



Wellness Matters

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



UF UNIVERSITY of FLORIDA
IFAS Extension

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Timely Tips

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UPCOMING EVENTS

2014 TAKE CHARGE OF YOUR DIABETES

Health assessment: Sept. 9, 2014
Educational classes: Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 18,

On Top Of the World
Master the Possibilities
8415 SW 80th St., Ocala, FL 34481
Time: 1:30 p.m. to 4:00 p.m.

Cost: \$45; Support person is free.

For more information and to register, call 352-854-3699 or visit www.MasterthePossibilities.com.

Deadline for paid registration is Sept. 4, 2014.

Summertime Food Safety

Making sure we handle food properly year-round is so important to help keep food safe and wholesome. But during the summer, we need to be especially vigilant since the heat and humidity create a perfect environment for bacteria and other pathogens (disease-causing organisms) in food to multiply rapidly and possibly cause foodborne illness. So, while planning your outdoor picnics and barbecues keep in mind the **Four Simple Steps to Food Safety**:

Clean: Wash hands and surfaces with warm soapy water often. Wash hands for at least 20 seconds before and after handling food.

Separate: Don't cross contaminate. Keep raw and cooked food separate. Never reuse plates or utensils that held raw meat, poultry, or seafood, unless they have been washed first with warm soapy water. If not, you can transfer bacteria from the raw juices to cooked or ready-to-eat foods.

Cook: Cook to the proper internal temperature. The only way to be sure foods are cooked long enough to destroy harmful bacteria is to use a food thermometer. When grilling foods, make sure the coals are really hot by preheating them on the grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

Chill: Refrigerate promptly. Perishable food, such as meat, poultry, fish, eggs, and dairy products should not be left at room temperature for more than two hours. When the outside temperature is 90° F or higher, food should be refrigerated within one hour. A full cooler with ice will stay colder than a partially filled cooler. So make sure to pack enough coolers with plenty of ice and ice packs to maintain a cold temperature. Keep coolers in the shade and out of the direct sun. Keep beverages in a separate cooler from foods.



[Seven Super Steps to Safe Food In The Summer](#)
[Food and Drug Administration](#)

UPCOMING EVENTS

Diabetes Support Group

Mt. Moriah Baptist Church

July 10, Aug. 21, Sep. 4, Oct. 2,
Nov. 13, and Dec. 11, 2014
2:00 p.m. - 3:30 p.m.

For information, call May Stafford,
R.N. at 352-629-3782

ServSafe® Food Manager's Training and Exam

UF/IFAS Extension Marion County
2232 NE Jacksonville Rd.
Ocala, FL 34470

Aug. 14 and Nov. 6,
8:45 a.m. - 4:00 p.m.

Pre-registration required.

Call 888-232-8723

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

Food Safety At Home

Forest Public Library
June 23

11:00 a.m. - NOON

Register by June 19

352-438-2540

Managing Your Blood Pressure The DASH Way

Forest Public Library
Sept. 8, 15, and 22

11:00 a.m. - NOON

Register by Sept. 3

352-438-2540

(continued on page 6)

Take A Closer Look ... see page 4

➔ how much phosphorus do you need

➔ common phosphorus additives

News You Can Use

Dietary Phosphorus: What Happens When You Get Too Much?

Phosphorus is a mineral important for the formation of bones and teeth as well as repairing bones. It also serves to: promote normal muscle and nerve function; regulate heartbeat; support growth and repair of cells and tissues; store and use energy from food; and maintain normal kidney function.



Phosphorus is plentiful in the American diet and deficiency is uncommon.

The [Recommended Dietary Allowances \(RDA\) for phosphorus](#) depends on life stage. Since high intakes of phosphorus can cause health risks, Tolerable Upper Levels have been determined to prevent overconsumption. The three main sources of dietary phosphorus are food and beverages, food additives, and supplements. About half of our dietary phosphorus is naturally found in protein-rich foods such as meat, poultry, dairy products, eggs, legumes, and nuts. The other major contributor of dietary phosphorus is added by manufacturers to processed foods to modify texture, taste, and color.

