



Marion
County
FLORIDA

Wellness Matters



UF | IFAS Extension
UNIVERSITY of FLORIDA

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

JULY 2015 VOLUME 6, ISSUE 3

To sign up for this newsletter [click here.](#)

Contact the agent: nancy.gal@marioncountyfl.org

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UPCOMING EVENTS:

Diabetes Support Group -
Mt. Moriah Baptist Church
July 9, August 13, Sept. 17,
Oct. 22, Nov. 12 and Dec. 10.
2:00 p.m. - 3:30 p.m.
For information, call May Stafford,
R.N. at 352-629-3782.

Diabetes Prevention Program
~ starting soon!

Call Nancy Gal at
352-671-8400 for details.

FDA Cuts Artificial *Trans* Fat in Processed Food



One more step to a healthier diet! The Food and Drug Administration (FDA) took action on June 16, 2015 to begin the process of removing **artificial *trans* fat** from the food supply. The final resolution noted that **partially hydrogenated oils (PHOs)**, the primary dietary source of artificial *trans* fat in processed foods, are not “generally recognized as safe” or GRAS for use in human food. Consuming *trans* fat as well as excess **saturated fat** contributes to the buildup of plaque inside arteries and increases the level of low-density lipoprotein (LDL) cholesterol in your blood. Elevated LDL blood cholesterol is a major risk factor for cardiovascular disease (CVD). Eliminating artificial *trans* fat from processed food will significantly reduce the incidence of CVD in the United States and annually could prevent 20,000 heart attacks and 7,000 deaths.

So what foods contain *trans* fat and how does it get there? Well, actually there are two sources of *trans* fat in food. One is naturally occurring and the other is artificial or industrially-produced. Naturally formed *trans* fat is produced in the gut of some grazing animals. This accounts for small amounts of *trans* fat found in meat, milk, and milk products. However, **the majority of *trans* fat in our food supply is artificially produced by a food process called hydrogenation.** Hydrogenation is when hydrogen is added to vegetable oil to make it more solid which improves texture, shelf life, and flavor stability of foods. **THEREFORE, FOODS CONTAINING PARTIALLY HYDROGENATED OILS (PHOs) MEANS THE PRODUCT CONTAINS TRANS FAT.**

Food manufacturers have three years to comply with the new ruling. They can either reformulate their products, which many have already done, or petition the FDA to permit specific applications of PHOs. However, after the compliance period, PHOs will not be permitted in human food unless expressly approved by the FDA.

[FDA Cuts *Trans* Fat in Processed Foods](#)

Take A Closer
Look ... 
see page 4

UPCOMING EVENTS

ServSafe® Food Manager's Training and Exam

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

Aug. 4 and Nov. 5
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

TAKE CHARGE OF YOUR DIABETES ~ SELF-MANAGEMENT EDUCATION PROGRAM FOR ADULTS WITH TYPE 2 DIABETES

Educational classes: Aug. 12, 19,
26; Sept. 2, 9, 16, 23, 30; Oct. 28.
Health assessment: Aug. 12, 2015

On Top Of the World
Master the Possibilities

8415 SW 80th St., Ocala, FL 34481

Time: 9:30 a.m. to 11:30 a.m.

Note: Aug. 12 class starts at 9:00 a.m.

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
Friday, August 12, 2015.

~HEALTHY EATING~

BENEFITS OF FRUITS & VEGGIES

Sept. 22 10:00 a.m. - 11:30 a.m.
Collins Resource Center*

Sept. 29 10:00 a.m. - 11:30 a.m.
Auxiliary Center*

Munroe Regional Medical Center
Prestige 55 Program *

Please call 352-671-2153 for more
information and to register.

Research in Our Community

Interested in Participating in UF/IFAS Nutrition Research? *Look What's Happening in Marion County ...*

Human Nutrition Study: Participants Needed

- Have you ever wondered about the nutrient composition of your diet?
- We are looking for individuals diagnosed with inflammatory bowel disease (IBD) or irritable bowel syndrome (IBS) to participate in a study investigating dietary habits, food intake and nutritional status.
- You may be compensated for your participation.



If interested, please call and/or email

Study Phone: 352-263-9136

Email: fnutrition@ifas.ufl.edu



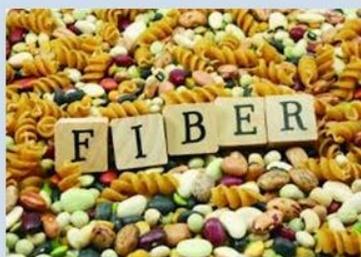
Food Science and Human Nutrition Department
University of Florida

Approved by
University of Florida
Institutional Review Board 02
Protocol # 2015-U-0945
For Use Until February 2, 2016

Nutrition Research

University of Florida

Nutrition Education Study Volunteers Needed



- You will receive dietary education involving ways to increase your fiber consumption to the recommended daily amount
- Purpose: determine the effectiveness of a community education program on fiber intake, uremic symptoms and quality of life in individuals with chronic kidney disease
- Study length: 10 weeks
- Compensation will be provided

Approved by
University of Florida
Institutional Review Board 02
Protocol # 2013-U-0820
For Use Until 09/9/2015



Please call 352-263-9136

Produce Picks



Nutrition Information

watermelon, raw
one-cup, diced

calories	46
protein	< 1 g
fat	0 g
carb	11 g
fiber	0.6 g
potassium	170 mg
sodium	2 mg
vitamin A, RAE	43 mcg
vitamin C	12 mg

Key:

g grams
 mg milligrams
 mcg micrograms
 IU International Units
 RAE Retinol Activity Equivalents
[USDA Nutrient Database](#)

Did You Know?

