

Food and Fitness

Food Safety in Summer

Food safety is important all the time—it's just more challenging in these scorching summer temperatures!

Four areas to check include:

Clean



Wash hands, surfaces, and

utensils often with warm soapy water.

Wash vegetables and fruits under running tap water.



Use paper towels for drying.

Separate

Separate raw meat from other foods at all times.

Use separate cutting board for meats.



Never put cooked meat on same plate raw meat was on.

Cook

Use a food thermometer.

Cook steaks, roasts, and fish to 145°.

Cook ground meats to 160°.

Cook poultry to 165°.



Reheat leftovers to 165°.

Chill

Refrigerate food as soon as you get home from the store.

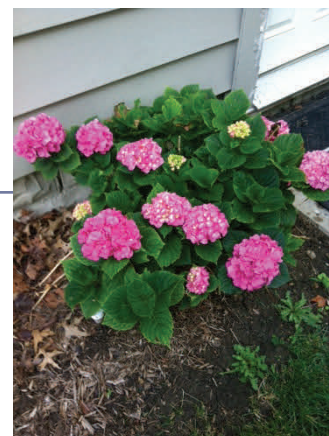
Refrigerate leftovers immediately



after a meal—**never leave food out more than an hour in summer.**

Never defrost at room temperature—defrost in refrigerator preferably.

Cook immediately if defrosting in cold water or microwave.



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- foodsafety.gov
- fightbac.org
- nia.nih.gov/go4life

Inside this issue:

Physical Fitness— 2-
Know the Basics 3,
7

Sizzling Ideas for 4-
Summer—Recipe 6
Corner

Physical Fitness—Know the Basics

Ah... summer. A time to get outside to play, work, walk, run, skip, hop, garden, smell the roses and enjoy the sunshine. It's a great time to take a close look at your exercise routine to make sure you cover the basics.

Physical fitness is more than having the ability to walk around your neighborhood. The President's Council on Physical Fitness and Sports calls fitness "the ability to endure, to bear up, to withstand stress.....a major basis for good health and well-being".

Physical fitness is individual and is influenced by age, sex, and heredity. But it can be improved through a health-promoting lifestyle. This includes a diet rich in nutrients and a regular exer-

cise routine that includes the "basics":

Your exercise plan should include

all of the basics that follow.

Cardio-respiratory Endurance

Most, but not all, of your exercise time should be concentrated here. Cardio-respiratory exercise is aerobic exercise, such as walking, swimming and biking. It gets your heart pumping.

Try to spend 20-30 minutes daily performing aerobic exercise, either in small segments or all at once. Set a pace that feels challenging but not quite "hard". Exercise with friends to help you stick with a routine and make it fun.



Muscular Strength

Having strength, being "strong", means you can exert force with your muscles. It means you can lift, carry, climb, push, and pull.

Muscular strength helps you stand up straight. Muscle strength decreases the chances that you could fall. To increase muscle strength, spend 2 or 3 days per week doing some sort of strength training. You can perform strength training



by lifting light weights or pulling stretch bands. You can also strength train using

(Continued on page 3)

Physical Fitness—Know the Basics

(Continued from page 2)

household items like cans of soup or cartons of milk. Talk to a fitness professional to help you get

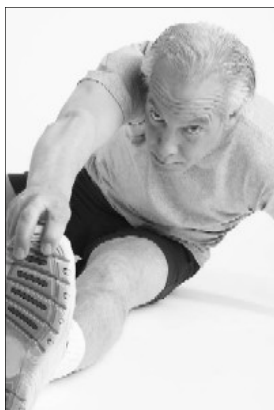


started with strength training if you have never done this type of exercise. Using proper form is important. There is good information on strength training online at:

<http://www.nia.nih.gov/go4life>

Muscular Endurance

Muscular endurance is like muscular strength, but it involves the ability to continue using that muscle to produce force over time. For example, you may have enough strength to lift a bag of groceries from your cart and place it in your car because your muscles are strong



enough. However, if you don't have muscular endurance you might not be able to carry the groceries from your car to your kitchen when you get home. You can improve muscular endurance with strength training and calisthenics.

Flexibility

Having good range of motion around your joints is an important "basic" of fitness. Lack of flexibility puts you at risk for injury. Unfortunately, losing range of motion or getting stiffer is part of aging. You can help limit this stiffness by performing flexibility or stretching exercises daily.

Stretching exercises should be done slowly, without bouncing. Some people like to stretch when they wake up in the morning, before

they get out of bed. Others like to stretch after walking, while their muscles are warm and loose. Do stretching exercises everyday for 5-10 minutes. You can find good stretching exercises at the *Go4Life* website listed above.

The most important part of an exercise, or fitness,



program is that you make a commitment to do it. Exercise must be as important to your daily routine as climbing out of bed, brushing your teeth, and getting dressed. If you haven't been following a

(Continued on page 7)

Sizzling Ideas for Summer—Recipe Corner

Isn't it strange that we all tend to migrate outdoors when the weather gets really hot? For West Virginians, July is often the month when families gather around the barbecue pit to celebrate Independence Day, have a family reunion, or just escape the kitchen for a change.



Typically one family member is master of the grill while others are charged with preparing tempting side dishes inside. Meals prepared on the grill don't have to be fancy! In fact, keeping it simple allows the family to spend less time fussing in the kitchen and more time to socialize and play. Recipes this month offer healthy ideas for sides and some main dishes prepared on the outdoor grill.

To keep it safe and

healthy, avoid having sides like deviled eggs or potato salad. Both contain mayonnaise and eggs, two items that can be associated with food borne illness (food poisoning) when food is not chilled properly!