Because of the availability of dietary phosphorus, especially the prevalence of additives to processed foods, excess intake may lead to harmful effects on bone, kidney, and heart health. Kidney disease can cause excess phosphorus in the blood, especially as kidney function decreases. Too much phosphorus in the blood (hyperphosphatemia) causes calcium to migrate from the bone and deposit into tissues. **It is very important that people with chronic kidney disease consult with their health care provider for specific dietary recommendations.** In healthy people, mildly elevated phosphorus levels may increase risk for bone and heart disease. Fortunately, lowering excess phosphorus in the diet can be easily achieved by reducing consumption of processed foods that contain added phosphorus. Some examples of foods that may contain phosphorus-based additives include baking mixes, frozen waffles, bacon, processed cheese, deli meats and

poultry, convenience dinner entrees, canned soups, and most restaurant and fast foods. Additionally, cola beverages contain phosphoric acid, which is a form of phosphorus. Since phosphorus is not required to be listed on the Nutrition Facts label, it is difficult to determine the amount added to a food.

However, the ingredient listing on the food package can be very helpful in identifying foods that contain phosphorus-based additives. Ingredients are listed from most abundant to least abundant, with the additives shown at the end of the list. Limiting foods with these additives can help lower your intake of phosphorus. The key to lowering your intake of phosphorus is to prepare foods from fresh, unprocessed ingredients.

References: [UF/IFAS Extension - Facts About Phosphorus](#)

**Nutritional Value
raw cantaloupe
1 cup, cubed**

calories	54
protein	1.3 g
fat	0 g
carbs	13 g
fiber	1.4 g
folate	34 mcg
potassium	427 mg
sodium	26 mg
vitamin A	5411 IU
vitamin C	59 mg

Key:
g grams
mg milligrams
mcg micrograms
IU International Units

Produce Picks

Cantaloupe, honeydew and watermelon are the most common melon varieties grown in the United States. But don't limit yourself to these alone, there are other varieties available such as casaba, Crenshaw and Persian. The main melon producing states are California, Arizona, Texas, Georgia, and Florida. Depending on the particular climate, the harvest season lasts from April through December. But thanks to imported melons, primarily from Latin American countries, we enjoy melons year-round. Melons rank high in nutritional value. While nutritional value varies based on the variety, most are excellent sources of potassium and vitamin C and very low in calories, fat and sodium. One of the appealing characteristics of the cantaloupe is its deep orange flesh, which signifies an excellent source of beta-carotene, which is converted to vitamin A in the body. Melons should be picked at their peak of ripeness, but still firm. Select melons that are well proportioned in shape, with no cracks, bruises, or soft spots; that give slightly to pressure when gently pressed. Thoroughly clean the outside surface with a vegetable brush under cool running tap water to remove surface residue before cutting open. However you enjoy your melon; chunks, scoops, or slices; make sure to remove rind, seeds, and strings (except for watermelon), and promptly refrigerate any leftovers within two hours.



[The University of Maine Extension Service: Vegetables and Fruits for Health](#)
[Agriculture Marketing Resource Center - Iowa State University](#)

Too Hot Outside For You? Try this Cool Fruit Slush.

2-2/3 cups coarsely chopped
cantaloupe, peeled and seeded
1-2/3 cups coarsely peeled and
chopped **kiwi** (optional)
2-3 tablespoons **sugar**
2 tablespoons **lime juice**
2 cups **water**



Ice

1. In a blender, purée fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher. If preferred, pour through a strainer to eliminate pulp.
3. Cover and refrigerate for up to a week.

Serve well-mixed in tall glasses with ice.

Yield: 4 Servings

Nutrition information per serving: 60 calories; 0 g fat; 1 g protein, 16 g carbohydrates, 20 mg sodium, 1 g fiber; vitamin A 70%; vitamin C 70%

Cuising Corner

Melon Salsa

Ingredients:

2 cups fresh melon, peeled, seeded and chopped (use one kind or a combination of cantaloupe, honeydew, watermelon)
1 cup cucumber, peeled, sliced, and seeded
1/4 cup onion, red or white, chopped
2 tablespoons fresh, chopped cilantro or mint
1 jalapeno pepper *(seeded and finely chopped, or hot sauce to taste)
1/4 cup lime or lemon juice
1 tablespoon sugar, white or brown



Directions:

1. In a medium size mixing bowl stir together all ingredients.
2. Taste and season with more lemon or lime juice and sugar if desired.
3. Cover and chill for at least 30 minutes.
4. Serve with grilled or broiled fish or chicken.

* Caution: When handling hot peppers, the oils can cause burning and skin irritation. Wear clean kitchen gloves when handling. Make sure to keep your hands away from your eyes.

