



**Marion
County**
FLORIDA

EXTENSION SERVICE

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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UF UNIVERSITY of
FLORIDA
IFAS Extension

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Timely Tips

What's Your New Year's Resolution? *Go for the Gold ... Improve Your Health for Life*

This is the time of year when many people make New Year's resolutions ~ one of the most popular is to "lose weight" by eating less and moving more. While a noble goal, if this is your recurring resolution then it is time to set a "new goal" that you can achieve and maintain for the rest of your life. So, let's take a closer look beyond your image in the mirror and begin to focus on the real rewards of achieving and maintaining a healthy weight. Consider resetting your goal to "improve your health." The key is to develop a healthy living plan that is appropriate for your needs and compatible with your lifestyle.

The science clearly shows that eating a healthful diet and being physically active as part of a healthy lifestyle is the foundation for health promotion and disease prevention. A healthy diet can reduce the risk of major chronic diseases such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

The *Dietary Guidelines for Americans, 2010*, emphasize three main goals for Americans:

- ✓ Balance calories with physical activity to manage weight
- ✓ Eat more of certain foods such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
- ✓ Eat fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains

Start by checking with your health care provider before making nutrition and/or physical activity changes. If you have special medical nutrition needs, see a registered dietitian to develop a personalized meal plan.

Here are Some Easy Tools to Get You on the Road to Living a Healthy Lifestyle.

[Healthy Eating Tips](#)

[MyPlate - Basic Meal Planning](#)

[Physical Activity](#)

[SuperTracker](#)

[Weight Management and Calories](#)

Upcoming events

Diabetes Support Group

Mt. Moriah Baptist Church
Jan. 10, Feb. 21, March 7,
April 18, May 16, June 13,
July 11, August 22, Sept. 12,
October 10, November 21,
December 12

2:00 p.m. to 3:30 p.m.

For information call

May Stafford, R.N.

352-629-3782

ServSafe® Food Manager's Training and Exam

Marion County Extension
Jan. 9, April 9, July 10,
October 9 8:45 a.m. - 4 p.m.
Pre-registration required
888-232-8723

Cost:

\$110 for class & exam

\$165 for class, book & exam

Starting Soon ...

Do you have prediabetes or type 2 diabetes?
See the *Upcoming Events* section on page 2 for
educational classes.

News You Can Use

Take Charge of Your Diabetes

Health assessment: Jan. 24
Educational classes: Jan.31;
Feb. 7, 14, 21, 28; March 7,
14, 21; May 2; June 6

Location:
Marion County Growth
Services Training Room
2710 E. Silver Springs Blvd.,
Ocala

Time: 9:00 a.m. - 11:00 a.m.

For more information and to
register, call 352-671-8400
Deadline to register is
Jan. 17

Osteoporosis ~ Steps to Build Your Bones*

Master the Possibilities
Education Center
On Top of the World

January 18
9:30 a.m. - 11:30 a.m.

*For information or to
register; call 352-854-3699

Learn How To Lower Your Risk of Developing Type 2 Diabetes by Living a Healthy Lifestyle *

This is a three-part series.

Collins Center (part 1 & 2)
January 22 and February 11
9:30 a.m. - 11:30 a.m.

MRHS Auxiliary (part 1 & 2)
January 23 and February 12
9:30 a.m. - 11:30 a.m.

Part 3 (Classes Combined)
Collins Center
March 4
9:30 a.m. - 11:30 a.m.

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

Guest Contributor:
Cassie Rowe, MS, RD
Research Study Coordinator
Food Science/Human Nutrition
University of Florida

Avocado ~ It's More Than Guacamole

Have you tried an avocado recently?

Avocados are those green-skinned, fleshy
fruits that adorn your grocers' shelves.

They can be pear-shaped, egg-shaped,
or spherical and ripen only after they're

harvested. Because they are grown
throughout tropical and Mediterranean

climates, they are available to you year round.



If you think you don't like them, give them another chance! It can take up to 15 times of trying a food to decide if you like it. Avocados are worth liking, because they are great for your health. They are high in monounsaturated fats (the really healthy kind of fat) and have more potassium per serving than a banana! Avocados are also high in fiber and a great source of many B-vitamins. Although a nutrient-rich food, avocados are one of the highest sources of fat in the fruit and vegetable group.

Florida avocados are lower in calories and fat than other varieties. A one-quarter cup of pureed Florida avocado contains 69 calories, 6 grams of fat, 5 grams of carbohydrate, 1.3 grams of protein, 202 milligrams of potassium, and 3 grams of fiber.

To ripen the fruit, leave it on your counter until the skin turns a brownish-green and "gives" a little with a light squeeze. It can be tricky to "time" the ripening of your avocados and if your luck is anything like mine, your avocados will be ready to eat *exactly* when you're ready to use them about five percent of the time. If you leave them out too long, they will start to rot. What's the answer? Once the fruit has ripened, place it in the refrigerator. The cool temperature will not allow the avocado to ripen further and it will keep for weeks until you are ready to use it!

Try avocados in a New Year's dip, guacamole is a common favorite; or try them sliced. If after tasting the fruit several times you still don't like it, you can find a number of recipes on the Internet in which avocados are a "hidden" ingredient. One of my favorites is chocolate pudding with avocado—you don't taste the avocado, and the texture is heavenly.

If health is the theme of one of your New Year's resolutions, adding more fruits and vegetables to your diet is a great place to start. Be adventurous and include some you haven't had before, including the avocado!