- ✓ Watermelon belongs in the cucurbitaceae plant family of gourds (classified as *Citrullus lanatus*) and is related to cucumber, squash and pumpkin.
- ✓ The red, sweet flesh of watermelon contains lycopene, an antioxidant that helps protect our cells against oxidative stress and damage, which can lead to many diseases.
- ✓ The rind is also used as a vegetable in many countries as well as in the southern United States. It can be used in stir-frys, stews, soups, salads; pickled products; and made into chutney, jam and preserves.



It's prime time for watermelon! Peak season for Florida grown watermelon is April through July. Florida is one of the top five watermelon producers in the United States, along with Texas, California, Georgia and Arizona. Watermelon is one of those foods that is so easy to prepare and super delicious to eat, that no one should miss out on this delightful summer fruit. By weight, it is the most-consumed melon in the United States, followed by cantaloupe and honeydew. There is certainly no shortage ~ almost every roadside produce stand and farmers' market has them as well as local supermarkets. Select watermelons that are symmetrical in shape, heavy for their size, and have a yellowish underside. Store uncut, whole watermelon at room temperature. Once cut, watermelon must be refrigerated for safety. Store watermelon tightly covered with plastic wrap or in airtight containers in the refrigerator for up to five days.

[Fruits and Veggies More Matters](#)

[National Watermelon Promotion Board](#)

Cuisine Corner



MELON SALSA

Ingredients:

- 2 cups watermelon, honeydew, and/or cantaloupe (seeded and chopped)
- 1 cup cucumber (peeled, seeded and chopped)
- 1/4 cup onion, red or white (chopped)
- 2 tablespoons fresh chopped cilantro or mint
- 1 jalapeño pepper (seeded and finely chopped), optional
- 1/4 cup lime or lemon juice
- 1 tablespoon sugar, white or brown

1. In a medium size bowl, stir together all ingredients.
2. Taste and season with more lemon or lime juice, sugar if needed.
3. Cover and refrigerate for at least 30 minutes. Serve with grilled or broiled fish, chicken, meat, or vegetables.

CAUTION: When handling hot jalapeño peppers, the oils can cause burning and skin irritation. Protect your skin by wearing clean kitchen gloves while preparing (cutting and seeding). Make sure to keep your hands away from your face, especially your eyes.

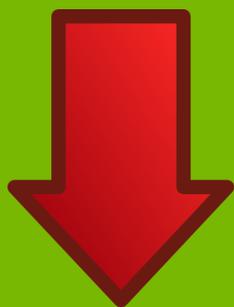
Makes 12, 1/4 cup servings

Per serving : 15 calories, 0 g protein, 4 g carbohydrate, 0g fat, 0 milligrams sodium, 20% vitamin A, and 20% vitamin C .

[USDA :What's Cooking ~ Mixing Bowl of Recipes](#)

need to know

Take a Look at Artificial and Naturally Formed *Trans* Fat in Food.



Click on the [Database](#) link below for a list of Foods Containing *Trans* Fat [USDA Nutrient Database Trans Fat in Food](#).

sneak preview

The first food listed (in order of most to least) is **shortening, industrial, soy (partially hydrogenated) for baking & confections—one tablespoon contains 5.485 grams of *trans* fat!**



A Closer Look ...

Trans Fat and



Partially Hydrogenated Oils

Since there will be a three-year compliance period for food manufacturers to totally remove artificial *trans* fat from processed

food, we need to continue to be vigilant by carefully reading food labels and **avoid** products that contain ***trans* fat and partially hydrogenated oils (PHOs)**. This can be a bit confusing for some products that contain partially hydrogenated oil, but do not list *trans* fat on the food label. Actually, the product does contain *trans* fat, but it is less than 0.5 grams per serving, and therefore according to current FDA regulations, does not need to be listed on the Nutrition Facts panel.

Keep in mind that approximately half of the *trans* fat Americans consume is the artificial type, which is formed during food processing, and partially hydrogenated oils are the main source of this type of *trans* fat in the U.S.

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings Per Container about 32

Amount Per Serving

Calories 100 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2.5g **12%**

Trans Fat 2.5g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

INGREDIENTS: WHOLE GRAIN POPCORN, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, NATURAL AND ARTIFICIAL FLAVOR (MILK), COLOR ADDED, FRESHNESS PRESERVED BY PROPYL GALLATE.

Where's the *Trans* Fat?

Trans fat can be found in many of the same foods as saturated fat, including:

- ◆ Baked goods (cookies, cakes, pies, and crackers)
- ◆ Ready-to-use frostings
- ◆ Snack foods (potato chips, microwave popcorn, etc.)
- ◆ Fried foods commonly prepared in restaurants (French fries, fried chicken, doughnuts, etc.)
- ◆ Refrigerated dough products (such as frozen pizza, biscuits, and rolls)
- ◆ Vegetable shortening
- ◆ Stick margarine
- ◆ Coffee creamer
- ◆ Fast food



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 (CAL S) and the Florida Agricultural Experiment Station are also located at Extension.



[UF/IFAS Extension Marion County](#)

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