

FOOD FOR FITNESS AND FUN

September - 2005

Extension needs your help with planning programs and determining future needs of Iowans. Read within how to cast your vote. This month we celebrate Food Safety and National 5 a Day Week. Enjoy! Jan Temple

POTASSIUM-GETTING ENOUGH?

The 2005 Dietary Guidelines specifically address potassium because most Americans are not getting enough in their diet. Moderate potassium deficiency is associated with high blood pressure, risk of muscle weakness, kidney stones and bone loss. Potassium seems to keep sodium from raising blood pressure by making the kidneys excrete more salt. The Institute of Medicine (IOM) that advises the government about recommended levels of nutrients suggests **daily consumption of 4,700 mg** of potassium. They also stress that the potassium come from food sources rather than supplements. If you are getting potassium in a salt substitute, be aware that it may cause stomach irritation. Your best bet for potassium is fruits, vegetables and dairy products. Below is a listing of some food sources of potassium excerpted from the 2005 Dietary Guidelines Appendix B-1. FMI: <http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixB.htm>

Food, Standard Amt	Potassium (mg)	Calories
Sweet potato, baked, 1 potato (146g)	694	131
Potato, baked, flesh, 1 potato (156g)	610	145
White beans, canned, ½ cup	595	153
Yogurt, plain, non-fat, 8 oz	579	127
Prune juice, ¾ cup	530	136
Carrot juice, ¾ cup	517	71
Halibut, cooked, 3 oz	490	119
Soybeans, green, cooked, ½ cup	485	127
Lima beans, cooked, ½ cup	484	104
Winter squash, cooked, ½ cup	448	40
Soybeans, mature, cooked, ½ cup	443	149
Bananas, 1 medium	422	105
Spinach, cooked, ½ cup	419	21
Tomato juice, ¾ cup	417	31
Peaches, dried, uncooked, ¼ cup	398	96
Prunes, stewed, ½ cup	398	133
Milk, non-fat, 1 cup	382	83
Pork chop, center loin, cooked, 3 oz	382	197
Apricots, dried, uncooked, ¼ cup	378	78
Cantaloupe, ¼ medium	368	47
Honeydew melon, 1/8 melon	365	58
Lentils, cooked, ½ cup	365	115
Kidney beans, cooked, ½ cup	358	112
Orange juice, ¾ cup	355	85
Split peas, cooked, ½ cup	355	116

SOAP & WATER BEST PROTECTION

“Keep it Clean” is the Iowa Food Safety Task Force’s theme song. Unwashed hands are a leading cause of food borne illness. That ‘24 hour flu’ you had last week was probably caused by Norwalk virus



transmitted because someone failed to practice good hygiene before leaving the bathroom and/or preparing your food. An estimated 50 to 60 million Americans become ill because of the viruses found in human waste. Hand washing is the critical control to prevent it.

Hand washing does not require much work. Warm water and soap are the most effective means of removing bacteria and viruses from the hands. It takes 20 seconds of vigorous rubbing of all parts of the soapy hands, including under the fingernails, to get the job done. Warm water is preferable to cold or very hot because people are more likely to use it. Alcohol-based hand sanitizers are not recommended as a replacement for proper hand washing. The contact time and alcohol level are not sufficient to inactivate the virus that causes most of the food borne illness. Hand sanitizers are useful to inactivate respiratory viruses that cause colds and influenza but ideally should be used on clean hands. Soil on hands can hide the viruses and prevent them from being killed by the sanitizer. Beyond personal inconvenience, food borne illness also carries an economic impact. ISU researchers recently found that people who get food borne illness typically miss at least one day of work. Assuming that’s also true for workers nationwide, it means about 55 million workdays are lost per year. Until September 30, 2005 consumers have an opportunity to vote on their choice of five billboard messages related to hand washing at the Iowa Food Safety Task Force’s Web site:

<http://www.iowafoodsafety.org>

The Iowa Food Safety Task Force provides an educational forum for the food industry and includes representatives of the Iowa Restaurant Association, Iowa Beef Industry Council, Iowa Pork, the Turkey Federation, Senator Harkin’s Office, Iowa State University, and other state organizations.

