



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

JULY 2013 | VOLUME 4, ISSUE 3

Timely Tips

**Tell us
what you think
about this
newsletter**

**in this
5-question
survey!**

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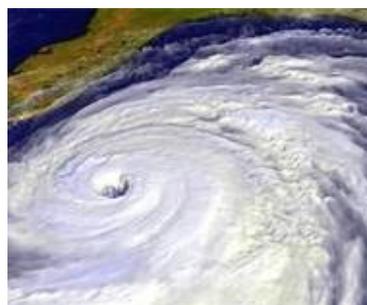


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Hurricane Season: Are You Prepared?

We have experienced firsthand the severity of hurricanes and how they can interrupt access to food, water and electricity for days, if not longer. Now is the time to make sure you have a plentiful supply of drinking water and food so you can provide for yourself and your family.



So how much water and food should you store? Maintain at least a three-day supply of water for each person. A normally active person requires at least one gallon of water daily: two quarts for drinking in addition to food preparation and hygiene. This depends on the weather and an individual's age and health status. Commercially bottled water is best if available. You should also have a two-week supply of non-perishable food. Don't forget food and water for your pets.

While individual needs vary, here are some helpful tips to put together an emergency food supply.

Nutrition: Include a variety of healthful foods, being mindful of the needs and preferences of babies, children, adults, pregnant woman, and the elderly as well as persons with special health conditions.

Foods should be shelf-stable, easy to prepare and require little water: Examples include ready-to-eat cans and pouches of meats, fruits, vegetables and beans; milk (ultra-high temperature pasteurized) and juice in cartons; dry cereal and crackers; peanut butter and jelly; dried fruit and trail mix; and food bars

Balancing water and food supplies: Do not ration water. If the water supply is limited avoid foods that are high in fat, protein, or sodium which can increase thirst.

Equipment and utensils: Store a manual can opener, scissors, paper towels and disposable tableware and utensils in your emergency kit.

**Do You have an adequate supply of safe drinking water?
Do you have an adequate supply of non-perishable food?
Don't delay, prepare your emergency water and food supply today!**

UPCOMING EVENTS

Take Charge of Your Diabetes

Health assessment: July 15
Educational classes: July 17, 24, 31; Aug. 14, 21, 28; Sept. 4, 11; Oct. 16; Nov 20.

Location:
UF/IFAS Extension Marion County
2232 NE Jacksonville Road
Ocala, Florida 34470
Time: 1:30 - 3:30 p.m.

For more information and to register, call 352-671-8400
Deadline to register is July 10.

Diabetes Support Group
Mt. Moriah Baptist Church
July 18, Aug. 22, Sep. 12,
Oct. 10, Nov. 21, Dec. 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
UF/IFAS Extension Marion County
2232 NE Jacksonville Road
Ocala, Florida 34470
July 10 and October 9
8:45 a.m. - 4 p.m.
Pre-registration required
call 888-232-8723
Cost:
\$110 for class & exam
\$165 for class, book & exam

OSTEOPOROSIS ~ Steps to Build Your Bones*

Collins Center
July 16
9:30 a.m. - 11:30 a.m.

Auxiliary Center
September 20
9:30 a.m. - 11:30 a.m.

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

News You Can Use

Do You Have an Emergency Supply of Drinking Water?

An adequate supply of clean drinking water is an absolute priority during any emergency! A normally active person needs at least two quarts of water daily. However, needs vary depending on the weather and an individual's age and health status. When clean water is not available, it is necessary to purify all water before using it for drinking, making food, and personal hygiene. Boiling or chlorinating will destroy microorganisms, but will not remove chemicals. Distillation will remove microorganisms that resist these two methods as well as remove contaminants such as heavy metals, salts, and most other chemicals. Before treating, let any suspended particles settle to the bottom, or strain them through layers of paper towel, clean cloth, or coffee filter.



Boiling is the safest and most reliable method to make water safe to drink. Bring water to a vigorous boil (3-5 minutes), and then allow it to cool. Follow your local health department recommendations if different.

