

Food and Fitness

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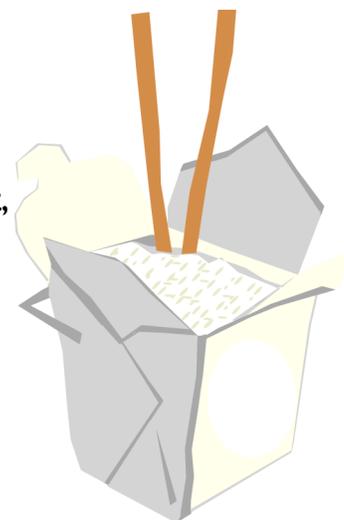
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Taking Food Home Safely

Food safety is a common topic that needs to be addressed in any food setting. Food has to be handled from farm to table in a manner that is safe to eat. Beyond that, after food reaches the table, it then needs to be properly kept at a safe temperature and stored correctly within a critical time frame. Then, leftovers that require reheating must be heated to the correct temperature. In this article, addressing how to properly take food home safely to prevent food born illness is the focus.



Today, we live in a world where we are on the go, more mindful of food waste, and want to take advantage of already prepared foods. In any case, it is increasingly more common that people eat more foods that others prepare. Luckily, the option of taking food home is common in many of these different situations. Whether food is taken from a restaurant, holiday meal, party, family gathering, senior center, or any other eating environment, it needs to be cared for carefully.

(Continues on Page 2)

Taking Food Home Safely

(Continued from Page 1)



Foods that are perishable—meaning likely to decay or go bad quickly— can cause illness when not handled properly. Taking home perishable foods are completely different from taking home a bag of potato chips in that they do not require refrigeration, or heating in order to eat. Yes—the potato chip might go stale if improperly closed but most often do not cause food born illness unless contaminated.

The most important rule for taking leftover food is follow the **2-hour rule**. Hot food must be kept at a temperature of 140°F or above, while cold foods must be kept at a temperature of 40°F or below. It is simple, these foods that are left out in room temperature for more than 2 hours should be discarded or only 1 hour if temperature reaches about 90°F.

When taking out food, you must account for the time it left the temperature controlled hot plates, refrigeration, or any other means used to control temperature until the moment is it cooled or reheated to eat. Which is where planning can be helpful. If it is common to take leftover food home, bringing an ice pack with a cooler bag to cool the food down. You would still want to check the temperature of the foods if they have been out longer than the 2-hour rule. If the food isn't cooled to below the 40°F, it should be discarded.

As for reheating the leftovers, foods like meat or poultry should be heated to an internal temperature of 165°F and reheating sauces, soups, and gravies to a rolling boil.

Food safety requires multiple steps and very important in order to keep food safe to eat. The rule of thumb is—when in doubt, throw it out!



PROTECT YOURSELF WHEN EATING OUT



MENU

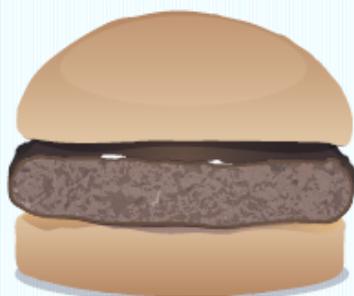
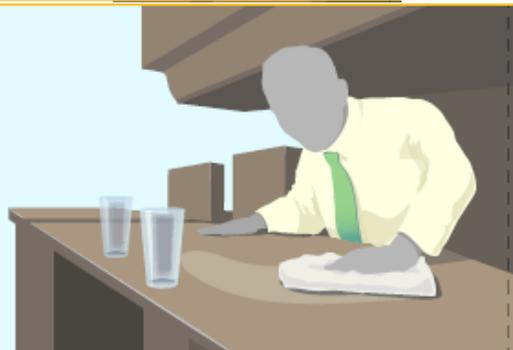
FOUR TIPS TO PREVENT FOOD POISONING



- 1** CHECK INSPECTION SCORES
Many state health departments make restaurant health inspection scores available on the web. Check the score before going to the restaurant or check when you get there.