Produce Picks

Broccoli is perhaps one of the most nutritious and versatile green vegetables in the United States; gaining in popularity over recent years because of its health benefits. For starters, it is high in phytochemicals (compounds produced by plants) such as beta-carotene and vitamin C which have antioxidant effects beneficial to good health. It is a low calorie, non-starchy vegetable that has practically no fat, is low in sodium and cholesterol free; is high in vitamin C and folate; and is a good source of fiber and potassium. It is a cool-weather crop with a Florida growing season of January through March. Part of the flowering plant family Brassicaceae (also called *Cruciferae*), it is commonly known as the "mustard" or "cabbage" family. Broccoli is the most popular of this family which also includes cabbage, cauliflower, Brussels sprouts, collards, and kale. Fresh broccoli should be odor-less with firm, bluish-green florets. Refrigerate broccoli and use within 3 to 5 days. Broccoli can be eaten raw or cooked. Wash before eating by rinsing under cool running tap water. Soaking is not recommended because the broccoli will lose water-soluble vitamins. Both the florets and stalk can be eaten. Cut the florets into similar size pieces and trim, peel, and slice the stalk. The best methods for cooking are steaming and boiling for 3 to 4 minutes in a small amount of water. Overcooked broccoli will develop a strong sulfur odor and will lose water-soluble nutrients, especially vitamin C. Cooked broccoli should be tender-crisp and light green. Freezing is the best method to preserve broccoli.



Nutritional Value Broccoli 1 cup chopped, raw

calories	31
protein	2.5 g
fat	<0.5 g
carbohydrate	6.0 g
fiber	2.5 g
potassium	288 mg
sodium	30 mg
vitamin A	567 IU
vitamin C	81 mg
Vitamin K	93 mcg
folate	57 mcg

Key: g - grams
mg - milligrams
mcg - micrograms
I.U. - International Units

[Reference - USDA Nutrient Database](#)

Cuisine Corner

5 A Day Bulgur Wheat

Ingredients:

- 1 medium onion, chopped
- 1 cup chopped **broccoli**
- 1 cup shredded carrot
- 1 small green, red, or yellow pepper, chopped
- 1/3 cup fresh parsley, chopped (or 2 tablespoons dried)
- 1 teaspoon canola oil
- 1 1/2 cup dry **bulgur**
- 2 cups low-sodium chicken* broth
- 8 ounces chickpeas (canned and drained)

Directions:

1. Wash and chop onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat; add remaining vegetables and chickpeas.
5. Cook for 10 minutes or until the liquid is absorbed.
6. Add parsley and stir. Serve warm or cold.

*To make vegetarian, substitute vegetable broth for the chicken broth.

Essentials About Phytochemicals

Phytochemicals (plant chemicals) are beneficial compounds that have been shown to help prevent and treat health conditions such as cancer, heart disease, diabetes, and high blood pressure.

Common Phytochemicals ~ beta carotene, ascorbic acid (vitamin C), folic acid, and vitamin E.

[American Cancer Society](#)

Yield: 8 servings

Nutrition per 150 calorie serving:

1.5 grams fat; 28 grams carbohydrates; 6 grams protein; 7 grams fiber; 135 milligrams sodium.

Daily percent value: vitamin A 50%; vitamin C 45%; calcium 4%; iron 8%.

Calls to the Agent

Question: Is it necessary to wash eggs before storing them?

Answer:

It is not recommended to wash store-bought eggs before storing. Mechanical washing with a mild detergent and 120 °F water is standard practice of commercial egg processing. Federal regulations specifically identify procedures and cleansers that may be used. "Bloom" is the natural covering on just-laid eggs that serves to inhibit bacteria from entering the shell. Because the washing process removes this covering, a light film of edible mineral oil is applied to the shell surface to restore protection. Additional washing could cause cracking that could increase the chances of cross-contamination which is the transfer of harmful bacteria from one food to another.



Question: What is bulgur?

Answer:

Bulgur is whole wheat kernels that have been soaked, boiled, and dried. Once it is dried, the outer layer of the bran is removed and the kernels are then cracked into distinct grind sizes. It is available in fine, medium, course and extra course textures. The final product is "parcooked cracked wheat" which means it has been partially cooked. Because it has been partially cooked it requires minimal preparation. Bulgur is a very nutritious and versatile food and can be added to a variety of dishes such as casseroles, cooked vegetables, meatloaf, soups, stews, pancakes, waffles, quick breads, salads, hot cereal, and vegetarian entrees. Perhaps the most notable use is in tabbouleh, a popular Middle Eastern cold or warm salad. There are endless variations of this traditional dish that features a variety of healthful ingredients in addition to bulgur such as vegetables, fruits, cheeses, chicken, lamb and more all perfectly blended in a savory dressing.

Nutrition Information

Bulgur, ½ cup cooked	
calories	76
protein	3 g
fat	<0.5 g
carbohydrate	17 g
fiber	4 g
folate	16 mcg
magnesium	29 mg
phosphorus	36 mg
potassium	62 mg



Key: g grams
mg milligrams
mcg micrograms

DID YOU KNOW?

Did you know that pork is one of the traditional entrees for New Year's dining, bringing "good luck" to those who eat it? This belief germinated in the minds of European townspeople hundreds of years ago when wild boars were brought from the forest and killed the first day of each year. The townspeople knew that wild boars "rooted" with their snouts in a forward direction to find food, and they associated this with their own new year's resolutions (made in an effort to move themselves in forward direction). The people also likened the pigs' plumpness with prosperity and getting plenty to eat. Pork also happens to be a great source of B-vitamins and offers a juicy sensation to the palate. Consider incorporating some pork on your menu, and have a lucky, healthy, and happy new year!

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 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 has served on the Florida Diabetes Advisory Council and Florida Alliance for Diabetes Prevention and Care. 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 authored or co-authored UF Electronic Database Information System (EDIS) and for-sale Extension publications including five 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.



[UF/IFAS Marion County Extension Service](#)

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