



**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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Contact the agent: [nancy.gal@marioncountyfl.org](mailto:nancy.gal@marioncountyfl.org)

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## Timely Tips

### Food Safety: Be Prepared in the Event of Severe Storms and Hurricanes

We should all be vigilant during hurricane season of the possibility of severe weather conditions. Here are some simple steps to help ensure a safe food supply prior to and following a weather emergency.

#### *Steps to follow to prepare for an emergency:*

- Time and temperature are important factors in determining food safety. Keep appliance thermometers in the refrigerator and freezer at all times.
- The refrigerator should be 40 °F or below; the freezer should be 0 °F or below.
- Freeze clean containers with drinking water for use as ice to help keep food cold in the refrigerator, freezer, and coolers after the power has gone out.
- Move refrigerated items such as leftovers, dairy, meat, poultry, fish, soft cheeses, luncheon meats, etc. to the freezer to keep them colder longer.

#### *Steps to follow after the storm:*

- The refrigerator and freezer doors should be kept closed as much as possible to maintain temperature.
  - The refrigerator will keep food safe for about four hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
  - Throw out refrigerated food such as dairy, meat, poultry, fish, soft cheeses, luncheon meats, etc. after 4 hours without power.
  - Check the temperature of the freezer with an appliance thermometer if the power has been out for several days. If the temperature is 40 °F or below, the food is safe to refreeze.
  - If there is no thermometer in the freezer, each item needs to be evaluated separately. If the food still contains ice crystals it is safe.
  - When in doubt, throw food out. Never taste food to determine if it is safe.
- Please visit these sites for more information:

[http://www.fsis.usda.gov/PDF/Severe Storms and Hurricanes Guide.pdf](http://www.fsis.usda.gov/PDF/Severe_Storms_and_Hurricanes_Guide.pdf)

[http://www.fsis.usda.gov/News & Events/NR\\_042811\\_01/index.asp](http://www.fsis.usda.gov/News_&_Events/NR_042811_01/index.asp)

## Upcoming events

### Diabetes Support Group

Mt. Moriah Baptist Church  
July 7, August 4, Sept. 8,  
Oct. 6, Nov. 3, and Dec. 1.  
2:30 to 4 p.m.

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

### Food Safety

Master the Possibilities  
Education Center  
On Top of the World  
Sept. 14

9:30 a.m. to noon  
For information or to register,  
call 352-861-9751.

# News You Can Use

## Heart Disease & Nutrition

Hospice Auditorium  
Sept. 19  
9 – 11 a.m.

Collins Resource Center  
Sept. 20  
9:30 – 11:30 a.m.

For more information or to register, call Munroe Regional Medical Center Prestige 55 Program at 352-671-2153.

## ServSafe® Food Manager's Training and Exam

Marion County  
Extension Service  
August 2 and Nov. 29  
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

## Toward Permanent Weight Management (4 part)

Master the Possibilities  
Education Center  
On Top of the World  
9:30a.m. to noon  
Oct. 11, 18; Nov. 1, 8

Please call 352-861-9751 to register.

## Standards of Medical Care for People with Diabetes

Hospice Auditorium  
Oct. 31  
8:30 – 10:30 a.m.

Collins Resource Center  
Nov. 4  
9:30 – 11:30 a.m.

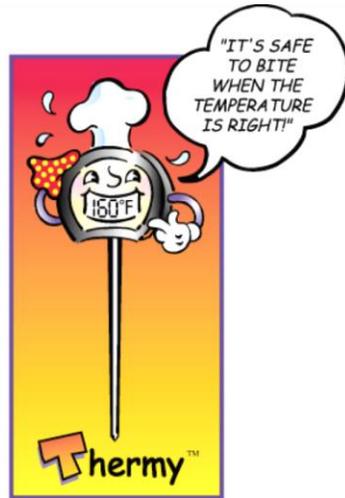
Please call Munroe Regional Medical Center Prestige 55 Program at 352-671-2153 for more information.

## USDA Recommends New Cooking Temperature for Whole Cuts of Pork

The United States Department of Agriculture (USDA) has revised its recommendation for safely cooking whole pieces of pork. It has lowered the recommended safe minimum internal cooking temperature for whole cuts of pork (steaks, roasts, and chops) from 160 °F to 145 °F, followed by a three-minute rest time. This new recommendation will produce a better quality product that is microbiologically safe.

