

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

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UPCOMING EVENTS

2014 TAKE CHARGE OF YOUR DIABETES

Health assessment: Jan. 7
Educational classes: Jan. 7, 14, 21, 28; Feb. 4, 11, 18, 25; Apr. 1, 29, 2014.

On Top Of the World
Master the Possibilities
8415 SW 80th St.
Ocala, FL 34481
Time: 10 a.m. to Noon

Cost: \$45; Support person is free.

For more information and to register, call 352-854-3699 or www.MasterthePossibilities.com.
Deadline for paid registration is Jan. 3, 2014.

Timely Tips

What's Your Holiday Lifestyle?

Many Americans look forward all year to the fall and winter holiday season – a time for celebrations that typically center on food, and plenty of it. The season, which traditionally starts around Halloween and concludes on New Year's Eve, can be a real challenge for people who want to maintain their healthy lifestyle despite all the temptations. Healthful eating and regular physical activity can become a thing of the past really quick if we don't plan ahead. For instance, just thinking about Thanksgiving triggers visions of a "feast" where family and friends gather to enjoy a hearty and plentiful meal. These triggers are called



cues. Food cues affect what we eat and how much we eat. Our desire to eat can be triggered by a variety of situations. Some cues are positive and support healthful eating while some are negative and can lead to overeating. Common triggers include seeing other people eat, smelling and seeing food, as well certain activities. In this example, Thanksgiving is a traditional holiday, featuring an abundance of food, where many people tend to eat more than they normally would. The holiday season is ripe with food cues, but there are other activities that may not be that obvious, such as watching a ball game. Everyone is eating, so the pressure is on to join the group, even though it might not be what and how much you would typically eat. Since we know the holidays happen every year, it is important to reflect on the importance of the celebrations and how to enjoy and participate without compromising our health and hard work from the rest of the year. Taking an extended break from your healthy routine can add unwanted pounds as well as unhealthy changes in blood pressure, blood glucose and blood fats. If you haven't already, I encourage you to make the commitment to maintain your healthy lifestyle all year long as you continue to learn how to permanently adopt positive behaviors that last a lifetime. Remember this is your lifestyle, not a temporary "diet" you should turn on and off. Be mindful of what you eat, rather than fall into the trap of mindless eating.

So what's your holiday lifestyle going to be this year? Consider making your plan now to take control during the holiday season. Your mind and body will thank you.

UPCOMING EVENTS

Diabetes Support Group
Mt. Moriah Baptist Church
Oct. 10, Nov. 21, Dec. 12
2 p.m.-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 Rd
Ocala, FL 34470
Oct. 9
8:45 a.m.-4 p.m.
Pre-registration required
888-232-8723
Cost:
\$110 for class & exam
\$165 for class, book & exam

CARBOHYDRATE COUNTING FOR ADULTS WITH DIABETES*

Collins Resource Center
Prestige 55 Program
Three-part program
Nov. 6, 13, 20.
9:30-11:30 a.m.

STANDARDS OF MEDICAL CARE FOR PERSONS WITH DIABETES

MRMC Auxiliary Center
Prestige 55 Program
Nov. 15
9:00-10:30 a.m.

*Please call Munroe Regional
Medical Center (MRMC)
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

News You Can Use

What are Probiotics?

Probiotics are live “beneficial bacteria,” that when consumed in sufficient amounts can provide health benefits. Bacteria, like viruses, fungi, and parasites are examples of microorganisms. Unlike pathogens, or disease-causing microorganisms which cause illness, there are many more probiotics or health-promoting microorganisms. Probiotics support good health by maintaining and restoring the balance of “good” microorganisms in our gastrointestinal tract. They do this by making substances in the gut that help slow the growth of pathogens, competing with pathogens for food and space, breaking down toxins, and supporting proper function of muscle and nerve activity along the length of the gut. Since probiotics do not exist perpetually in the gut, they need to be consumed regularly to achieve and maintain a presence sufficient to be beneficial. In order for probiotics to function they must “arrive alive” in the gut by withstanding the acids in the stomach as well as resist other bacteria. Several probiotics are found in the *Lactobacillus* or *Bifidobacterium* species. Common probiotic bacteria are:

- *Lactobacillus acidophilus*
- *Lactobacillus casei*
- *Lactobacillus rhamnosus*
- *Bifidobacterium longum*
- *Bifidobacterium infantis*
- *Bifidobacterium breve*



Probiotics are available as over-the-counter supplements in powder or capsule form and are added to some food products. The food label will indicate if the product contains probiotics as well as the types. You can contact the manufacturer to learn more about a particular product. The most popular food that may contain probiotics is yogurt. Kefir, a fermented milk product with a consistency between milk and yogurt, is another common food containing probiotics. Other food sources may include snack bars, fruit drinks and breakfast cereals.



[Go With Your Gut: Understanding Probiotics](#)

With Halloween and Thanksgiving fast approaching, a common food staple may have more treats than tricks. WUFT-FM's Shelby Vest says the pumpkin should be on your holiday plate.