2 MAKE SURE THE RESTAURANT IS CLEAN

Confirm that restaurant tables, floors, and utensils are clean. If not, you may want to take your business elsewhere.

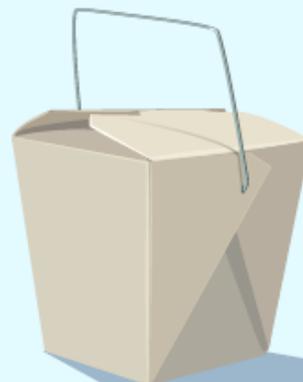


3 CHECK THAT YOUR FOOD IS COOKED THOROUGHLY

Meat, fish, poultry, and eggs should be cooked thoroughly to kill germs. If food is served undercooked or raw, send it back.

4 PROPERLY HANDLE YOUR LEFTOVERS

Taking your food to go? Remember to refrigerate within 2 hours of eating out. If food is left in a hot car or temperatures above 90°F, refrigerate it within 1 hour. Eat leftovers within 3 to 4 days.



[cdc.gov/foodsafety](https://www.cdc.gov/foodsafety)

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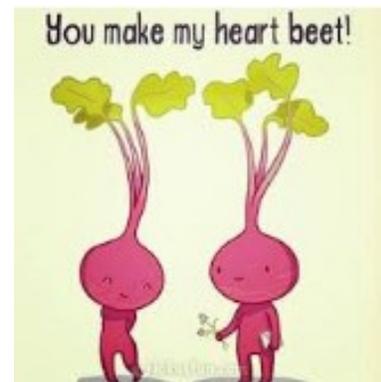
Vegetable—Beetroot

Beets are a vegetable that we can eat the entire plant. From the roots to the stems to the leaves are all edible parts. The root of the beet are most commonly seen as the red or purple but also come in white, yellow (golden) or striped.

Beetroot are very hard, round and durable vegetables that grow underneath the ground which makes them have a dirt like taste. Beetroots have a mild taste that are sweet.

Beetroots are eaten in many different ways. Most often, beetroots are peeled, but this can depend on the person cooking it or even the kind of beet. One common way of preparing a beetroot is pickled but there are many options like roasting, boiling, steamed and even raw. People do eat beets raw but in order to do so it is recommended to slice or cut them very thinly.

Of course beetroots are great to eat raw or cooked, but we can also add beetroots to dished to spice them up. Ways to incorporate beets into meals is to pair it with cheese, add to a salad, or even make them the star of a dessert.



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

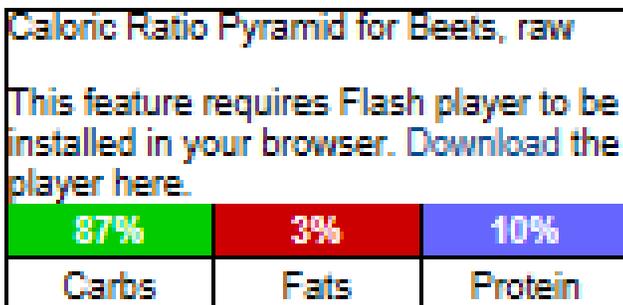
Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin C, Iron and Magnesium, and a very good source of Dietary Fiber, Folate, Potassium and Manganese.

The bad: A large portion of the calories in this food come from sugars.