Currently, whole cuts of meat such as beef, veal, and lamb require a minimum internal cooking temperature of 145 °F and pork will now be part of this group. In addition to revising the safe cooking temperature for whole pieces of pork, all whole pieces of meat will now require a three-minute rest time before cutting or eating to allow the temperature to remain constant or continue to rise which destroys pathogens (disease causing organisms). This new recommendation *does not apply to ground meats* which should be cooked to a minimum internal temperature of 160 °F.

Also, all poultry, whether whole, parts, or ground, must still be cooked to a minimum internal cooking temperature of 165 °F.



Food Safety and Inspection Service, USDA

These safe cooking recommendations are based on the temperature (degree of heat) necessary to destroy pathogens which could cause foodborne illness. Studies have shown that using a food thermometer is the only way to tell if harmful bacteria have been destroyed. It is important to use a food thermometer to make sure you have cooked your meat or poultry to the proper minimum cooking temperature. Appearance is not a reliable method of doneness. There are several types of food thermometers based on type and style and vary in price depending on the features. Some common thermometers include the dial instant-read, digital instant-read, sensor, fork, dial oven-safe, and pop-up. Make sure to read the manufacturer's instructions before using the thermometer for proper use and care.

Please visit these sites for more information:

[www.fsis.usda.gov](http://www.fsis.usda.gov)

[http://www.fsis.usda.gov/News\\_&\\_Events/NR\\_052411\\_01/index.asp](http://www.fsis.usda.gov/News_&_Events/NR_052411_01/index.asp)

[www.fsis.usda.gov/Fact\\_Sheets/Pork\\_From\\_Farm\\_to\\_Table](http://www.fsis.usda.gov/Fact_Sheets/Pork_From_Farm_to_Table)

[http://www.fsis.usda.gov/Fact\\_Sheets/Use\\_a\\_Food\\_Thermometer/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Use_a_Food_Thermometer/index.asp)

## This Just In ...

On June 2, 2011 First Lady Michelle Obama and Agriculture Secretary Tom Vilsack made public a new food icon, **MyPlate**, an easy to understand image that focuses on building a healthy plate. It consists of one-half fruits and vegetables in addition to moderate amounts of whole grains, protein foods, and fat-free and low-fat dairy foods. The simplicity of the image with the actionable messages of **balance calories**, **foods to increase**, and **foods to reduce** will be a reminder to consumers to make healthful food choices at all meals.

### Did You Know? ...

Legumes are a class of vegetables that include beans, peas, and lentils. They are very nutritious and a welcome addition to almost any meal as a main entrée or as a side dish. In addition to being a significant protein source, they also provide complex carbohydrates, B vitamins, zinc, potassium, magnesium, calcium and iron. Compared to any other plant food, legumes contain approximately 22 percent protein by dry weight. Besides being high in protein they are cholesterol free, basically fat-free and high in fiber.

Since legumes are a significant source of dietary protein they are part of the protein group of the USDA **MyPlate**.



Here are the 10 key healthy lifestyle tips which accompany the new **MyPlate** icon.

1. balance calories
2. enjoy your food, but eat less
3. avoid oversized portions
4. foods to eat more often
5. make half your plate fruits and vegetables
6. switch to fat-free or low-fat (1%) milk
7. make half your grains whole grains
8. foods to eat less often
9. compare sodium in foods
10. drink water instead of sugary drinks

Please visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

# Produce Picks

**Nectarines** are a very popular summer fruit enjoyed alone as well as in salads, entrees, and desserts. California grows over 95% of the nectarines produced in the United States, with peak season from May through September. Imported nectarines are available January through April.

While nectarines may look similar to peaches, they are two different fruits. Most people can tell the difference based on the smoothness of the nectarine skin compared to the fuzz on a peach. Actually, there are more differences than skin texture. Nectarines are smaller than peaches with a characteristic pink tinge throughout its yellow flesh. Nectarines are a nutritional bargain at 62 calories for one medium fruit with no fat, cholesterol, or sodium. One-serving provides 15 grams of carbohydrates, 2.5 grams of fiber, 285 milligrams of potassium, 8 milligrams of vitamin C, and 471 IU of Vitamin A.

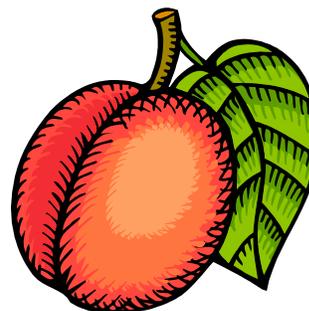
Ripe nectarines are aromatic with a firm, but not hard flesh that gives slightly to pressure. Unripe fruit should be kept at room temperature for 2 to 3 days until ripe. Store ripe fruit in the refrigerator for 3 to 5 days.

