

# Food and Fitness

## Master Your Grilling Safely

Tis the season for BBQs, cook-outs, campfire cooking and more. But do you know how to properly buy, refrigerate/freeze, handle and cook meat, fish and poultry?

First, let's tackle **buying** foods from your local grocery store. When purchasing meats and poultry, check to make sure packages are unopened and the meat is cold. Place raw meats in your cart away from all of the ready-to-eat foods (like fruits, vegetables, and anything that will not be cooked). Raw meats should also be bagged separately from other items. Shopping for meats and poultry last is always a good idea.

Meat, fish and poultry all have different rules for how long they keep fresh while **frozen or refrigerated** (see table on page 3). Make sure all are placed in the refrigerator or freezer after purchased. If you plan on storing in a freezer for a longer time, wrap or repackage in a heavier plastic, freezer paper, or aluminum foil can help the quality of the product after frozen.



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# Master Your Grilling Safely

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## Proper Cooking Temperatures:

### USCA/FDA Food Codes

Ground Meat:	<b>155°F</b>
Poultry:	<b>165°F</b>
Whole Muscle:	<b>145°F</b>
Pork and Beef	
Roasts:	<b>145°F</b>
Pork Chops:	<b>145°F</b>
Eggs:	<b>145°F</b>
Leftovers:	<b>165°F</b>

When freezing meats, temperatures of 0° F will keep the product safe from growth of bacteria. Refrigerated meats should be kept at 40° F or below to slow the growth of the bacteria. Ground meat, poultry, and fish should be used within a few days of being purchased. Whole muscle meats like beef or pork, should be used within 5 days. Always store raw meats on the lowest shelf in the refrigerator for the safety of all the other foods in your refrigerator. All foods that require refrigeration should never be left out at room temperature for more than two hours.

**Handling** and cooking raw meats is a critical point to be aware of to prevent cross contamination of bacteria. Make sure all surfaces are clean before preparing foods. Keep raw meat away from ready-to-eat foods. A good habit to start is once you place the food on the grill, get clean utensils and tray/plate to put the cooked meat on. NEVER USE THE SAME UTENSILS AND TRAY/PLATE RAW MEAT HAS TOUCHED.

Lastly, cooking is one of the most difficult steps when grilling. “Is it done?” is a question everyone asks. The color of the meat is not always the best way to determine if the meat is cooked safely. The best way to gauge is to use a meat thermometer. Meat thermometers take the guessing work out! The safe internal temperatures of meat depends on the type of meat. Being cooked.

Grilling out can be enjoyable with friends, family or even by yourself. Make sure you are taking the proper precautions for grilling safely.



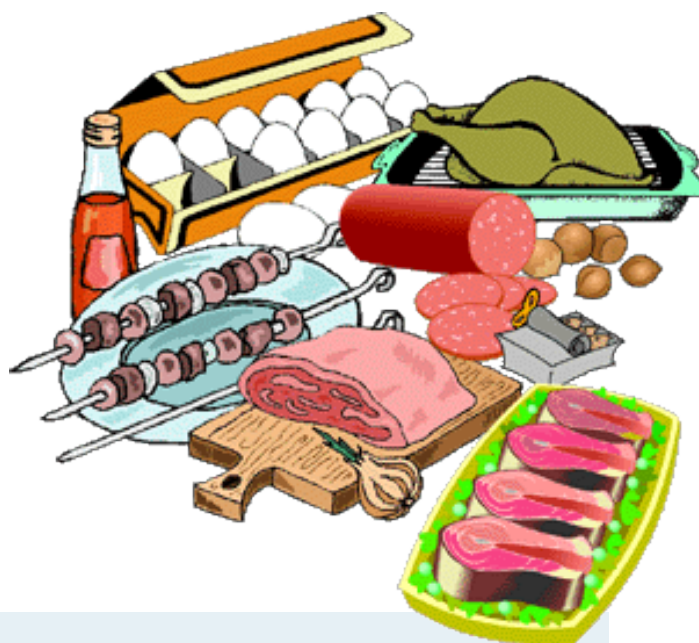
## *Recommended Storage Life*

### **Refrigerators at temperatures 40° or below**

Whole Muscle Meats:	3 - 5 day
Ground Meats:	1 - 2 days
Fish:	2 - 3 days
Fruits and Vegetables:	3-7 days
Eggs:	4 - 5 weeks