Caloric Ratio Pyramid [What is this?](#)





Beets, raw

Serving size: 1 cup (136g) ▼

NUTRITION INFORMATION

Amounts per 1 cup (136g)

Calorie Information

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------------|-----|
| Calories | 58.5 (245 kJ) | 3% |
| From Carbohydrate | 50.5 (211 kJ) | |
| From Fat | 1.9 (8.0 kJ) | |
| From Protein | 6.1 (25.5 kJ) | |
| From Alcohol | 0.0 (0.0 kJ) | |

Protein & Amino Acids

| Amounts Per Selected Serving | | %DV |
|------------------------------|-------|-----|
| Protein | 2.2 g | 4% |

[More details ▼](#)

Carbohydrates

| Amounts Per Selected Serving | | %DV |
|------------------------------|--------|-----|
| Total Carbohydrate | 13.0 g | 4% |
| Dietary Fiber | 3.8 g | 15% |
| Starch | 0.0 g | |
| Sugars | 9.2 g | |

[More details ▼](#)

Vitamins

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------|-----|
| Vitamin A | 44.9 IU | 1% |
| Vitamin C | 6.7 mg | 11% |
| Vitamin D | ~ | ~ |
| Vitamin E (Alpha Tocopherol) | 0.1 mg | 0% |
| Vitamin K | 0.3 mcg | 0% |
| Thiamin | 0.0 mg | 3% |
| Riboflavin | 0.1 mg | 3% |
| Niacin | 0.5 mg | 2% |
| Vitamin B6 | 0.1 mg | 5% |
| Folate | 148 mcg | 37% |
| Vitamin B12 | 0.0 mcg | 0% |
| Pantothenic Acid | 0.2 mg | 2% |
| Choline | 8.2 mg | |
| Betaine | 175 mg | |

[More details ▼](#)

Fats & Fatty Acids

| Amounts Per Selected Serving | | %DV |
|-----------------------------------|---------|-----|
| Total Fat | 0.2 g | 0% |
| Saturated Fat | 0.0 g | 0% |
| Monounsaturated Fat | 0.0 g | |
| Polyunsaturated Fat | 0.1 g | |
| Total trans fatty acids | ~ | |
| Total trans-monoenoic fatty acids | ~ | |
| Total trans-polyenoic fatty acids | ~ | |
| Total Omega-3 fatty acids | 6.8 mg | |
| Total Omega-6 fatty acids | 74.8 mg | |

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Minerals

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------|-----|
| Calcium | 21.8 mg | 2% |
| Iron | 1.1 mg | 6% |
| Magnesium | 31.3 mg | 8% |
| Phosphorus | 54.4 mg | 5% |
| Potassium | 442 mg | 13% |
| Sodium | 106 mg | 4% |
| Zinc | 0.5 mg | 3% |
| Copper | 0.1 mg | 5% |
| Manganese | 0.4 mg | 22% |
| Selenium | 1.0 mcg | 1% |
| Fluoride | ~ | |

Savory Roasted Root Vegetables

Ingredients

- ◆ 1 cup raw beet, diced
- ◆ 4 carrots, diced
- ◆ 1 onion
- ◆ 2 cups potatoes
- ◆ 4 cloves garlic, minced
- ◆ 1/4 cup canned garbanzo beans (chickpeas), drained
- ◆ 2 Tbsp. oil
- ◆ 1 Tbsp. dried thyme leaves
- ◆ Salt and pepper to taste
- ◆ 1/3 cup dry white wine
- ◆ 1 cup torn beet greens



Directions

1. Preheat an oven to 400 degrees F (200 degrees C).
2. Place the beet, carrot, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well.
3. Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.

Recipe Adapted From: <https://www.allrecipes.com/recipe/183620/savory-roasted-root-vegetables/?internalSource=hub%20recipe&referringId=1080&referringContentType=Recipe%20Hub&clickId=cardslot%2016>

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

LABOR DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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O U U N I O N S S R E K R O W
R H L A S E P T E M B E R B C
L O O A C H I E V E M E N T I
A L U Y R N P N F R P E S E N
I I R V R E O A A R S U S L C
C D F R O T M I O T M T A H I
O A P R E I S G T E I B G R P
S Y S A L N R U E A O O Y A C
T T P Y R E A E D R C A N I V
I S E L S A S C W N D U M A E
A R E S R I D L I N I O D N L
E I C S S V F E O R N I C E E
A F H N D A W M A O E N T L V
T N E M E V O M C Z K M N T Q
J K S W V Y L E B Z T M A M H
  
