



**Marion  
County**  
FLORIDA

EXTENSION SERVICE

**UF** UNIVERSITY of  
**FLORIDA**  
IFAS Extension

# Wellness Matters

A fresh look at health, nutrition and food safety  
brought to you by Nancy Gal, UF/IFAS Extension Agent IV

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To sign up for this newsletter [click here](#).  
Contact the agent: [nancy.gal@marioncountyfl.org](mailto:nancy.gal@marioncountyfl.org)

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## Timely Tips

### Take Charge of Your Diabetes

An affordable, evidence-based, comprehensive diabetes self-management program to help adults with type 2 diabetes improve their quality of life and reduce risk of debilitating and costly health complications.

**Register by Jan. 12!**

**Classes start Jan. 18**

### Did You Know?

- Approximately 26 million Americans over age 20 have diabetes.
- Approximately 79 million Americans have prediabetes. (When blood glucose levels are above normal but not elevated enough to be called diabetes.)
- Diabetes is the seventh-leading cause of adult death in the United States and a primary cause of heart disease and stroke.
- Persons with prediabetes are at increased risk of developing type 2 diabetes, heart disease and stroke.
- Mortality rates for persons with diabetes are about twice that of those of similar age without diabetes.
- Diabetes is the primary cause of end-stage renal (kidney) failure, non-traumatic lower limb amputations and new cases of adult blindness.
- Persons with diabetes have medical expenses that are more than twice that of those without the disease.
- Diabetes self-management education prevents hospitalizations and every dollar spent on education can reduce health care costs by up to \$8.76.
- Self-management education is the basis for improving health outcomes and quality of life. It focuses on self-care behaviors such as proper nutrition, regular physical activity, taking medications if needed and monitoring blood glucose.

### Do You Want To Take Charge of Your Diabetes?

This program will help persons with diabetes or prediabetes gain knowledge, problem-solving and coping skills needed to successfully practice diabetes self-management as part of their health care. The \$45 fee covers ten class sessions and three health assessments for each participant; one support person per registrant may attend for free. Classes start January 18; participants must pre-register by January 12 by calling 352-671-8400.

[Click here for informational flier.](#) ←

Source: National Diabetes Fact Sheet, 2011  
[http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)  
National Diabetes Education Program  
<http://www.diabetesatwork.org/GettingStarted/DiabetesControl.cfm>

## Upcoming events

### Take Charge of Your Diabetes

Marion County Extension Service  
Jan. 18, 26; Feb. 2, 9, 16, 23;  
March 1, 8, 15; April 12; May 17  
9:30 to 11:30 a.m.

Register by Jan. 12.

For information or to register, call  
Nancy Gal at 352-671-8400

### Diabetes Support Group

Mt. Moriah Baptist Church  
Jan. 12, Feb. 9, March 8, April 19,  
May 24, June 7, July 26, Aug. 9,  
Sept. 13, Oct. 11, Nov. 8, Dec. 13.  
2 to 3:30 p.m.

For information or to register, call  
May Stafford, R.N. 352-629-3782

# News You Can Use

## ServSafe® Food Manager's Training and Exam

Marion County Extension Service  
Jan. 25, April 24, July 10, Oct. 16  
8:45 a.m. to 4 p.m.  
Pre-registration required  
888-232-8723

Cost:  
\$110 for class and exam  
\$165 for class, book and exam

## \*USDA MyPlate-Your Healthy Lifestyle

Collins Resource Center  
Jan. 17 9:30 to 11:30 a.m.

Hospice Auditorium  
Jan. 20 9:30 to 11:30 a.m.

## 2012 Standards of Medical Care for People with Diabetes

Master the Possibilities  
Education Center  
On Top of the World  
Jan. 24 9:30 to 11 a.m.  
For information or to register,  
call 352-861-9751

## \*Dietary Approaches to Stop Hypertension (DASH Diet)

Hospice Auditorium  
Feb. 20 9:30 to 11:30 a.m.

Collins Resource Center  
Feb. 21 9:30 to 11:30 a.m.

## \*Reading Food Labels

Hospice Auditorium  
March 5 9:30 to 11:30 a.m.

Collins Resource Center  
March 9 9:30 to 11:30

\*Please call Munroe Regional Medical Center Prestige 55 Program at 352-671-2153 for more information.