Chemical disinfection can be used when resources for boiling are not available. Unscented liquid household bleach (do not use color safe, scented, or with added cleansers) can be used to kill microorganisms. The bleach must be *regular* strength 5.25 percent sodium hypochlorite, which will be displayed on the container. Add 16 drops of bleach per gallon of water. Stir. Let stand for 30 minutes. Smell the water. If you don't detect a slight bleach odor, add another dose of bleach and let stand another 15 minutes.

Distillation involves boiling water and collecting the vapor. The [American Red Cross](#) has a method for distilling water.

Emergency Preparedness Resources

[Preparing for Disasters: Your Food and Drinking Water Supply](#)

University of Florida/IFAS: <http://edis.ifas.ufl.edu/fs131> and <http://edis.ifas.ufl.edu/fy617>

FEMA and American Red Cross

<http://www.fema.gov/pdf/library/f&web.pdf>

<http://www.fema.gov/plan/prepare/water.shtm>

**Nutritional Value
Watermelon,
1 cup, diced**

calories	46
protein	< 1 g
fat	0 g
carbs	12g
fiber	< 1 g
potassium	170 mg
sodium	2 mg
vitamin A	865 IU
vitamin C	12 mg

Key: g - grams
mg - milligrams
mcg - micrograms
IU - International Units

[Reference - USDA Nutrient Database](#)

What is Jicama?



Jicama is a starchy vegetable grown in many tropical

climates such as Mexico, Puerto Rico, Hawaii, and warmer regions of the United States. It is the edible starchy root of the *Pachyrhizus tuberosus* (large variety) and *Pachyrhizus erosus* (small variety) plants. The large variety is typically eaten raw, while the small variety is eaten raw or cooked. Notable for its crisp, white flesh, it has a flavor similar to a cross between a water chestnut and apple. Just remove the brown peel, cut and serve. Commonly used in place of bamboo shoots or water chestnuts in recipes.

[Produce for Better Health Foundation- How to Prepare Jicama](#)

[Jicama - UF/IFAS Extension](#)

Produce Picks

Watermelon is one of the most popular summertime fruits. With many varieties to choose from including red flesh, yellow flesh, seeded, seedless, big, small and even baby size, almost everyone can choose a variety they enjoy. Select well proportioned watermelons that are heavy for their size, without soft spots or cracks. Look for a creamy yellow spot on the underside, an indication of ripeness. Store whole watermelons at room temperature. Always juicy and sweet, it is a snap to prepare. First wash the outside with warm tap water and a vegetable brush to remove any surface residue. Then cut as desired ~ slice, cube, scoop into mini balls, or puree to make smoothies or sorbets. Make sure to wrap and refrigerate all cut melon within two hours of cutting open and use within five days.



[Produce for Better Health Foundation](#)

Cuisin' Corner

Fruit Salad with Jicama

Ingredients:

- 1 jicama (small)
- 2 cups watermelon (cut into pieces)
- 1 mango
- 1 papaya (small)
- 1 lime
- 2 kiwi
- 1 teaspoon lime or orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder



Directions:

1. Wash, peel, and cut the jicama into thin slices.
2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.
3. On a large plate, arrange the fruit and jicama. Sprinkle the lime or orange juice over the mixture.
4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.
5. Refrigerate leftovers within 2 hours.

Yield: 7 servings

Nutrition per 90 calorie serving: 0.5 grams fat; 22 grams carbohydrates; 1 gram protein; 5 grams fiber; 90 milligrams sodium; 20% vitamin A; and 120% vitamin C.

[USDA SNAP-Ed Connection Recipe Finder](#)

What are Electrolytes?

They are minerals in the blood and other fluids inside and outside of body cells. They carry an electric charge. In addition to regulating fluid, they also help control the acidity of the blood, muscle contraction (including your heart) and brain function. Common electrolytes include potassium, chloride, magnesium, phosphorus, calcium and sodium.

Essential nutrients must be obtained by food because the body is unable to produce it in adequate amounts to sustain life.



How Much Potassium Do We Need Daily?