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By Evelyn Johnson - www.qets.com

Achievement

AFL

American

Economic

Education

Family

First

Holiday

Industry

Labor

Monday

Movement

National

Parade

Picnic

Progress

September

Social

Speeches

Unions

Workers

Monthly Observations

- Baby Safety Month
 - Chicken Month
 - Better Breakfast Month
 - Classical Music Month
 - Fall Hat Month
 - Honey Month
- International Square Dancing Month
 - Little League Month
 - National Blueberry Popsicle Month
 - National Courtesy Month
 - National Piano Month
 - Self Improvement Month

September 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-------------------------------------|---------------------------------|---|---------------------------|---------------------------------------|----------------------------------|
| | | | | | | 1 National Cherry Popover Day |
| 2 International Bacon Day | 3 Labor Day | 4 Newspaper Carrier Day | 5 Cheese Pizza Day | 6 Read a Book Day | 7 National Salami Day | 8 National Date Nut Bread Day |
| 9 Grandparent's Day | 10 Sewing Machine Day | 11 No News is Good News Day | 12 National Chocolate Milkshake Day | 13 National Peanut Day | 14 National Cream-Filled Donut Day | 15 Make a Hat Day |
| 16 Wife Appreciation Day | 17 National Apple Dumpling Day | 18 National Cheeseburger Day | 19 National Butterscotch Pudding Day | 20 National Punch Day | 21 World Gratitude Day | 22 Business Women's Day |
| 23 Checkers Day 30 Mud Pack Day | 24 National Cherries Jubilee Day | 25 National Comic Book Day | 26 Johnny Appleseed Day | 27 Crush a Can Day | 28 Ask a Stupid Question Day | 29 Confucius Day |

September

Feel It In Your Bones

By Loren Wells, WVU Extension Agent – McDowell and Wyoming Counties



Monthly Challenge: By reading the labels, find a food in your kitchen with 10% or more of the Daily Value for calcium. Bring the label to your next group meeting. How many food labels will your members find? Who will have the food with the most calcium content?

Health Motivator Talking Points

- The skeletal system is made of bones, joints, cartilage, tendons and ligaments.
- Osteoporosis is a disease resulting in weak, easily fractured bones with low bone mass. It affects 44 million Americans and 55 percent of people age 50 and older. One in two women and one in four men over age 50 will break a bone due to osteoporosis.
- Protect your bones with these foods:
 - Calcium-rich green leafy vegetables, low-fat dairy products, legumes, pudding, calcium-fortified soy beverages and tofu. With age, the intestines absorb less calcium and the kidneys keep less calcium. Getting enough calcium is important at every age – 1,200 mg calcium is needed for women over age 50.
 - Salmon, tuna, flax, walnuts and chia seeds help fight inflammation and joint pain, because they are rich in omega-3 fatty acids.
 - Egg yolks, saltwater fish, beef liver, cheese and foods fortified with vitamin D (some cereals, yogurts and juices) give you vitamin D. This helps your body absorb calcium and phosphorus.
 - Too much coffee, tea and soft drinks with caffeine causes the body to release calcium in the urine.

Quick Club Activity:

Head, Shoulders, Knees and Toes

1. Sing the song "Head, Shoulders, Knees and Toes" and touch the parts of the body being sung. This can be done sitting or standing. For extra fun, speed the song up each time!
2. Share the Monthly Challenge. What is your favorite calcium-rich food?

Learn More

<http://www.bones.nih.gov>



Chuckle of the Month:

Why is milk so delicious? Because it has calci-YUM!

WEST
VIRGINIA
BUREAU OF
SENIOR
SERVICES

Food and Fitness

This newsletter is created by **Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.**

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Brian Exercise Answers

Hidden Message

Reads:

*Our Labor Preserves Us
From three great evils—
weariness vice and want.*

Quote from Voltaire

