it in the refrigerator. And promptly refrigerate meal or snack leftovers. If a refrigerator is not available at work, bring your food in an insulated carrier with ice or frozen gel packs.

- Keep perishable foods properly refrigerated below 40 degrees Fahrenheit. Not sure what the temperature in the refrigerator at work is? Do yourself and co-workers a favor by bringing a refrigerator thermometer to keep track.
- If you bring leftovers for a meal, re-heat them to the proper internal temperature of 165 degrees Fahrenheit.
- The same food safety tips apply to carry-out and fast food, which are susceptible to bacteria if not handled properly.

Source: American Dietetic Association

Need a Pick-Me-Up? Go for a walk!

Walking can burn fat, raise metabolism, increase energy, lower blood pressure, promote good sleep...The list goes on. Instead of a coffee or soda break mid-morning or mid-afternoon, get a drink of water and head out. All the new research shows that you don't have to walk in a big block of time to gain benefits. Ten minutes here, 10 minutes there, all add toward the recommended minimum of 30 minutes of activity per day for adults.

Keep a comfortable pair of walking shoes handy, and other necessities such as a windbreaker, sunglasses, a hat, and sunscreen, and get out and walk!

Source: Sally Barclay, dietitian, Nutrition and Wellness Research Center, Iowa State University

Juicy, Sweet Peaches

Wash. Remove seed. Eat. How easy is that?

- Add sliced peaches to hot or cold cereal or to a mixed green salad.
- Make peach salsa by blending together peaches, strawberries and bananas. Eat with baked corn chips or graham cracker.
- Mash peaches into low-fat or fat-free yogurt and freeze in ice-cube trays with a straw in the middle to eat as a "peach-sicle."

Buying Tips: Choose peaches with creamy, golden color. Avoid peaches with wrinkles, brown spots, or traces of green on their skin. Avoid peaches that are hard. Select those that yield to pressure along the "seam."

Special tip: To wash, gently rinse with cold water.

Storing Tips: If peaches aren't quite ripe when you buy them, place them in a brown paper bag and leave them on a kitchen counter for a day or two. After peaches are ripe, store in the refrigerator.

Source: Food for Fitness and Fun website, Iowa State University Extension www.extension.iastate.edu/food

Did you know? Peaches aren't as fuzzy as they used to be. Due to consumer's desire for "fuzz-less" peaches, most commercially grown peaches are mechanically brushed once they are picked.

Did you know? The hundreds of varieties of peaches are classified into two categories: freestone (with a loose, easily removed pit) or clingstone (in which the pit is harder to remove). Freestone peaches are usually sold fresh; clingstones are canned or frozen.

Source: Food for Fitness and Fun newsletter, July 2007, Iowa State University Extension.

Afternoon Snack - for young and old: Wash a ripe peach and eat it like an apple. Careful - the juice will probably run down your chin. Or, try a peach smoothie.

Creamy Peach Smoothie (makes 3 1-cup servings)

- 1 cup fresh, frozen or canned sliced peaches
- 1 banana, thickly sliced
- 1 cup low-fat or fat-free vanilla yogurt
- 1 cup orange juice
- 1 tablespoon honey

Combine all ingredients in a blender until smooth. Pour into a glass and enjoy.

Source: Food for Fitness and Fun website, Iowa State University Extension www.extension.iastate.edu/food

Support Local Agriculture Visit your local Farmers' Market

It's easy to get excited about eating fruits and vegetables when you see farm-fresh produce and get to talk to the people who grew it. Farmers' Markets may also offer local meats, poultry, baked goods and honey.

Let's Move!

Swing your arms when you walk

When you walk, bend your arms at the elbow and pump from the shoulder. Swing your right arm forward as you step forward with your left leg, and swing your left arm forward as you step forward with your right leg. As you swing each arm forward, your wrist should be near the center of your chest. Keep your wrists straight, your hands unclenched, and your elbows close to your sides. Pumping your arms this way lets you walk faster, and provides a good workout for your upper body.