

# To Your Health

July 2009

## Vacation Eating Tips

Vacation is a time to rejuvenate. Treat yourself with a better health routine - healthy eating and regular physical activity.

### Vacation eating tips:

- Start the day with a low-fat, high-fiber breakfast.
- Save calories and money. Pack a cooler with fruits, vegetables and water. Great for meals and snacks.
- Sandwich shops - offering freshly made sandwiches with plenty of vegetable toppings - can be a good choice when eating out.
- Drink water often!

### Vacation physical activity tips:

- Plan for physical activity. Find out ahead of time what options are available in the area you'll be vacationing in.
- Pack your athletic/walking shoes, comfortable clothes and swim suit.
- Take walking breaks during your car or bus trip.
- Enjoy water exercise: swim laps, tread water or water walk.

Source: *Communicating Food for Health*, June 2008

## Washing Fresh Produce

Fresh produce from your garden or the Farmers' Market is a treat in the summer. Remember, it needs to be washed before you serve it.

Most produce does not need to be washed until it is ready to prepare or eat. Start by washing your hands with soap and water. Washing produce thoroughly with running water that is safe to drink is the best way to remove dirt and microorganisms.

When washing vegetables such as lettuce or cabbage, remove and discard the outer leaves before rubbing gently under running water to loosen any dirt.

Fruits and vegetables that have firm surfaces - such as melons, potatoes and carrots - should be scrubbed with a clean brush.

★ Wash all produce even if the skins will not be consumed. Dirt and microorganisms on the surface can be passed to the flesh when the fruit or vegetable is cut.★

Do not use soap to wash fruit or vegetables. Soap residues can remain on the produce and can be absorbed. Soaps have not been approved for use on foods. Also avoid rinsing with vinegar or baking soda as they can alter the taste of the produce. Mixtures of chlorine bleach and water are not recommended to wash produce.

Source: *Food for Fitness and Fun*, July 2008, ISU Extension newsletter

## Reduce Kitchen Waste

Get deliciously creative with leftovers: Making the most of every bit of food makes great financial sense and a big difference in reducing garbage. After any meal, imagine the delicious possibilities. Pieces of meat, fish, and poultry can go into a sandwich for lunch or a soup pot for dinner. Leftover rolls and bread can be crushed into crumbs and frozen for later use. For more ideas visit **Spend Smart. Eat Smart.** [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)

## Heating it Up ... Summer Barbecues

*My thanks for Renee Sweers, nutrition and health field specialist, ISU Extension for this article. It was posted June 18 on the Spend Smart. Eat Smart blog. Visit [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings)*

When barbecuing, you need to follow food safety rules and cook meat to a temperature that will kill bacteria, if you want to avoid getting sick. Here are some rules I keep in mind.

- Keep everything clean. This means utensils and platters. (Don't put cooked burgers on the same platter you had the raw ones on.) It also means keeping hands clean. If you are cooking and eating away from home, find out if there's a place to wash your hands. (Is there soap and water in that outhouse?) If not, bring water, soap and paper towels from home.
- Cook meat thoroughly. The only way to tell for sure is with a thermometer. *It sounds weird, but I keep an instant read thermometer in my car - and you can't believe how many times I've had to pull it out. My Dad counts on me having it with me when he's smoking or cooking meats.*

Below is a chart with the recommended temperatures. You might want to clip it and put it with your grill equipment.

### Safe Minimum Internal Temperatures

Whole poultry, poultry breast, ground poultry:  
165°F  
Hamburgers, beef: 160°F  
Beef, veal, and lamb (steaks, roasts, chops):  
Medium rare: 145°F  
Medium: 160°F  
All cuts of pork: 160° F

You can find more information at the USDA Food Safety and Inspection Service ...

[www.fsis.usda.gov/Fact\\_Sheets/Barbecue\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp)

*Here's to a summer of fun, and safe and delicious meals!*

## Food Preservation Season

With the current interest in locally grown foods, a number of households are choosing to have a vegetable garden. This creates more interest in home canning, freezing, and other food preservation practices.

Here are some resources you can use for answers to your questions about home food preservation.

**AnswerLine** - Call 800-262-3804 (800-854-1678 in Minnesota); email questions to [answer@iastate.edu](mailto:answer@iastate.edu), or go on line to [www.extension.iastate.edu/answerline](http://www.extension.iastate.edu/answerline)

**Publications** can be found at the ISU Extension "Store" - Go to [www.extension.iastate.edu/store](http://www.extension.iastate.edu/store). Look for "food, nutrition and health." From there, look for publications under "food preservation."

### National Center for Home Food Preservation -

This web site was established with funding from Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture (CSREES-USDA). You will find - publications, a question and answer data base, and "Preserving Food at Home - a self-study" - a free, self-paced, online course for those wanting to learn more about home canning and preservation. Check out "multimedia" at the bottom of the page for videos, slide shows and more with how-to food preservation information.

## Coping with Stress

Stressed out? Try ...

Physical activity - improves your mood, releases tension, and boosts your confidence. Make time for at least 30 minutes of exercise, three times a week.

Meditation or other breathing exercises can help you feel more calm and focused.

Source: *Healthy Living* newsletter, American Cancer Society