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Have a Happy 4th!

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Web sites of interest:

- cfsan.fda.gov
- cdc.gov
- fda.gov

Keeping Your Food Safe

You've heard that food safety begins with you, yet you worry when tomatoes tainted with Salmonella and spinach spoiled with E. Coli find their way into your food supply. What should you do?

In spite of agencies such as the CDC and the FDA monitoring such outbreaks and the safety of the food supply, it can happen.

Awareness of the situation is the key to protecting you and your family when these outbreaks occur. Local news, national news and these agencies keep you advised of what to do next. Visit the websites of these agencies often.

Also, continue

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Irradiation and Foodborne Illness

Researchers at the April 2008 annual American Chemical Society meeting reported that washing and chemical rinses cannot destroy pathogens that work their way into the leaves of plants. In his research, Brendan Niemira, a microbiologist with the United States Department of Agriculture, noted that only irradiation could destroy

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Budgeting Your Nutrients

Spend it like you want to spend it! That's how it is with your money and so it should be with your nutrients. The nutrients people often try to budget are calories, saturated fat, and sodium.

- Calories occur in everything except water and diet sodas! It's too many calories eaten and too few calories burned that make us store extra body fat!
- Saturated fat occurs in oils, greasy meats, and dairy products containing fat.
- Sodium occurs naturally in small amounts in all foods. Added salt by the manufacturer increases sodium content tremendously!

If you are trying to limit calories to 1500, saturated fat to 15 grams, and sodium to 1500 mg, for example, you would want to spend some

of these nutrients on good health. Here's a sample budget:

Fruit—3 servings = 240 calories, 0 saturated fat, 30 mg sodium

Vegetables, non starchy—3 servings= 75 calories, 0 saturated fat, 60 mg sodium

Vegetables—starchy—1 serving = 80 calories, 0 g saturated fat, 20 mg sodium

Whole grains—3 servings=240 calories, 0 g saturated fat, 50 mg sodium

Plant protein—1 cup—160 calories, 0 g saturated fat, 30 mg sodium.

Non-fat dairy—3 servings=270 calories, 0 g saturated fat, 375 mg sodium

Lean Animal Protein—4 oz.= 360 calories, 6 g saturated fat, 180 mg sodium

Breakfast—3/4 cup shredded wheat, 1/2 cup strawberries, 1 cup skim milk

Snack—1 cup light fat free yogurt

Lunch—Tossed large raw vegetable salad with 2 oz. skinless chicken breast, dressing made with 1 Tbs. olive oil and 2 Tbs. balsamic vinegar, 5 unsalted whole wheat crackers, 1/2 cup fresh blueberries

Afternoon snack—1 oz unsalted walnuts

Dinner—2 oz. grilled salmon, small baked potato with 1 tsp. soft margarine, 1 cup broccoli, cauliflower, carrot mix, stir fried with Pam, 1 tsp. soft margarine

Evening snack—1 small banana, 1 cup skim milk

Calories 1492, sat fat 8 g, sodium 759 mg.

You can do it!

Money Saving Tips Revisited

Ben Franklin knew. "A penny saved is a penny earned", and all the saved pennies add up!

Spend less on food:

- Eat out less often—a family of two can save at least $30 per outing.
- Limit convenience foods—any amount of work done to food to make it more convenient for you will cost you more.
- Plan to cut back spending by $5 less per week on snacks and sodas. You'll save $260 per year.

Conserve water:

- Put a brick in the back of the commode—you'll use a little less water each time you flush.
- Put a bucket in the shower to catch the water normally lost while waiting for water to get hot. Use it to flush.
- Catch the water that the air conditioning unit produces from dehumidifying the air. Or get an inexpensive room dehumidifier. Use the water collected on flowers and plants.
- Quit buying bottled water. Tap water is safe and much less expensive than bottled water. If you're concerned about additives in water, buy a filter.

Keeping Your Food Safe (continued)

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to follow these basic food safety recommendations:

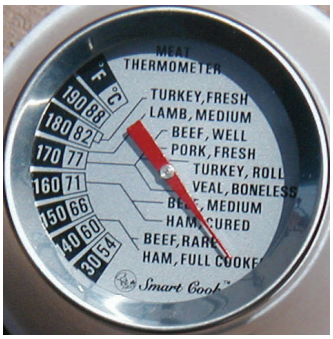
Clean—hands, surfaces, utensils with hot soapy water.

Separate—raw from cooked food and the utensils and dishes used for each.

Cook—to adequate temperature measured with a meat thermometer

- Meat 160º
- Poultry 165º
- Fin fish 145º
- Shellfish until opaque

Chill—keep cold foods at 40º or colder. Avoid leaving food off ice for greater than an hour in hot weather.



Recipe Corner—Fourth of July Fare

Grilled Meats and Vegetables

Keep it simple. Go to the farmers' market. Buy the local corn, squash, onions, tomatoes, eggplant—whatever they have.

Go to the grocery store. Buy the veggie burgers, salmon filets, chicken breasts, lean beef. Douse it all with fat free Italian dressing, keeping meats separate from vegetables, of course Light the fire. You're on.

The Sides

If you feel like you must cook, keep it simple.

- Open a can of Bush's baked beans, already seasoned.

- Combine frozen whole kernel corn, canned black beans, frozen chopped onion, green, red, and yellow bell pepper. Drain excess liquid. Add diced avocado, cilantro, and fresh lime juice. Makes a great salsa or topping for grilled meats.

Beverages

Mix 100% fruit juice plus club soda over ice in tall glasses with a slice of lime.

Snacks

Freeze grapes and pass them around while everyone is sweltering on the croquet course.

Desserts

Keep it very simple.

Get a watermelon, other cool, fresh fruits, low fat ice cream, cookies someone else has baked. They'll cost more than the ones you bake yourself, but this is a special occasion and you deserve a rest!

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Food and Fitness

This newsletter is created by Susan M. Poindexter, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services, and is funded in part by The West Virginia Bureau of Senior Services.

Irradiated food is labeled with this symbol.

Irradiation and Foodborne Illness (continued)

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99.9% of E.coli present inside the leaves of spinach or lettuce.

Critics of irradiation, such as Joseph Mendelson III, legal director of the Center for Food Safety, note that taste and nutrition may be altered with irradiation and that toxic substances may be produced. He further states that irradiation does not fix the broken system of food production and processing that allows these foodborne illness outbreaks to occur.

According to the FDA, irradiation is approved for use in killing bacteria and insects to extend the shelf life of food. Irradiated food must be labeled as such. The FDA has been considering whether to approve the use of irradiation to stop the spread of harmful bacteria in the food supply since 1999.