IOWA STATE UNIVERSITY
University Extension

Helping you become your best.

AN APPLE A DAY. . .

The average U.S. consumer eats about 19 pounds of fresh apples a year – about one apple per week. This is not a bad start, but why not an apple a day?



Why are apples such a good choice?

- They can be part of a good weight management plan since they are low in calorie density, low in fat and high in fiber.
- They may help lower your risk of heart disease as part of a heart-healthy diet and lifestyle plan. Apples are a good source of soluble fiber which helps keep cholesterol low. Their beneficial plant chemicals act as antioxidants.
- Apples can help people with diabetes manage their blood sugar because of their fiber content.
- Apples may help lower the risk for certain cancers. The National Cancer Institute has reported that foods containing flavonoids, or antioxidants like those in apples, may reduce lung cancer risk by as much as 50 percent.

How do I select the best apple?

- Choose an apple that is shiny, firm and without bruises or other blemishes.
- Waxed apples have been shown to stay fresh and crisp longer than unwaxed apples. The wax is not harmful to humans and usually only one or two drops is used per apple. Apples are cleaned of debris and pesticides before waxing.

Which apples are best for cooking and baking?

Generally, you want a firm apple with a tart taste such as Pippin, Granny Smith, Jonagold or McIntosh. More mealy apples, such as Delicious varieties, do not hold up as well during baking but they are often acceptable in a pinch.

Which apples are best for eating fresh? Almost all apples are good for eating fresh, either out of hand or in salads, except for more tart, firm varieties such as Pippin or Granny Smith. Many apples, such as Cameo, are good for cooking, baking or eating fresh.

How should I store my apples? Apples should be stored in a drawer or other container in your refrigerator. While fruit bowls look really pretty, this is not a long-term storage solution for apples.

Keep the peel! Leave the peel on. It contains a gram of fiber and half the vitamin C in an apple.

Source: Communicating Food for Health, October 2002

GINGER TOPPED APPLE PIE

There are few treats that are as good as apple pie. This recipe has lots of apples and is easy to make. Regular apple pie contains around 350 calories with 17 grams of fat. This one contains 205 calories and 7.5 g fat.

6 baking apples*, cored, and sliced (leave peel on)
½ cup Splenda® brand sweetener
½ cup oatmeal, dry
1 tsp. cinnamon
Juice of ½ lemon
¼ cup water
½ cup crushed
gingerbread cookies or
lowfat granola cereal



Place apples, Splenda®, oatmeal, cinnamon, lemon juice and water in a medium-sized mixing bowl and mix together. Put the apples in a deep-dish pie pan. Top with crushed gingerbread cookies (or crushed granola), cover with foil and bake in a preheated 375 degree oven for about 1 hour or until apples are bubbly. Remove foil the last 10 minutes of baking to crisp the crumbs. NOTE: To save energy, prepare in the microwave using a microwave safe pie pan. Bake on full power 11 to 13 minutes or until apples are tender.

*The best apples for baking include: Gala, Pippin Fuji, Cameo, Granny Smith, Golden Delicious and Rome.

Source: Communicating Food for Health, October 2002

TELL US WHAT YOU THINK

ISU Extension is asking for your assistance in identifying needs of lowans. A web-based survey, one part of the needs identification process, is now available at <http://www.extension.iastate.edu/>

Everyone is encouraged to participate in the survey, including youth over the age of 12. The survey is very brief and will take only seven minutes of your time.

Results from the survey will be used by local county extension councils throughout the state to confirm needs, set priorities and identify regional issues. This information will be the basis for Iowa State University Extension's new plan of work for the years 2007 through 2011. THANK YOU!

**"Tell Us What You Think" Deadline:
Monday, September 19, 2005.**

Prepared by Jan Temple, CFCS, Nutrition Field Specialist, Iowa State University Extension, Housed in Johnson County

Ph. 319-337-2145; FAX 319-337-7864; Cell 319-330-6175; E-mail: mjtemple@iastate.edu;

Web Site: <http://www.extension.iastate.edu/food>

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

and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.