### **Freezer at Temperatures 0 to -10° F**

Chicken:	6-12 months
Meats:	4-9 months
Eggs:	9 months



## Summer Seasonal Fruits and Vegetables

Apples	Collard Greens	Nectarines
Apricots	Corn	Okra
Bananas	Cucumbers	Peaches
Beets	Eggplant	Pineapples
Bell Peppers	Figs	Plums
Blackberries	Garlic	Raspberries
Blueberries	Green Beans	Strawberries
Broccoli	Honeydew	Summer Squash
Carrots	Kiwifruit	Tomatillos
Cantaloupe	Lima Beans	Tomatoes
Celery	Limes	Watermelon
Cherries	Mangos	Zucchini



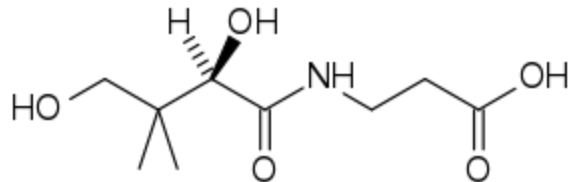
#### Food Sources:

- Liver
- Kidney
- Egg Yolk
- Bran
- Yeast
- Fresh Vegetables
  - Legumes
- Sweet Potatoes
- Mushrooms
  - Nuts
- Avocado
- Milk
- Lobster
- Tuna and Cod



## Vitamin B5—Pantothenic Acid

Vitamin B5—also known as Pantothenic Acid



#### Daily amounts needed for adults:

Recommended Daily Allowance: 5 mg per day for both men and women

#### What are its Functions?

Vitamin B5 is a water soluble vitamin. Vitamin B5 is important for the metabolism of fat, protein, and carbohydrates from food for energy. Important for the formation of sex and stress related hormones, manufactures red blood cells, and formation of good cholesterol. Helps in promoting health of the nervous system, skin, hair (can be used in hair conditioner), eyes, mouth, and liver. Also, helps fight against allergies.

#### Deficiency Symptoms?

Deficiency are rarely seen. However, can be seen in severely malnourished (poorly or improperly nourished) people. Can cause “Burning feet” syndrome, numbness, tingling, and nausea.

#### Toxicity Symptoms?

Toxicity, although is rare, can cause diarrhea, water retention and digestive disturbances.

## *Guacamole Bruschetta*

**Yield:** 12-15 servings

**Prep Time:** 15 min

**Cook Time:** 6 min

**Ingredients:**

- 1/2 loaf French bread
- 1 clove garlic
- 2 Tbsp olive oil
- 2 tomatoes, medium chopped
- 2 avocados, medium chopped
- 1/3 cup finely chopped onion
- 1/4 cup chopped cilantro
- 2 Tbsp freshly squeezed lime juice
- 1/2 Tsp salt
- 1/4 Tsp pepper



**Directions:**

- Preheat the oven to 400°F.
- Slice the French bread on the diagonal into 1/2" rounds and place on a baking sheet.
- Toast the sliced bread in the oven for 3 minutes, then flip each piece over and toast an additional 3 minutes.
- Remove the toasted bread from the oven and immediately rub with the clove of garlic
- Brush the tops of the garlic-rubbed toasts with olive oil and set aside.
- In a large bowl, combine the chopped tomatoes, avocado, onion, cilantro, lime juice, salt and pepper. Mix together gently making sure the avocado is well coated in the lime juice.
- Spoon a portion of the mixture onto each of the garlic toasts and serve.