## 2012 - Your Plan to a Healthier Lifestyle

Do you want to live a healthier lifestyle, but are not sure how to begin? Most people are motivated to live healthier when they are diagnosed with a chronic illness such as cardiovascular disease or type 2 diabetes. The cornerstone of wellness is to practice healthy living and reduce risk factors for disease. Healthy lifestyle practices such as being physically active, eating healthful foods and maintaining a healthy weight work together in achieving certain health goals. These lifestyle interventions can significantly reduce health risks such as high blood pressure, high blood fats, high blood glucose, overweight and obesity. So begin thinking about ways to improve your well-being by adopting healthy habits and reducing risk factors.

While good intentions are honorable, permanent lifestyle changes require motivation, action and dedication. Healthy living should be a way of life. Temporary changes are short-lived and do not significantly reduce disease risk.

So what works for you? While everyone has a different health profile, it has been shown that small steps can bring about big rewards leading to better health. As you plan your health goals for 2012 think about science-based recommendations and what small, significant changes you can make to improve the quality of your life.

Consider these suggestions as a smart start to get you going:



### *Choose healthier foods: Look for nutrient-dense rather than energy-dense*

Select your foods carefully. Use food labels to make healthy choices by avoiding foods with too much fat, saturated fat, *trans* fat, and sodium and too little vitamin A, vitamin C, iron and calcium. This can be easily accomplished by reading food labels and doing most of your shopping in the perimeter of the store where the least processed foods are located.

### *Eat reasonable food portions*

A simple way to moderate calories is to eat reasonable portions. One way to quickly adopt this practice is by using appropriate sized tableware such as a 9-inch dinner plate.

### *Eat fresh foods*

Fresh foods are usually healthier than processed foods because they contain less added fat, sugar and sodium. They tend to have more flavor and contain their natural vitamins, minerals and fiber.

### *Stay Active*

Check with your healthcare provider before beginning any physical activity program. Once you get the green light to be active, develop a plan that will work for you and get going!



Please visit these sites for information about healthy lifestyles:

United States Department of Agriculture – Choose MyPlate

[www.choosemyplate.gov](http://www.choosemyplate.gov)

American Dietetic Association

[www.eatright.org](http://www.eatright.org)

American Heart Association

[www.heart.org](http://www.heart.org)

American Institute for Cancer Research

<http://www.aicr.org>



## Enjoying Florida Citrus ...

Citrus has been produced commercially in Florida since the mid-1800's. Today, Florida provides more than 70% of the U.S. citrus supply. Florida produces a large variety of citrus, including oranges, grapefruit and specialty fruit such as tangerines and tangelos. The most commonly grown orange varieties are Hamlin, Navel, Early Gold and Valencia. October through June is the usual season for fresh oranges. Valencia is the most planted variety in Florida and is primarily used for juice processing. The most popular Florida grapefruit varieties are Ruby Red, Flame, Thompson, Marsh and Duncan. The fresh grapefruit season spans from September through June.

Fresh citrus and juices are very popular for their refreshingly sweet and tangy flavor as well as their nutrient-rich profile. Enjoyed fresh or juiced, citrus is a primary food source of vitamin C in the American diet. It is low in calories and nutrient-dense. It is an excellent source of vitamin C, and also provides folate, potassium, thiamin, vitamin B6 and fiber.

## Sunshine Salad

### Ingredients:

5 cups spinach leaves, packed, washed, and dried well  
1/2 red onion, sliced thin  
1/2 red pepper, sliced  
1 whole cucumber, sliced  
2 oranges, peeled and chopped into bite-size pieces  
1/3 cup light vinaigrette dressing (around 15 calories per tablespoon or less)

### Directions:

1. Toss all ingredients together in a large bowl.
2. Add dressing and toss again. Serve immediately.

Yield: 5 servings

### Nutrition information per serving:

calories	70
fat	0 grams
protein	2 grams
carbohydrate	16 grams
fiber	3 grams
sodium	180 milligrams
Vitamins C	100% of Daily Value
Vitamin A	70% of Daily Value

Source: Department of Health and Human Services  
SNAP-ED Connection

[http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=1033](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=1033)

### Did You Know? ...

- ✧ Florida is the world leader in grapefruit production
- ✧ Grapefruit was named from the way it grows - like a bunch of grapes on a tree

Please visit these sites for more information about citrus:

Florida Department of Citrus

<http://www.fdocgrower.com/>

Citrus: Safe Handling Practices for Consumers, UF/IFAS Extension Service

<http://edis.ifas.ufl.edu/pdf/FY/FY48300.pdf>



### Florida Orange

#### Nutritional Value

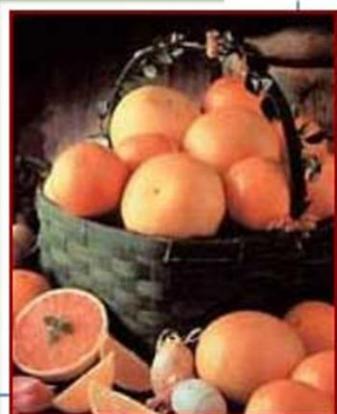
1 medium fruit, raw

Calories	69
Protein	1 gram
Carbohydrate	17 grams
Fat	< 1 gram
Dietary Fiber	4 grams
Potassium	255 milligrams
Vitamin C	68 milligrams
Folate	26 micrograms

#### Reference:

USDA Nutrient Data Laboratory

<http://www.nal.usda.gov/fnic/foodcomp/search/>



# Produce Picks

## Jicama

### Nutritional Value

1 cup sliced, raw

Calories	46
Protein	< 1 gram
Carbohydrate	11 grams
Dietary Fiber	6 grams
Potassium	180 milligrams
Vitamin C	24 milligrams

### Reference:

USDA Nutrient Data Laboratory  
<http://www.nal.usda.gov/fnic/foodcomp/search/>

**Jicama** is a relative of the potato family and is a common root vegetable in Latin America. It has gained popularity in the United States and is available year-round. It is commonly grown in Mexico and Central America. Jicama is a white fleshed tuber that ranges in size from 8-ounces to five pounds or greater. It resembles a turnip in shape and has a thin brown skin with the flesh of a fine apple. It can be used as a substitute for the water chestnut. It has a very bland taste which lends itself to many uses in cooking, as well as baking. It can be boiled or baked like a potato; cut up and added to stir fries; eaten raw as slices or sticks; or dipped in low calorie dressings. When selecting jicama, choose roots that are hard, dry and blemish free. Before eating, peel the brown papery skin. Uncut jicama can be stored in the refrigerator for up to two weeks in a plastic bag. Cut pieces should be kept in cold water in the refrigerator. Jicama is a starchy vegetable but is not as starchy as potatoes.

Source: Centers for Disease Control- Fruits and Veggies Matter

<http://www.fruitsandveggiesmatter.gov/month/tubers.html>

# Cuisine Corner

## Jicama, Orange and Onion Salad

### Ingredients:

- 2 cups torn lettuce leaves
- 2 navel oranges, peeled and thinly sliced
- 4 red onions, thinly sliced
- 1 cup peeled and julienne-sliced jicama
- 1/3 cup orange juice
- 1/2 tsp light olive oil or vegetable oil
- 1 Tbsp finely chopped fresh cilantro
- 1/4 tsp chili powder



### Directions:

1. In a large salad bowl, place torn lettuce.
2. Cut orange slices into quarters; toss into lettuce with onion and jicama.
3. Prepare dressing by blending juice, oil, cilantro and chili powder in a shaker jar.
4. Toss dressing with salad and serve.

Yield: 4 servings

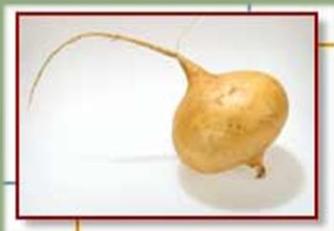
### Nutrition information per serving:

110 calories; 1 gram fat; 10 milligrams sodium; 25 grams carbohydrates; 6 grams fiber; 13 grams sugar; 3 grams protein; 40% vitamin A; and 120% vitamin C.

Provides approximately 1 cup of fruits and vegetables per serving.

Source: Centers for Disease Control and Prevention, Fruits and Veggies Matter

<http://www.fruitsandveggiesmatter.gov/index.html>



# Calls to the Agent

## More About Grains ...

Grains are foods made from wheat, rice, cornmeal, barley, oats or any other cereal grain. The grain group is divided into two categories: whole grains and refined grains.

Whole grain products are made with unrefined grains such as whole wheat flour, brown rice, whole cornmeal, oatmeal, barley and bulgur (cracked wheat).

Refined grain products include white flour, de-germed cornmeal and white rice.

Use the ingredient label to choose whole grain products. The terms "whole" or "whole grain" in front of the grain ingredient denotes it is whole. Products that list whole grain as the first ingredient are considered whole grain. Some products are made from a combination of whole and refined grains.