## Cuisine Corner

### California Marinated Salad

#### Ingredients:

3 nectarines, chopped  
1/2 pound fresh mushrooms, quartered  
1 cup cherry tomatoes, halved  
1/2 cup pitted ripe olives (optional)  
1/3 cup chopped green onions  
1 (8oz) can artichoke hearts  
1 Tbsp vegetable oil  
1/4 cup lemon juice  
1/4 tsp sugar  
1 tsp tarragon, crumbled  
1/2 tsp thyme



#### Directions:

In a large bowl, combine nectarines, mushrooms, cherry tomatoes, olives and green onions. Drain and save liquid from the artichokes. Add the artichokes to the salad. Combine reserved liquid with remaining ingredients in a jar. Shake well and pour over the salad. Serve immediately or chill in the refrigerator for 2 hours for the best flavor.

yield: 6 servings

#### Nutrition Information per serving:

80 calories; 3 grams fat; 100 milligrams sodium; 13 grams carbohydrates; 2 grams fiber; 7 grams sugar; 3 grams protein; 10% vitamin A; and 25% vitamin C.

Provides approximately one-cup of fruit per serving.

Source: Centers for Disease Control and Prevention

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

# Calls to the Agent

## Did You Know? ...

Plain vegetables are a calorie bargain compared to many popular side dishes. For the calorie conscious person, plain non-starchy vegetables are appealing because they are very low in calories. A ½ cup serving of plain cooked non-starchy vegetables such as broccoli, tomatoes, carrots, green beans, cooking greens, and summer squash provide only 25 calories. The starchy vegetables are also a good deal at just about 80 calories per ½ cup cooked. These would include plain white potatoes, sweet potatoes, corn, winter squash, and sweet peas. Keep in mind, the addition of fat and sugar to vegetables or any other food can substantially increase the calories.



**Q**uestion: What is smoked fish?

**A**nswer: Smoking, like drying and salt curing, is among the oldest methods to preserve food. However, with the widespread use of refrigeration, smoking is primarily done to enhance the flavor of fish rather than to preserve it. There are two methods of smoking fish: cold smoking in which the fish is not cooked and hot smoking in which it is cooked. Either way, the fish is salted, and then dried until a thin, shiny skin, called a pellicule, has formed on the surface. The pellicule which appears as a glossy sheen over the surface of the fish helps seal in the natural juices. Then the fish is smoked. In cold smoking, fish is smoked at a temperature no higher than 85°F, from six hours to 21 days. At such low temperatures, the fish protein does not break down. In some commercial operations, the curing and smoking times are shortened for a moister product. In hot smoking, the fish is smoked at a temperature between 150 and 200°F for only a few hours.

Smoked fish and shellfish found in the supermarket include salmon, haddock, herring, bluefish, mackerel, chub, mullet, and whiting, as well as mussels, shrimp, scallops, clams, and oysters. Usually they have been only lightly smoked to enhance the flavor of the seafood, not to preserve it. Such smoked products should be stored either in the freezer or no longer than 4 to 5 days in the refrigerator.

There are several kinds of smoked fish, including whiting and white fish, chubs, herring, trout, and bluefish, as well as smoked salmon from Denmark, Norway, Sweden, Alaska and other states in the US and countries abroad. They might also carry fish known by traditional names as finnan haddie (a Scottish expression for smoked haddock), Kippers (an 18<sup>th</sup> century term for smoked split herring), Nova (cold smoked salmon) or lox (from laks, the Yiddish word for salmon—lightly cold smoked salmon).

**Q**uestion: Why is a baked potato classified as a potentially hazardous food?

**A**nswer: Since potatoes are grown in the soil, they are a natural source of *Clostridium botulinum*. *C. botulinum* could grow in a cooked; foil wrapped baked potato that is not maintained at proper temperature because the combination of cooking and foil wrap creates an anaerobic (oxygen-free) condition. *C. botulinum* requires an anaerobic environment in which to grow. Therefore, cooked, foil wrapped baked potatoes not immediately consumed, should be kept hot or promptly stored in the refrigerator.

# 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 (UF), together with Florida A&M University (FAMU), 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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<http://www.marioncountyfl.org/extensionservice.htm>