Pumpkins are carved out traditionally in celebration of Halloween festivities, but these seasonal squashes can also be used as an ingredient in traditional Thanksgiving desserts. Cassie Rowe, UF Research Study Coordinator says most people are unaware of how rich pumpkins are in vitamins and nutrients recommended for daily intake. For an in-depth look, visit [Pumpkin: A Sweet and Healthy Treat](#)

Produce Picks

Nutritional Value

Butternut Squash

½ cup, cooked
(plain baked)

calories	41
protein	< 1 g
fat	0 g
carbs	11 g
fiber	3 g
potassium	291mg
sodium	4 mg
vitamin A	572 RAE
vitamin C	16 mg

Key:

g	grams
mg	milligrams
mcg	micrograms
RAE	Retinol Activity Equivalents

[Reference - USDA Nutrient Database](#)

Did You Know ?

- Butternut squash is a low-calorie, fat-free powerhouse of nutrients, especially vitamin A and potassium.
- Butternut squash seeds can be prepared just like pumpkin seeds.
- A one-ounce serving of squash or pumpkin seeds (about 85 seeds, roasted) provides 126 calories, 5 grams of protein, 5.5 grams of fat (primarily polyunsaturated and mono-unsaturated), 5 grams of dietary fiber, and 261 milligrams of potassium.

[USDA Nutrient Database](#)

[Butternut squash](#) is a popular winter squash. Winter squash has orange flesh that is drier, sweeter and more fibrous compared to summer squash. The skin of winter squash is thick and tough; it is not edible. Butternut squash has cream-colored skin with orange, fleshy pulp similar in taste to pumpkin. It can be substituted in recipes that use pumpkin. Select mature squash, typically 8 to 12 inches in length with no greenish tinge on the skin. It should feel heavy for its size. Store uncut butternut squash in a cool, dark place for up to one month. Refrigerate cut squash. Rinse the outside with cool tap water before cutting. Since winter squash is firmer than summer squash, make sure to have a steady hand and use a cutting board and appropriate knife when cutting. Butternut squash is very easy to prepare and can be used in a variety of recipes to enhance flavor as well as nutritional value. It can be baked, boiled, broiled, microwaved and roasted. For starters, try [squash with pecans and cranberries](#) or [south of the border squash soup](#).

Cuisine Corner

Butternut Squash with Black Beans

Ingredients:

- 1 butternut squash, small (wash with cool water and pat dry)
- 1 teaspoon olive or canola oil
- 1 small onion, peeled and chopped
- ¼ teaspoon garlic powder
- ¼ cup red wine vinegar
- ¼ cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- ½ teaspoon oregano



Directions:

1. Use a knife to pierce several holes in the squash. Heat the squash in the microwave on high heat for 1 to 2 minutes to soften the skin.
2. Carefully cut the ends off and peel the squash with a knife or peeler and remove seeds.
3. Cut the squash in half; then into ½ inch cubes.
4. Heat oil in a large pan. Add the onion, garlic powder and squash.
5. Cook on medium heat for 5 minutes.
6. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
7. Add the beans and oregano. Cook until the beans are heated through.

Yield: 6 servings

Nutrition per 110 calorie serving: 1 gram fat; 24 grams carbohydrates; 6 grams protein; 7 grams fiber; 270 milligrams sodium; 100% vitamin A; 20% vitamin C; 6% calcium; and 15% iron.

[USDA SNAP-ED Recipe Finder](#)

What are Vitamins?

Vitamins are chemical substances the body uses to perform a variety of functions. They are considered essential nutrients because the body does not produce them. They must be consumed in the diet. There are a total of 13 vitamins necessary to sustain life. Vitamins are categorized by their solubility—or ability to dissolve easily in water. This characterizes the vitamins in terms of how they are absorbed and carried throughout the body. Water-soluble vitamins include the B vitamins and vitamin C. Fat-soluble vitamins are vitamins A, D, E, and K.

[Facts About Vitamins](#)

How Much Vitamin A Do We Need Daily?

Life Stage	mcg/day as RAE*
Males, ages 14+	900
Females, ages 14+	700
Pregnant	770**
Breastfeeding	1,300

*mg = micrograms
RAE = Retinol Activity Equivalents

** Pregnant women should avoid supplemental pre-formed vitamin A

What are Carotenoids?

Carotenoids are vitamin A-like substances found in plants that provide health benefits. Some are provitamin A carotenoids. These carotenoids can be changed in the body into retinol which is the active form of vitamin A. Beta-carotene is a well-recognized provitamin A carotenoid.

[Carotenoids and Eye Health](#)

A Closer Look: Vitamin A



Vitamin A is a fat-soluble vitamin necessary for vision, regulation of normal growth and development of body cells, healthy skin and mucous membranes, as well as overall immune system health. Vitamin A deficiency can cause night blindness, dry hair, decreased resistance to infection, and poor growth. There are two sources of vitamin A found in foods: animal (retinol) and vegetable (carotenoids). Just a few of the **carotenoids** convert to vitamin A in the body. Beta-carotene is a common carotenoid that functions as an antioxidant to help slow or prevent cell damage in the body which may reduce risk for certain cancers and heart disease.

