



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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UPCOMING EVENTS

2014 TAKE CHARGE OF YOUR DIABETES

Health assessment: Jan. 7, 2014
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 visit www.MasterthePossibilities.com.

Deadline for paid registration is Jan. 3, 2014.

Timely Tips

Fruits and Vegetables: "Superfoods" for Your Plate

Consuming a diet plentiful in fruits and vegetables as part of a well-balanced meal plan, promotes wellness and provides impressive health benefits. Fruits and vegetables are **nutrient-dense**, providing significant amounts of health promoting nutrients for few calories compared to energy-dense foods that are higher-calorie with less nutrients. Most are low in fat and sodium, and are cholesterol-free. Nutrient-dense fruits and vegetables provide generous amounts of vitamins A and C, folate, dietary fiber, and potassium necessary for life, and play a key role in helping to reduce health problems.

- ✓ Eating a healthy diet rich in certain types of vegetables and fruits may reduce risk for heart disease, stroke, and certain types of cancers.
- ✓ Particular vegetables and fruits that are rich in potassium may help lower blood pressure, reduce risk of developing kidney stones, and decrease bone loss.
- ✓ Consuming fiber-rich vegetables and fruits may help reduce risk for heart disease, obesity, type 2 diabetes, as well as help reduce constipation and diverticulosis.



Make these "Superfoods" part of your plate everyday! An easy way to plan healthy meals is to start with fruits and vegetables since they should fill at least half your plate. Select fresh most often as well as frozen or dried. Begin with some of your favorites and add new choices to enhance your meal and your palate.

Some Common Nutrient-Rich Foods

Fruits	apples, apricots, bananas, berries, citrus, dates, grapes, kiwi, mangos, melon, peaches, pears, prunes, and raisins
Vegetables	broccoli, carrots, dark leafy greens, green peas, white and sweet potatoes, squash, and tomatoes

For more healthy food choices visit: [USDA Choose MyPlate](http://www.ChooseMyPlate.gov)

UPCOMING EVENTS

Diabetes Support Group

Mt. Moriah Baptist Church

Jan. 9, Feb. 6, Mar. 13, April 3,
May 8, Jun. 5, Jul. 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

Jan. 23, Apr. 10, Aug. 14, and
Nov. 6, 2014

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*

Collins Resource Center
Prestige 55 Program
Jan. 16, 2014
9:30 a.m.-11:00 a.m.

Healthy Ingredients Equal Healthy Foods*

MRMC Auxiliary Center
Prestige 55 Program
Mar. 7, 2014
1:30 p.m.-3:00 p.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

Healthy Eating for Vegetarians

A well-balanced vegetarian meal plan can be nutritious and offer a variety of health benefits. Research has shown that vegetarian diets are associated with reduced risk of developing type 2 diabetes, high blood pressure, coronary artery disease, and certain types of cancer. Elements of a vegetarian diet that may help lower these health risks include reduced consumption of saturated fat and cholesterol and increased consumption of whole grains, fruits, vegetables, nuts and seeds, soy products, fiber, and phytochemicals.

Vegetarian diets focus mainly on plant foods as the source of calories (energy) and nutrients. According to the [Academy of Nutrition and Dietetics](#), a vegetarian diet is defined as “a diet that does not include meat (including fowl) or seafood, or products containing those foods.” There are different types of vegetarian diets which all include plant-based foods as the foundation, with some including other food sources.

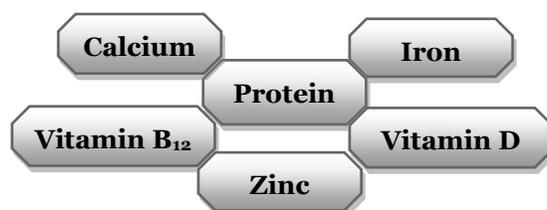
MAIN TYPES OF VEGETARIAN DIETS

- ◆ **VEGAN:** Diet consists of only plant-based foods (no animal products)
- ◆ **LACTO-VEGETARIAN:** Diet consists of plant-based foods and dairy foods
- ◆ **OVO- VEGETARIAN:** Diet consists of plant-based foods and eggs
- ◆ **LACTO-OVO VEGETARIAN:** Diet consists of plant-based foods with dairy and eggs

The nutritional composition of vegetarian diets differ based on the foods they contain. Therefore, it is important for persons who consume a vegetarian diet to make sure they are getting adequate calories and essential nutrients for growth and development and to maintain good health. Vegetarians are at greater risk than non-vegetarians of developing nutrient deficiencies, including iron, vitamin B12, calcium, and zinc. Therefore, careful planning of a well-balanced meal plan that includes a variety of foods is necessary. A diet supplemented with fortified foods is helpful to ensure consumption of essential nutrients, in particular vitamin B12.