Life Stage	Potassium mg/day*
Men, ages 19 and older	4,700
Women, ages 19 and older	4,700
Pregnancy	4,700
Breastfeeding	5,100

*mg=milligrams

[UF/IFAS Extension: Facts about Potassium](#)

[USDA Nutrient Database - Potassium Content of Food by Weight](#)

A Closer Look ... Potassium



Potassium is an **essential** nutrient belonging to the mineral group. It is found inside body cells and is critical to the proper function of all cells, tissues and organs. It is also known as an **electrolyte**. Potassium has five main functions in the body:

- ♥ regulate fluid and electrolyte balance
- ♥ maintain normal blood pressure
- ♥ transmit nerve impulses
- ♥ regulate muscle contraction, including the heart rhythm
- ♥ maintain healthy bones

Research has shown that consuming a diet containing the recommended amount of dietary potassium (from food) can help maintain normal blood pressure, especially when sodium intake is kept low. For more information about the health benefits of dietary potassium ~ check out [Your Guide to Lowering Your Blood Pressure with DASH - The Dietary Approaches to Stop Hypertension Eating Plan](#).

Food	Potassium mg/serving
Potato, baked with skin, 1 medium	930
Soybeans, cooked, 1/2 cup	886
Spinach, cooked, one cup	840
Plantain, cooked, 1 cup	720
Prunes, dried, 10	615
Sweet potato, baked with skin, 1 medium	542
Banana, 1 large	490
Lima beans, cooked, 1/2 cup	478
Orange juice, 1 cup	470
Cantaloupe, pieces, 1 cup	430
Low-fat milk (1%) , 1 cup	410
Papaya, pieces, 1 cup	360

Calls to the Agent

Are Your Hands Really Clean?

When done properly, hand washing is one of the most important practices we can do to help reduce risk of foodborne illness. Always wash your hands with warm water and soap before handling food and frequently throughout the food preparation process. Make sure to wash hands after touching anything that could contaminate them such as using the rest room; touching pets; sneezing, coughing, or blowing your nose; or after touching anything dirty (money, changing baby diapers, etc.). It seems simple, yet there is a “technique” to make sure we have removed surface residue from our hands.

- 1) Wash hands with warm soapy water for at least 20 seconds.
- 2) Dry hands with a single use towel.

Sanitizing ... More than Cleaning

It is also important to sanitize kitchen surfaces and utensils. While cleaning is the process of removing surface residue, sanitizing is reducing the number of harmful organisms to a safe level. Prepare your own sanitizing solution by mixing 3/4 teaspoon or 1 tablespoon liquid chlorine bleach (unscented) per one quart of water. Generously spray or coat the surface and let stand for several minutes. Then rinse with clean water and air or pat dry with fresh paper towels. Since bleach can lose its strength over time, prepare a new solution each week.

[USDA: Wash Hands and Surfaces Often](#)

Question: We cookout often during the summer, especially for family gatherings. What is the best method to determine if the meat and chicken are done and safe to eat?

Answer: Summer cookouts are great activities to spend quality time with family and friends. However, no matter where we cook and eat, we should always apply the basic food handling practices to reduce risk of foodborne illness. When determining doneness, it is best to use a reliable food thermometer.

The four simple steps to food safety are:

Clean ~ wash hands, surfaces and utensils often.

Separate ~ use separate plates and cutting boards for produce and for meat, poultry, seafood and eggs; remember to use a clean plate when removing cooked food from the grill.



Cook ~ use a food thermometer to make sure food is cooked to the proper minimum internal cooking temperature; also keep cold food cold (40°F) and hot food hot (140°F).

Chill ~ refrigerate perishable foods within two hours; if the outside temperature is 90°F or higher reduce that time to one hour.

USDA's Recommended Safe Minimum Internal Cooking Temperatures *

Hotdogs	Reheat until steaming hot
All poultry - turkey, chicken, duck (roasts, pieces, ground)	165°F
Pork, beef, veal, lamb (ground)	160°F
Pork, beef, veal, lamb, (roasts, steaks, chops)	145°F with a 3 min. rest time
Fish	145°F

Congratulations to Arlene C. who won a *Simply Florida* cookbook for answering the nutrition contest question correctly.

[USDA: Grill Safe—Before the Good Eating Can Begin](#)

Meet the Agent

Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Extension in Marion County 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, prediabetes, cardiovascular disease, weight management and food safety. 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, UF/IFAS Extension Nutrition Specialist, on the development of the UF/IFAS Extension's [Take Charge of Your Diabetes](#) program.

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 Extension Marion County](#)

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