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# Food and Fitness

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## Food Safety in a Power Outage

Power outages can occur as a result of floods, fires, storms or high winds. Keeping food safe during a power outage can prevent costly losses and reduce the risk of food-borne illness or “food poisoning”.

### Plan ahead if there is a warning:

- Have an appliance thermometer. Be sure the freezer is 0° F. or below and the refrigerator is 40° F. or below.
- Freeze water in clean plastic milk jugs to help keep refrigerators and freezers cold after a power outage.



- Purchase or make extra ice cubes. Know where more ice can be obtained.
- Have coolers clean and ready.
- Freeze refrigerated items like milk and fresh meat or poultry for longer keeping.
- After the fact:
  - Keep refrigerator and freezer doors closed as much as possible.
- Food in a 40° refrigerator will remain safely cold for 4 hours.
- Food in a full freezer, unopened, will remain safe for 48 hours.
- If frozen food still has ice crystals it may be safely refrozen.
- Don't taste food to determine whether it is safe.
- When in doubt, throw it out.

For more information on safe food handling after a disaster visit [www.fsis.usda.gov](http://www.fsis.usda.gov) (1-888-MPh hotline) or [www.cfsan.fda.gov](http://www.cfsan.fda.gov) (1-888-SAFEFOOD)

# Good Nutrition—Take It on the Road

Taking an end-of-the-summer road trip? You don't have to worry about eating junk food and gaining unwanted pounds from the food at the service station or fast food restaurants! Here are a couple of tips to get you there and back



safely and the same size!

- Pack a cooler with bottled water, skim milk, grapes, apples, low fat cheese and lunch meats, low fat mayonnaise, Tupperware containers of sliced tomato, onion, and lettuce.

- Pack a small cardboard box with bananas, individual boxes of dry cereals, whole wheat bread, peanut butter, mustard, paper plates, napkins, cups, and plastic utensils.

You've got it for breakfast and lunch. See article below for evening dining out!

# Healthy Dining Out—an Oxymoron?

No. Eating out can be fun and still be healthy!

- Avoid "all you can eat" places.
- Study the menu—healthier options are sometimes marked with a little heart.
- Start with a salad. Ask for a light dressing on the side.

- Ask for whole wheat bread or rolls.
- Share an entrée.
- Ask for a smaller portion at a lower price.
- Order fish or meats grilled, broiled, or baked.
- Ask that creamy sauces or gravies be



served on the side. Dip your fork in before the bite for a tiny burst of flavor.

- Try not to add extra butter—in most cases, they've already put it on.
- Share a dessert or ask for fruit with a dash of Grand Marnier.

# Lower Your Grocery Bill

With the ever-rising cost of living, smart grocery shopping can save money.

- Plan menus for one to two weeks. Fewer trips to the store can decrease impulse buying.
- Make a list and stick to it.
- Clip coupons only for items you already use.
- Don't take children to the grocery store. You'll buy more.
- Purchase store brands.
- Check the "price per ounce" information on the shelf tag. Sometimes larger sizes are not more economical.
- Check expiration dates—milk that is on sale may spoil before you can use



it all. Things you'll pay more for:

- Convenience—washed bagged, salad greens or celery with the tops cut off.
- Individually portioned packages of instant oats with sugar and salt added—buy plain oats and add your own. Whole oats cook almost as quickly as instant!
- "TV dinners" - your leftovers will always taste better. While serving the dinner plates, serve the Tupperware container and refrigerate it before you go to the table—it will keep you from unneeded sec-

onds!

- "Lunchables" - buy your own cheese and lunch meat, and package it yourself.
- Pre-portioned tuna in a bag—the canned tuna is usually cheaper
- Cleaning supplies and personal care items—go to a large discount store where you'll pay 20-50% less.
- Pre-cooked foods like rotisserie chicken, mashed potatoes, and biscuits, usually near the checkout stand.
- Snack foods like chips, cookies, and snack cakes.

"Don't take children to the grocery store. You'll buy more."



# Recipe Corner—Cool Summer Sensations



## Summer Salad

- 1 pkg. frozen mixed vegetables, thawed, uncooked
- 1 ripe avocado, diced
- 1 small red onion diced
- 1 small red bell pepper, seeded, sliced
- 1/4 cup fresh chopped Italian parsley
- Halved sections of 1 fresh orange
- 1 clove garlic, minced
- 2 Tbs. olive oil
- 4 Tbs. cider vinegar

Mix all vegetables and orange sections in a large bowl. Whisk together olive oil and vinegar. Add

to above. Toss all ingredients and chill. Serves 6.

Nutrition information per serving:

Calories	
145	
Fat, g	
10	
Saturated fat, g	1
Trans fat, g	0
Protein, g	3
Cholesterol, mg	0
Carbohydrate, g	14
Sodium, mg	28
Dietary fiber, g	5

## Fresh Fruit Tarts

- 1/2 cup non-fat sour cream
- 2 Tbs. Splenda
- 1 tsp. chopped fresh mint
- 1-4 oz. pkg. single serve graham cracker crusts (6 crusts)
- 1 cup fresh fruit, your choice
- 1/3 cup non-fat lemon yogurt

In a small bowl stir together sour

cream, Splenda and mint. Spoon over graham cracker crusts. Arrange fruit over top of crusts. Chill.

Just before serving stir lemon yogurt and drizzle over tarts. Serves 6.

Nutrition information per serving:

Calories	139
Fat, g	3
Saturated fat, g	1
Trans fat, g	0
Protein, g	3
Cholesterol, mg	4
Carbohydrate, g	19
Sodium, mg	82
Dietary fiber, g	1

*Recipe adapted from American Heart Association online cookbook @ [www.deliciousdecision.org](http://www.deliciousdecision.org)*



*Make a cool summer meal with these 2 recipes— together they provide all five food groups.*



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## Why Must I Eat My Vegetables!

You've heard all your life that eating your vegetables is good for you. You've dutifully done it, and even liked some of them. But why do it?

A recent animal study tested a group of vegetable eaters against a group of non-



vegetable eaters to look at the development and progression of coronary atherosclerosis (plaque build-up in the heart's arteries).

The vegetable eaters got 30% of their calories from a mixture of frozen broccoli, green beans, corn, peas, and carrots. These vegetables are among the top

10 vegetables Americans eat regularly.

After 16 weeks the vegetable eaters had 38% less plaque build-up than the other group. The mechanism by which this happened was not clear, but mice with less build-up had a 37% lower amount of a blood marker for inflammation. See Recipe Corner page 4.