While research has shown that well-balanced vegetarian diets are healthful, if not planned properly they can contain excess calories and fat as well as inadequate amounts of essential nutrients. Based on individual needs and existing health conditions, it is recommended to consult with your health care provider, preferably a registered dietitian, before beginning a vegetarian diet.

Key nutrients vegetarians should be mindful of when planning their diet.



See page 4 for information
about these nutrients

Resources: [UF/IFAS Extension Shopping for Health: Vegetarian Diets](#)
[Academy of Nutrition and Dietetics](#)
[American Heart Association](#)

Produce Picks

Nutritional Value green cabbage ½ cup, boiled plain

calories	17
protein	1 g
fat	0 g
carbs	4 g
fiber	1.4 g
folate	22 mcg
potassium	147 mg
sodium	6 mg
vitamin A	60 IU
vitamin C	28 mg

Key:

g	grams
mg	milligrams
mcg	micrograms
IU	International Units

[Reference - USDA Nutrient Database](#)



Cabbage is a **cruciferous vegetable**, in the same family as broccoli, Brussels sprouts, cauliflower, arugula, bok choy, collard greens, horseradish, kale, rutabaga, turnips, and wasabi. While there are hundreds of cabbage varieties produced throughout the world, the most common grown in the United States are green, red, and Savoy. Cabbage is very low in calories and provides folate, fiber, potassium, and vitamins A and C, which makes it a healthy addition to many meals. It is most famous as the major ingredient in

Cole slaw, Reuben sandwiches, corned beef and cabbage, and sauerkraut. However, there are so many more ways to enjoy cabbage. It can be boiled, steamed, stuffed, or stir-fried; added to soups, stews, sandwiches, wraps, and salads; and as side and main dishes. For green cabbage, choose heads with tight leaves that are heavy for their size. It will stay fresh for up to 7 days in the refrigerator. Remove the thick fibrous outer leaves and rinse under cool tap water to remove any surface residue before cutting and eating.

[Fruits and Veggies More Matters®](#)

What are Cruciferous Vegetables?

Cruciferous vegetables belong to the *Brassica* genus of plants. They are part of the dark-green and “other vegetables” subgroups. They provide a variety of essential nutrients, and are high in fiber, antioxidants, and phytochemicals. Research has shown that eating a diet rich in cruciferous vegetables may have a protective affect against some cancers.

Did You Know?

There are five subgroups of vegetables:

- dark-green
- red and orange
- beans and peas (legumes)
- starchy
- other vegetables

For food examples in each subgroup:
[“What Foods Are in the Vegetable Group?”](#)

Cuising Corner

Confetti Slaw

Ingredients:

- ¼ large head green cabbage (can combine green and red)
- 2 medium carrots
- ¼ cup raisins
- ¼ cup dry roasted peanuts (unsalted)
- ½ cup low-fat vanilla yogurt
- 1 tablespoon orange juice



Directions:

1. Slice and cut cabbage into thin strips. Place in a large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Add raisins and peanuts to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in a small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients.

Yield: 8 - ½ cup servings

Nutrition per 70 calorie serving: 2.5 grams fat; 11 grams carbohydrate; 2 grams protein; 2 grams fiber; 30 milligrams sodium; 50% vitamin A; 30% vitamin C; 4 % calcium; and 2% iron.

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

Common Vegetarian Terms ...

Casein

An animal protein found in dairy products (milk, cheese, yogurt, pudding, etc.). It is a common ingredient in other food products such as some soy cheeses, nondairy creamers, and margarine.

Nutritional Yeast

A nutrient supplement grown from inactive yeast on purified sugarcane and beet molasses. It is an excellent source of vitamin B₁₂ and protein.

Soybeans

The only plant food (a legume) that contains complete protein, carbohydrate, fat, as well as vitamins and minerals, including calcium, folate and iron. A common meat, dairy and egg replacement for vegans and vegetarians.

Tempeh

A high-protein, high-fiber nutrient dense meat replacement made from cultured and fermented soybeans.

Textured Vegetable Product

A common meat substitute made from soy flour.

Tofu

A cheese-like product made from soybean curd. It can be consumed fresh or combined with other ingredients in a variety of cooking preparations. It is an excellent source of protein and calcium. There are four types: extra-firm, firm, soft, and silken.