Yield: 12, 1/4 cup servings. Nutrition per 15 calorie serving: 0 grams fat; 4 grams carbohydrate; 0 grams protein; 0 grams fiber; 0 milligrams sodium; 20% vitamin A; and 20% vitamin C.

[Recipe Source: SNAP Ed Connection](#)

**Common
Phosphorus Additives
in Processed Foods**

- ✓ *Aluminum phosphate*
- ✓ *Dicalcium phosphate*
- ✓ *Hexametaphosphate*
- ✓ *Monocalcium phosphate*
- ✓ *Phosphoric acid*
- ✓ *Polyphosphate*
- ✓ *Pyrophosphate*
- ✓ *Sodium phosphate*
- ✓ *Sodium polyphosphate*
- ✓ *Sodium tripolyphosphate*
- ✓ *Tetrasodium phosphate*
- ✓ *Trisodium phosphate*



A Closer Look: Dietary Phosphorus



**Recommended Dietary Allowances (RDA) and
Tolerable Upper Levels (UL) for Phosphorus**
Institute of Medicine, 1997

Life Stage	RDA milligrams/day	UL milligrams/day
Children		
1 to 3 years	460	3,000
4 to 8 years	500	3,000
9 to 18 years	1,250	4,000
Adults		
19 to 70 years	700	4,000
> 70 years	700	3,000
Pregnant		
14 to 18 years	1,250	3,500
19 to 50 years	700	3,500
Lactating		
14 to 18 years	1,250	4,000
19 to 50 years	700	4,000

Sample Food Label:

Ingredients: Rehydrated potatoes, (water, potatoes, sodium acid pyrophosphate), beef (beef, water, salt, sodium phosphate), wine ...

[How to Read a Food Label: Tips for People with Chronic Kidney Disease \(CKD\)](#)
[National Kidney Disease Education Program](#)

Safe Grilling Tips

Safe Food Temperature Chart

(measured with a food thermometer)

Food	Internal
Ground meat and meat mixtures - beef, pork, veal, lamb - turkey, chicken	160°F 165°F
Fresh beef, pork, veal, lamb - roasts and steaks	145°F with a 3 minute rest time before consuming
Poultry - chicken or turkey, whole - poultry parts - duck and goose - stuffing (cooked alone or in bird)	165°F
Ham - fresh (raw) - pre-cooked (to reheat)	160°F 140°F
Seafood - fin fish (flesh is opaque and separates easily with a fork) - shrimp, lobster, crab (flesh is pearly and opaque) - clams, oysters, mussels (shells open during cooking) - scallops (milky white or opaque and firm)	145°F

Food cooked outdoors just “seems to taste so good” that once summer time comes we take every opportunity to grill all kinds of foods. Just as with cooking indoors, there are important guidelines to follow to make sure the food is safe to eat. Here are some safe food handling tips to ensure your grilled food reaches the table safely.



◆ **Partial cooking**

When partially cooking food ahead of time to reduce the time on the grill, make sure to do it immediately before putting it on the hot grill. This practice also applies for indoor cooking as well. For instance, if defrosting in the microwave, immediately follow by cooking to the proper minimum internal temperature for that particular food.

◆ **Marinating**

Always, marinate in the refrigerator no matter where you prepare food. If you want to use some of the marinade as a sauce, reserve desired amount in a separate container before adding the raw meat, poultry, or fish.

◆ **Cook thoroughly - At least to minimum internal temperature**

Different foods have specific minimum internal temperatures to make sure the food is done and safe to eat. The only way to determine if a food has reached the minimum internal temperature is with a food thermometer. Check out the chart to the left for specific food temperatures.

◆ **Finally**

Make sure to keep raw meat, poultry, and fish separate from all other foods by using clean plates and utensils ~ whether transferring food to the grill or to the table for eating.

[Food Facts: Eating Outdoors ~ Handling Food Safely](#)
[Food and Drug Administration](#)



UPCOMING EVENTS

(continued from page 2)

The New "Nutrition Facts" Food Label is Coming!

Forest Public Library
October 13
11:00 a.m. - NOON
Register by Oct. 8
352-438-2540

Food Safety for the Holidays— Are You Prepared?

Forest Public Library
November 3
11:00 a.m. - NOON
Register by Oct. 27
352-438-2540

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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352-671-8400**

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