Sources:  
Shopping for Health: Whole Grains,  
UF/IFAS Extension  
<http://edis.ifas.ufl.edu/fs16>

USDA Choose MyPlate – Grains  
<http://www.choosemyplate.gov/food-groups/grains.html>

**Q**uestion: How long will oil keep before going bad?

**A**nswer:

The shelf life of oil depends on the type and processing method of the oil. Most companies provide specific recommendations based on their product. Generally, many companies recommend up to one year opened and two years unopened for certain oils. For oils with a shorter shelf life such as walnut, sesame, hazelnut and almond, recommendations are to refrigerate after opening. However, if the container has not been opened for the total storage time, then it may not be fresh for the entire "opened" storage time. It is best to store oil in a tightly closed container in a cool, dark place. Oils that have been stored too long will become rancid and develop an off taste and odor. Remember, to always smell it before using to make sure it is not rancid. Rancid oil should be discarded. To extend the shelf life of all oils, you can store them in the refrigerator. However, do not be concerned when some types develop a cloudy appearance while refrigerated. This is harmless and will usually clear after warming up to room temperature.

**Q**uestion: Can cheese be frozen?

**A**nswer:

Freezing cheese is a matter of quality rather than safety. As long as the temperature of the cheese has been safely maintained either in the refrigerator (40 degrees F or less) or the freezer (0 degrees F or less) it is safe to eat. While the best place to store cheese is in the refrigerator, if needed hard and semi-hard cheese can be frozen. It should be cut in one-half to one pound chunks and wrapped in moisture-vapor resistant material. After freezing, the cheese may become crumbly, but will maintain its flavor and are best used for cooking. Soft cheeses such as cream cheese, cottage cheese, ricotta cheese and processed cheese slices do not freeze well. For best results it is recommended to use frozen cheese within four to six months. Remember to thaw in the refrigerator and use soon after. Cheeses that freeze best are: Brick, Camembert, Cheddar, Edam, Mozzarella, Muenster, Parmesan, Romano and Swiss.

**Q**uestion: What is the difference between whole grain and stone ground?

**A**nswer:

Whole grains are comprised of the entire or "whole" grain kernel which includes the bran (outer shell), the endosperm (the middle part), and the germ (the innermost part). The whole kernel provides vitamins, minerals and fiber. Refined grains have been milled to provide a finer texture and increased shelf-life. This process removes the germ and bran along with fiber, iron and some B vitamins. Most refined grains are enriched to add back the B vitamins and iron that were lost during processing, but not fiber. Stone ground refers to the method of grinding grains. Typically, the grain has a coarse texture. It still contains the germ, but may not retain the bran.

# Meet the Agent

Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Marion County Extension Service since 1987.

She teaches health, nutrition and food safety to adults and youth promoting wellness and disease prevention. Her areas of specialty include managing type 2 diabetes, cardiovascular disease, weight management and food safety for home and commercial food handlers. Nancy is well known for her diabetes education programs and was appointed by the governor to serve on the Florida Diabetes Advisory Council. Her professional accomplishments include international, national and state recognition for her work with Dr. Linda Bobroff, Extension Nutrition Specialist, on the development of the University of Florida/IFAS Extension's ***Take Charge of Your Diabetes*** program.

She has also co-authored UF Electronic Database Information System (EDIS) and for-sale Extension publications including three diabetes publications and [\*Munchy Adventures\*](#), a 4-H healthy lifestyles curriculum for youth.

Nancy has been honored for her excellence in program development and teaching receiving the National Extension Association of Family and Consumer Sciences Distinguished Service Award, Epsilon Sigma Phi - National Honorary Extension Fraternity Mid-career Service Award, National Extension Association of Family and Consumer Sciences Program Excellence Through Research Team Award, Florida Extension Association of Family and Consumer Sciences Program of Excellence Awards and the University of Florida's Sadler Distinguished Extension Professional and Enhancement Award.

## What is Extension?

Extension is a partnership between state, federal and county governments to provide scientific knowledge and expertise to the public. The University of Florida, together with Florida A&M University, administers the Florida Cooperative Extension Service.

University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences, and to making that knowledge accessible to sustain and enhance the quality of human life.

At the University of Florida, Extension is located in the Institute of Food and Agricultural Sciences (IFAS), along with the College of Agricultural and Life Sciences (CALS) and the Florida Agricultural Experiment Station, and is called UF/IFAS Extension.



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