Lean 'n' Mean Burger Options

Offer your guests a variety of burgers next time you



grill out Let them try the Standard American Burger, Bun-less Beef and Bean Burger or any of the many commercially prepared, frozen vegetarian burgers.

Standard American Burger

16 ounces ground round

1 medium green onion, chopped

2 tablespoons fresh parsley, snipped finely



Season and form 4 patties from beef—4 ounces each. Sprinkle burgers lightly with salt and pepper if desired; grill over a hot fire until internal temperature with a meat thermometer reaches 160°F. Dress burger with lettuce or spinach, sliced tomatoes, raw onion slices and a hint of pickle.

Bun-less Beef and Bean Burger

(Recipe from American Heart Association's Patient Education program, 2010)



(Continued on page 5)

Sizzling Ideas for Summer—Recipe Corner

(Continued from page 4)

1 can (15.5 oz.) black beans,
rinsed and drained well
8 ounces extra-lean (97%
lean) beef
¼ cup plain bread crumbs
2 teaspoons chili powder
1 teaspoon ground cumin
1 medium clove garlic,
minced
Pinch of salt
2 teaspoons canola or corn oil
2 Tablespoons snipped fresh
cilantro
1 medium green onion, thinly
sliced
1 medium fresh jalapeno,
seeds discarded
1 large tomato, sliced
1 medium lime, cut into 4
wedges

In a medium bowl, using a potato masher or fork,



mash the beans until slightly chunky. Add the beef, bread crumbs, chili powder, cumin, garlic salt and pepper. Using your hands or a spoon, combine the ingredients. Shape into 4 burgers, each about 4 inches in diameter. Cook burgers in a non-stick skillet or grill over a charcoal fire until burgers reach a safe internal temperature of 160° F.

In a small bowl stir together cilantro, green onion, and jalapeno. Sprinkle cooked burgers with green topping mix. Wrap in lettuce or spinach and serve with sliced tomato, avocado, and lime wedge.

Spicy Cornish Hens

Prepare one-half the number of Cornish hens as there are people in your party or family. Each hen will serve two to three people.

Cut each Cornish hen evenly in half with a very sharp knife. Apply black pepper and Tony's Creole seasoning liberally to outside of birds. Cook on slow grill fire for one and one half hours or until meat thermometer

reaches internal temperature of 165° F.



Grilled Vegetable Kabobs

Seasonal vegetables, including peppers, squash, zucchini, and tomatoes

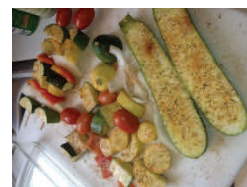
Wooden skewers—optional

Olive oil

Tony's Creole Seasoning

McCormick's Greek Seasoning

If you plan to use wooden skewers, soak them in water about 20



minutes to prevent them from charring. Cut vegetables into bite-sized pieces. Brush vegetables sparingly with olive oil. Sprinkle with seasoning and skewer vegetables in an

(Continued on page 6)

Sizzling Ideas for Summer—Recipe Corner

(Continued from page 5)



arrangement of alternating colors.

Add vegetables to grill and cook on side of fire

rather than directly over fire for ten to fifteen minutes or until tender, but not charred. Note: If you prefer, you can simply halve the zucchini, squash, and peppers, season and place on grill tray for cooking. This method would cut down on prep time!

Keep It Simple Salad

Four fresh tomatoes



¼ cup crumbled feta cheese
4 leaves fresh basil

Juice of one lime

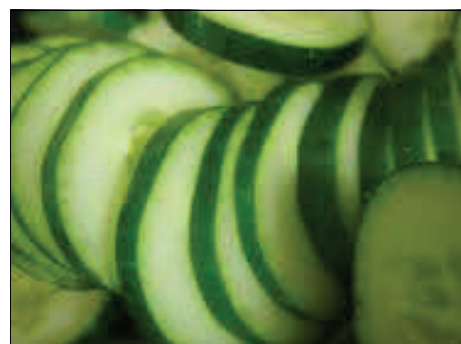
Salt and pepper to taste

Slice or quarter four fresh tomatoes. Add feta cheese and chopped fresh basil. Sprinkle with lime juice, mix, and season with salt and black pepper to taste.

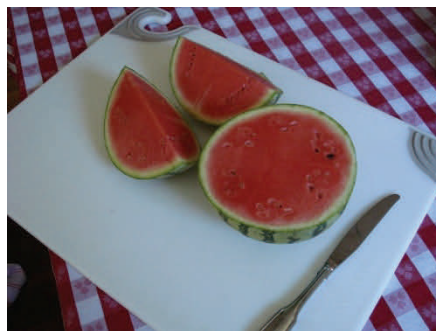
More Simple Sides



Fresh corn either boiled or grilled is always a winner!



Cucumbers are great any way you slice them



Nothing says it for summer gatherings like ripe, red, cold watermelon.



The ultimate simple finale—especially for that Fourth of July cookout!

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Physical Fitness—Know the Basics

(Continued from page 3)

regular exercise routine you may want to check with your doctor to make sure it is okay for you to begin exercising now.

In summer, be sure to avoid exercising outside in the middle of hot, humid days. Stay hydrated by drink-



ing plenty of water throughout the day. Seek emergency care or call your doctor if you experience warning signs or symptoms like chest pain, unusual shortness of breath, dizziness, weakness, confusion, or if you have new onset or increased pain in your joints.

Ask your friends and family members for support to help you get started and keep up with your exercise routine—it will be more fun. Everyone who exercises benefits!

