

# Words on Wellness

Your extension connection to nutrition and fitness



## Time Out for Take Out

Do you pick up “take-out food” from your favorite deli or restaurant for tailgating at a football game, a quick meal for your family, or weekend entertaining? Make certain you keep the food safe. Take-out foods are perishable and can cause illness if handled improperly. Restaurants and supermarket delis follow important sanitation rules during the preparation of food. Once the food is purchased, the responsibility for keeping it safe is yours.

Here are some simple rules to follow:

- 1. Eat the food almost immediately** to ensure maximum quality and safety. Hot foods should be HOT (140° F) and cold foods COLD (below 40° F).
- 2. Refrigerate the foods promptly.** If you plan to eat the food later, refrigerate it and then reheat just before serving. To cool quickly, divide large quantities into shallow containers, cover loosely, and refrigerate immediately. Always reheat cooked food or leftovers until they are hot and steaming (165° F).
- 3. Remember, 4-Day Throw Away.** The life of most deli meats and foods is short. Roast beef, chicken breast, and turkey have a shorter refrigerator life than processed meats or cold cuts. Remember to buy reasonable quantities and properly wrap and freeze deli meats that won't be used within two to four days.  
<http://www.4daythrowaway.org/>

**Remember most food poisoning bacteria cannot be seen, smelled, or tasted. If in doubt, throw it out.**

## Go Take a Hike!

Early fall is a great time for hiking. Hiking can offer hours of enjoyment, a lifetime of personal fitness, and is a great stress reliever. If it is a family hike, stronger bodies and wonderful memories can be a joint outcome. Don't forget when choosing a trail to keep in mind the ages and abilities of the family members who will be taking part. Length of the hike and type of terrain are important to consider. Remember hats, sunglasses, and safe drinking water. Use a sunscreen and follow directions for reapplying. Sturdy, well-fitting shoes keep feet happy and injury-free. Don't forget to include healthy trail snacks to provide fuel to keep everyone going strong. Enjoy!



## Amazing Baked Apples

**Serves: 4**

### Ingredients

- 4 medium-size tart apples, such as Granny Smith or Braeburn
- ¼ cup walnut or pecan pieces (optional)
- 6 Tablespoons light brown sugar, lightly packed
- ½ teaspoon apple pie spice or cinnamon
- 4 teaspoons margarine, cut into 4 pieces

### Directions

1. Core the apples all the way through (do not peel them). Place the apples in a shallow microwave safe dish, such as a glass pie plate. (If an apple doesn't sit upright on the dish, cut a little off the base to flatten it.)
2. Microwave the apples, uncovered on high for 6 minutes to partially cook them.
3. While the apples are cooking, combine nuts (if desired), brown sugar, and cinnamon in a small dish.
4. Carefully remove apples from the microwave oven. Spoon the brown sugar mixture into the center of each apple. Add one piece of margarine on top of the sugar mixture in each apple.
5. Return apples to the microwave oven and microwave, uncovered, on high power until the apples are tender when pierced with the tip of a sharp knife (6-8 minutes).
6. To serve – place apples in a shallow dessert bowl and spoon the sugar syrup and any nuts over the apples. Allow to cool, but serve warm.

### Nutrient information per serving

195 calories, 8g fat (36.5% calories from fat; 1 g saturated fat; 0 g trans fat), 2g protein, 30g carbohydrate (3g dietary fiber; 26g sugar), 0mg cholesterol, 53mg sodium



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## Sack Lunch – Safe at Room Temperature

Great lunch ideas when you do not have refrigerator access:

- Peanut butter sandwiches (check the label because some peanut butters may require refrigeration)
- Popcorn (great whole grain addition to your food intake)
- Bread, crackers, bagels (choose whole grains)
- Fresh fruit with the peel on
- Unopened single-serving containers of fruit, fruit juice, and shelf-stable pudding
- Dried fruits
- Nuts (combine fruits, nuts, and cereal for a healthy granola)
- Cookies, cereal bars.

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## Natural vs. Added Sugar

There is a lot of confusion about sugar and its health implications. The main thing to remember is the body does not know the difference between natural or added sugar. Sugar found in fruits and milk products is considered natural sugar and is labeled fructose (fruit) and lactose (milk). Natural sugars are generally found in nutrient-rich foods that contain other health promoting nutrients such as dietary fiber, vitamins, or minerals.

Added sugars are generally found in nutrient-poor foods that do not contain other health promoting nutrients, including sodas, energy drinks, sports drinks, dairy, and desserts and candy. Added sugars are those added during processing and include high fructose corn syrup, maltose, dextrose, glucose, sucrose, white and brown sugar, raw sugar, malt sugar, invert sugar, corn syrup, fruit juice concentrates, molasses, and honey.

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To avoid excess calories MyPyramid/MyPlate and the 2010 Dietary Guidelines recommend limiting foods with added sugars. The American Heart Association recommends no more than 6 teaspoons of added sugar for women and 9 for men per day; the current intake is 22-30 teaspoons.