The recommended intakes for vitamin A are provided as “Retinol Activity Equivalents (RAEs).” Expressing vitamin A requirements in RAEs helps relate for the difference in activity between carotenoids and retinol. The body requires approximately 12 units of beta-carotene or 24 units of other carotenoids to make 1 unit of retinol. Since excess vitamin A is stored in the body, consuming large amounts of retinol can cause nausea, vomiting, headaches, and dry, scaly skin as well as more severe health problems such as liver damage, osteoporosis, and nervous system disorders. Vitamin A toxicity can be fatal. **Keep your total vitamin A intake less than 3,000 micrograms (µg) per day from retinol.** Animal sources (retinol) include fortified milk, cheese, cream, butter, eggs and liver. Vegetable sources (carotenoids) include leafy, dark green vegetables, dark orange fruits (apricots and cantaloupes) and vegetables (carrots, winter squash, sweet potatoes, and pumpkin).

Food	Vitamin A RAE/serving
Sweet potato, cooked, 1 medium	1400
Spinach, frozen, boiled, 1/2 cup	580
Carrot, raw, 1/2 cup	460
Pumpkin, cooked, 1/2 cup	305
Cantaloupe, cubed, 1 cup	270
Milk, low-fat, with vitamin A, 1 cup	140
Broccoli, cooked, 1 cup	120
Egg, cooked, 1 large	75
Cheddar cheese, 1 ounce	75
Mango, 1/2 medium	55

[Facts About Vitamin A](#)

[USDA Nutrient Database](#)

Stuffing Your Turkey for Thanksgiving?

You can never be too careful when preparing food, especially foods that have all the elements to support the growth of bacteria which can cause foodborne illness. Stuffing is one of those foods—it is moist, low-acid and provides plenty of food for bacteria to grow and multiply. Here are some food safety tips for preparing stuffing:

Stuffing and dressing must be cooked to a minimum internal temperature of 165°F whether it is cooked inside or outside the bird. As with any cooked food, you should use a food thermometer to make sure it has reached the proper temperature.

For optimum safety, it is recommended to cook stuffing in a greased casserole dish.

Stuffing should be prepared and stuffed into the turkey just prior to being placed in the oven.

Mix wet and dry ingredients for the stuffing separately and combine just before using.

It is important that the turkey is loosely stuffed to allow for expansion and proper heat penetration; 3/4 cup stuffing per pound of turkey.

[Food Safety Tips for the Holidays](#)



Calls to the Agent

Question: What's the best probiotic supplement I can take?

Answer: The “best” probiotic supplement depends on its intended use. Some probiotics may help maintain gastrointestinal wellness while others may improve immunity. Consult a health professional before making your decision, but we'll give you a few pointers to help you choose a *reliable* supplement.

Look for a probiotic that is identified by genus, species, and strain. A supplement that gives you this information is likely a good one. You can tell by the long names. For example, *Lactobacillus* (Genus) *rhamnosus* (species) *GG* (strain). A supplement that isn't specific, such as just stating “*Lactobacillus* ssp.” may or may not provide meaningful benefit.

Look for the dose on the label. The supplement's potency (number of live bacteria per dose) will be listed as Colony Forming Units (CFU). The minimum dose you want to see is about 1 billion microorganisms, but it's not uncommon to see a number as large as 10 billion (10 x 10⁹ CFU or 10,000,000,000 *microorganisms per dose* at the time of packaging)! Be mindful of how you store your supplement. Many probiotics today are shelf stable, but they're susceptible to Florida's extreme temperatures. Once you've made your purchase, take your supplement home, store it away from heat and humidity, and refrigerate if indicated.

Take your supplement with food. Your probiotic needs to “arrive alive” at the gut to be effective. Taking your supplement with food will protect the probiotic from stomach acid.

Research Opportunities



University of Florida Nutrition Study

Are you / do you know an adult 35-65 years of age that is in overall good health?

If so, the University of Florida Food Science and Human Nutrition Department is conducting an 18-week probiotic study. Each day you will be asked to consume a probiotic supplement or a placebo and answer questions regarding your health.

Please contact us for more Information!

Phone: (352) 682-4883
Email: nutrition-study@ufl.edu

UF UNIVERSITY of FLORIDA

Participants Needed for Nutrition Study

- ♦ Have you ever wondered about the nutrient composition of your diet?
- ♦ We are looking for individuals diagnosed with chronic kidney disease to complete a diet recall (complete recall will take approximately 30-60 min).

You may be compensated for your participation.

If interested, please call
352-263-9136

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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, pre-diabetes, 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) and is called UF/IFAS Extension. The College of Agricultural and Life Sciences (CALS) and the Florida Agricultural Experiment Station are also located at Extension.



[UF/IFAS Extension Marion County](#)

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