

# To Your Health

May 2010

## Did You Know?

The American Heart Association's new definition of a heart healthy diet identifies 5 measurable behaviors.

- 1. Fruits and Vegetables:**  
Eat 4.5 or more cups daily.
- 2. Fish** - 2 or more 3.5 ounce servings a week (preferably oily fish such as salmon and mackerel, which are high in omega-3 fatty acids).
- 3. Sugar Sweetened beverages** - less than or equal to 450 calories (36 ounces) per week.
- 4. Fiber-rich whole grains** - 3 or more 1 ounce servings a day.
- 5. Sodium** - less than 1500 mg per day. CDC data indicate that the lower sodium recommendation is applicable to nearly 70% of US adults.

*Adapted from Tufts University Health & Nutrition Letter, April 2010*

## Caution!

**Caution: Canned Foods add a lot of sodium**

Wherever possible, you should try to find canned foods without added salt. This includes soups, broths, canned

tomatoes, canned beans, and canned vegetables. At the very least these products should be rinsed before use. Note the difference in freshly boiled beans versus canned beans. It is 941 mg sodium versus 176 mg for one recipe!

**Caution: Cheese adds saturated fat and sodium.**

To keep a recipe within guidelines by the American Heart Association and the World Health Organization you should never use more than a half tablespoon of cheese per person. If you are looking to add flavor, consider ground black pepper or dried oregano. Cut way back on the amount of cheese that you use.

**Caution: Bread adds a lot of sodium.**

To keep most sandwiches from going way over the recommendation for sodium intake, consider limiting all sandwiches to one slice of bread per person. You need a variety of whole grains such as cooked brown rice and oatmeal in your diet to obtain enough fiber without getting too much sodium.

**Caution: Deli meats add a lot of sodium.**

Everyone knows they should try to eat lean when it comes to meat and poultry. But many of us don't realize how much sodium is in the deli turkey we are eating. When this ingredient is put on bread with a tiny amount of light mayonnaise, the sodium goes to more than half a day's supply. Try using rotisserie chicken for recipes as the sodium is lower.



## Great Choices!



**Beans add a lot of fiber.**

Try adding beans to recipes. It will boost the fiber content of your diet.

Puree cooked white beans and stir into soups or sauces to make them thicker and creamier.

Mash cooked garbanzo beans and add to mashed potatoes. They impart a golden color and rich flavor plus add fiber to everyone's favorite dish.

Keep a stock of red, black, garbanzo and other favorite beans on hand to add to salads, soups and casseroles. Always rinse canned beans to reduce sodium.

**Healthier: Vegetables make the serving size a lot larger for the calories they contain.**

Salads, soups and stir-fry dishes that have a lot of vegetables always seem to have huge portions for the calories they contain as compared to other recipes.

Source: *Communicating Food for Health*, April 2004

## Food Stand Food Safety

Does your service organization, club, youth group or church sell food at the fair or at local celebrations?

Learn all you need to know about food safety for these events with the ISU Extension publication *Food Stand Operations: What You Need to Know* N 3285. Ask for it at your local county ISU Extension office or access it at:

<http://www.extension.iastate.edu/Publication/s/N3285.pdf>

## Summer Food Safety

It's time to take to the parks, campgrounds or maybe just the backyard for fun and summer cooking.

Keep food safety in mind with these simple steps:

1. When handling raw meat, remove from the cooler only the amount that will fit on the grill. USDA recommends that you don't eat raw or undercooked ground beef, since harmful bacteria could be present.
2. To be sure bacteria are destroyed, cook hamburgers and ribs to 160 degrees F (medium doneness) or until the center is no longer pink and the juices are clear. Cook ground poultry to 165°F and poultry parts to 180° F. Reheat precooked meats until steaming hot.
3. Do not partially grill extra hamburgers to use later. Once you begin cooking hamburgers by any method, cook them until completely done to assure that bacteria are destroyed.
4. When taking foods off the grill, put them on a clean plate. Don't put cooked food on a platter that held raw meat.

For more information on summer food safety, check out the 'consumer information' at the ISU Extension food safety website:



<http://www.extension.iastate.edu/foodsafety/consumers/index>

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