Recipe Obtained From: <http://www.justataste.com/2009/02/guacamole-bruschetta/>

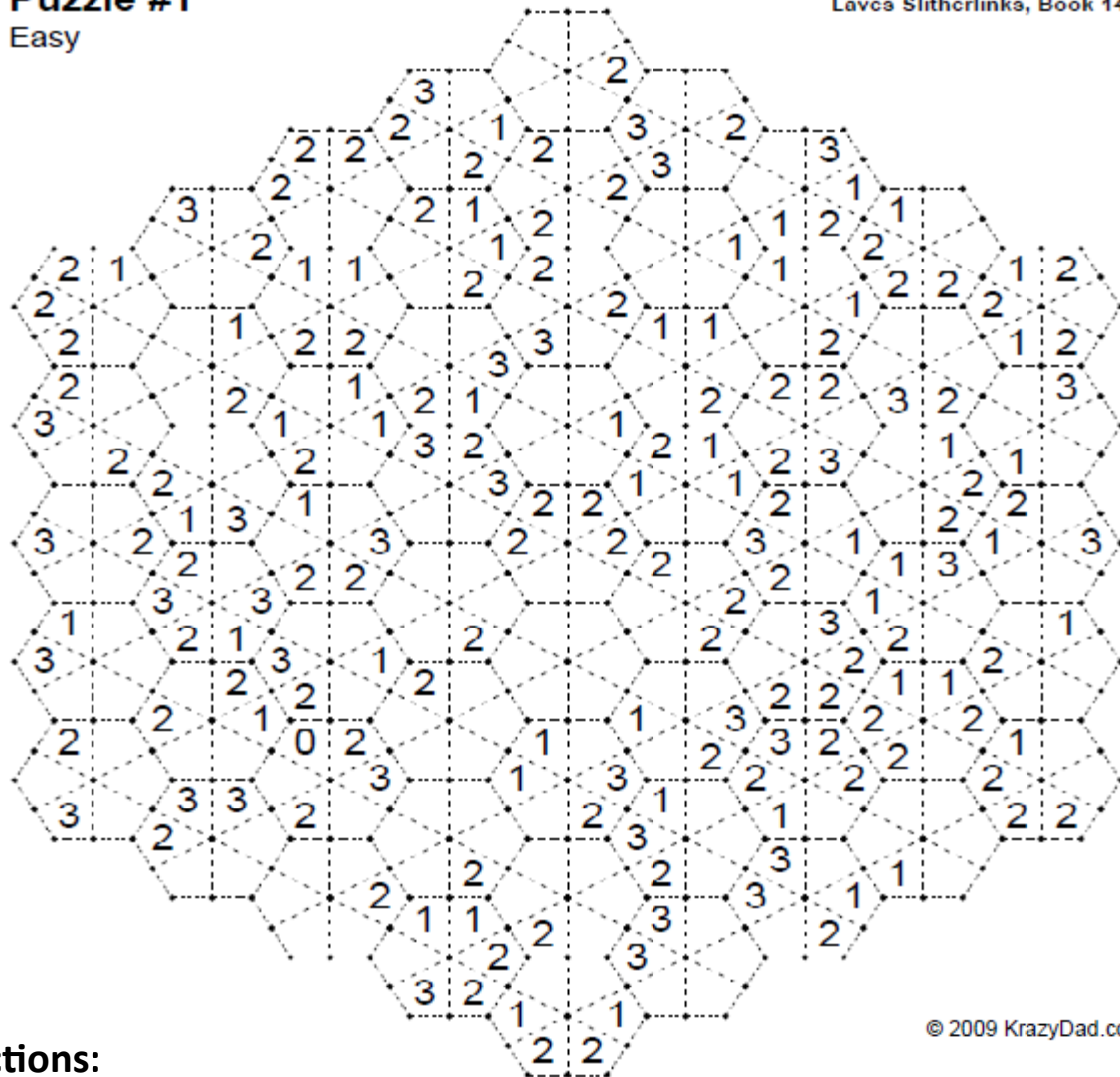


# Brain Exercise

*Do Not Just Exercise Your Body, Work Out Your Brain*

## Puzzle #1 Easy

Laves Slitherlinks, Book 14



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### Directions:

Fill in some of the dotted line segments to form a meandering path that forms a single loop. The path does not cross itself, branch, or touch itself at corners. The numbers indicate how many line segments surround each cell. Empty cells may be surrounded by any number of line segments.

There is one unique solution, and you should be able to find it without guessing. You may find it helpful to mark segments that cannot be filled in.

These tiles are named for crystallographer Fritz Laves.  
Special thanks to Craig Kaplan for suggesting their use.

Need some solving help? Visit [krazydad.com/slitherlink](http://krazydad.com/slitherlink)

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# June 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Dare Day	<b>2</b> National Rocky Road Day	<b>3</b> Repeat Day	<b>4</b> Old Maid's Day	<b>5</b> National Doughnut Day	<b>6</b> National Gardening Exercise Day
<b>7</b> National Chocolate Ice Cream Day	<b>8</b> Best Friends Day	<b>9</b> Donald Duck Day	<b>10</b> Iced Tea Day	<b>11</b> National Corn on the Cob Day	<b>12</b> Red Rose Day	<b>13</b> Sewing Machine Day
<b>14</b> Flag Day	<b>15</b> Smile Power Day	<b>16</b> Fresh Vegetables Day	<b>17</b> Eat Your Vegetables Day	<b>18</b> International Picnic Day	<b>19</b> World Sauntering Day	<b>20</b> Ice Cream Soda Day
<b>21</b> <b>Father's Day</b> Go Skate Day	<b>22</b> National Chocolate Éclair Day	<b>23</b> National Pink Day	<b>24</b> Swim a Lap Day	<b>25</b> National Catfish Day	<b>26</b> Forgiveness Day	<b>27</b> Sun Glasses Day
<b>28</b> Insurance Awareness Day	<b>29</b> Camera Day	<b>30</b> Meteor Day				

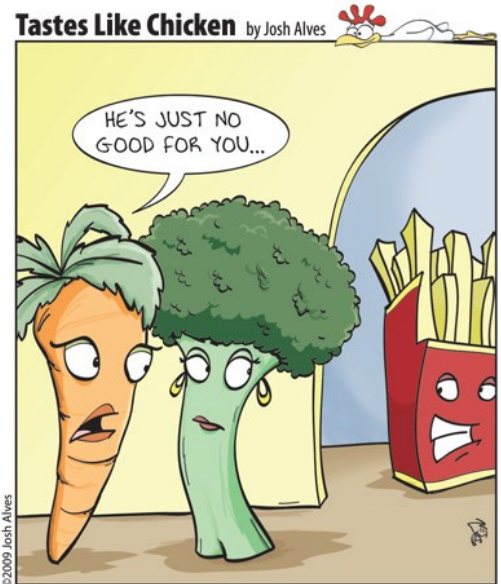
## June Monthly Observations

- \* National Fresh Fruit and Vegetable Month
- \* Aquarium Month
- \* Candy Month
- \* Dairy Month
- \* Fight the Filthy Fly Month
- \* National Accordion Awareness Month
- \* National Adopt a Cat Month
- \* Rose Month
- \* Turkey Lovers Month

## Food and Fitness

Kathrine J. Clark, MS, RD  
Nutrition Consultant  
1 John Marshall Drive  
Huntington, WV 25575

This newsletter is created by  
Kathrine J. Clark, MS, RD, Nutrition  
Consultant to the West Virginia Bu-  
reau of Senior Services.



## Brain Exercise Answers

#1