Did You Know ...

Enriched and fortified foods contain added nutrients to increase their nutritional value.

Enriched refers to the replacement of nutrients lost during processing. For example, nutrients returned to white flour after the milling process.

Fortified refers to the addition of nutrients that were not present naturally in the food. For instance, the addition of vitamin D to milk and calcium to orange juice.

A Closer Look: Key Nutrients for Vegetarian Diets



Be mindful of certain key nutrients when planning your vegetarian meal plan. Check the nutrition facts labels on food packages for more information about these nutrients as well as other nutrients listed.

Calcium

Plant sources of calcium include dark-green leafy vegetables, rhubarb, broccoli, bok choy, legumes, and some nuts. Calcium-**fortified foods** such as tofu (soybean curd), some breakfast cereals, fruit juices, and non-dairy beverages such as almond, oat, rice, and soy milk can provide good to excellent sources of dietary calcium.

Iron

Vegetarians are more susceptible to iron deficiency anemia since the body does not absorb iron from plant sources as well as from meat sources. To increase iron absorption, it is recommended to consume vitamin C-rich foods with iron-containing foods. Some plant foods that contain iron are legumes, dark-green leafy vegetables, and pumpkin seeds as well as iron-fortified breads and cereals.

Protein

Plant foods provide adequate amounts of essential and non-essential amino acids necessary for life, as long as food sources are varied and overall calories are sufficient to meet energy requirements. Legumes, whole grains, vegetables, nuts and seeds provide amino acids. To consume adequate protein it is not necessary to combine these foods in a particular meal, but rather eat a variety of plant-based protein foods throughout the day.

Vitamin B₁₂

Plant foods do not contain vitamin B₁₂. Lacto-ovo and lacto-vegetarians may get enough vitamin B₁₂ from dairy foods. However, vegans must eat foods fortified with vitamin B₁₂ and/or take a vitamin B₁₂ supplement. Plant foods fortified with vitamin B₁₂ include some breakfast cereals, some soy products, and some plant-based milks in addition to nutritional yeasts.

Vitamin D

Very few foods naturally contain vitamin D. The best source is fatty fish. Lesser amounts are found in egg yolk, beef liver, and cheese. Fortified foods provide the majority of vitamin D in our diet. Also many calcium-fortified, non-dairy beverages are fortified with vitamin D.

Zinc

Like iron, plant sources of zinc are not as well as absorbed by the body as from meat sources. Therefore, it is recommended that vegetarians consume higher levels than the Recommended Dietary Allowance. Plant sources of zinc include white beans, chickpeas, kidney beans, wheat germ, pumpkin seeds, and zinc-fortified breakfast cereals.

Calls to the Agent

Question: Are there food safety concerns when it comes to having an Easter egg hunt?



Answer:

The exchange of eggs on Easter is a springtime custom that predates the celebration of the Easter holiday as we know it. Eggs have been hunted and gifted as a symbol of rebirth for hundreds of years during the spring season. It's important to keep in mind the food safety concerns when we're talking about eggs. Here are some quick tips to make your Easter egg hunt the safest and most successful around. Inspect your eggs before coloring them to ensure they are free from dirt and cracks. If using hard-boiled eggs for your Easter egg hunt, be sure they're hidden away from pets and pesticides. Your best bet is to hide them as close to the time of the hunt as you can. Remember that eggs shouldn't be out of refrigeration temperature for longer than 2 hours. Consider decorating two batches, one to hunt and one to eat in your egg salad later. Once you've hard-boiled your eggs, you should eat them within 7 days. If you refer to the tips above, you'll be sure to have a healthy and safe outcome. Have fun, and happy hunting!

Question: What makes oil become cloudy in the refrigerator and appear to have sediment in it?



Answer:

When oil is stored in the refrigerator (to extend shelf life) it may become cloudy and appear to have sediment floating in it. This is caused by some of the saturated fats in the oil that became solid when the temperature was decreased. It will become clear again when warmed to room temperature.

Question: What are the health benefits of magnesium?

Answer:

Magnesium is an essential mineral involved in many physiological processes including proper muscle and nerve function, normal heart rate, structural development of bones, protein synthesis, and energy production. Magnesium is found in many plant and animal foods. Some good food sources include nuts and seeds, green leafy vegetables, legumes, peanuts, whole grains, avocado, white potato, brown rice, yogurt, fortified breakfast cereals, bananas, salmon and halibut, chicken, and beef.



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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