



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

INSIDE THIS ISSUE:

OCTOBER 2015 VOLUME 6, ISSUE 4

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

Contact the agent: nancy.gal@marioncountyfl.org

Chronic Kidney Disease
Are You At Risk? 1

Upcoming Events 1-2

A Closer Look—DASH DIET
Not Just For People with
Chronic Kidney Disease 2

Produce Picks
Cauliflower 3

Cuisine Corner
Garden Waldorf Salad 3

Cook It Safe!
Convenience Foods 4

UPCOMING EVENTS:

Diabetes Support Group

Mt. Moriah Baptist Church

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

Chronic Kidney Disease ∞ Are You At Risk?

According to the Centers for Disease Control and Prevention, it is estimated that 10% of adults in the United States, more than 20 million, may have chronic kidney disease (CKD), of different levels of seriousness, identified as stages one through five. Chronic kidney disease is a medical condition described as a slow progressive reduction in kidney function over time. **So, WHAT IS YOUR RISK OF DEVELOPING CHRONIC KIDNEY DISEASE? MAJOR RISK FACTORS INCLUDE DIABETES, HIGH BLOOD PRESSURE, AND AGE.** In general, as we get older our risk increases starting at age 50, and is most common in adults older than 70 years. Other risk factors include cardiovascular disease, obesity, high blood cholesterol, lupus, and family history. Chronic kidney disease is diagnosed through specific blood and urine tests. Once a person is diagnosed, the treatment plan includes medications and lifestyle changes which include healthier food and beverage choices. The sooner a person is diagnosed the better the health outcomes. Treatment can help reduce the disease progression and prevent additional health problems.

- **DIABETES**

Approximately one-third of people with diabetes has chronic kidney disease.

Diabetes is the most common cause of chronic kidney failure. However, there are ways to help prevent CKD and/or better manage the disease to improve quality of life and help avoid complications. Two key steps are maintaining good control of blood glucose and blood pressure. It is very important that people with diabetes be tested for kidney disease every year.

- **HIGH BLOOD PRESSURE**

Approximately one-in-five adults with high blood pressure has chronic kidney disease.

High blood pressure is the leading cause of CKD, heart attacks, and strokes. High blood pressure makes the heart work harder. Over time, it can cause damage to the tiny blood vessels in the kidneys which can lead to CKD. Keeping blood pressure in control lowers risk of developing these health problems.

[Centers for Disease Control and Prevention National Chronic Kidney Disease Fact Sheet](#)



UPCOMING EVENTS

ServSafe® Food Manager's Training and Exam

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

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

STANDARDS OF MEDICAL CARE IN DIABETES -2015

Oct. 27 9:30 a.m. -11:00 a.m.
Collins Resource Center*

Nov. 4 10:00 a.m. -11:30 a.m.
Auxiliary Center*

MANAGING DIABETES DURING THE HOLIDAYS - IT'S EASIER THAN YOU THINK

Dec. 11 9:00 a.m. -10:30 a.m.
Auxiliary Center*



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

A Closer Look ... DASH DIET



Not Just For People with Kidney Disease

The **DASH (Dietary Approaches to Stop Hypertension) Diet** was the result of two major studies by the National Heart, Lung and Blood Institute. **The research showed that it helps reduce blood pressure, lowers risk for heart disease, stroke and cancer, and reduces risk of developing kidney stones.** The eating plan is low in saturated fat, cholesterol, total fat, and sodium. It focuses on increased consumption of foods containing potassium, magnesium, calcium, protein, and fiber. The eating plan is rich in fruits and vegetables and emphasizes fat-free and low-fat dairy products, whole grains, fish, poultry, and nuts. Compared to the typical American diet, it has less red meat, sweets, added sugars, and sugar-containing beverages.



The DASH diet is an accepted component of treatment plans for high blood pressure, heart disease, and kidney disease.

The DASH diet is approved by The National Heart, Lung and Blood Institute, and is often recommended by the National Kidney Foundation for patients with chronic kidney disease. It has been endorsed by major health organizations such as the American Heart Association and American Diabetes Association as a healthy eating plan.

In the early stages of kidney disease, many patients need to limit the amount of sodium they consume. As the disease progresses, it may become necessary to also limit potassium and phosphorus in the diet. It is very important to consult with your physician and a registered dietitian about your specific nutrition needs before making any dietary changes. ***The DASH diet should not be used by people on dialysis. Individuals on dialysis have special dietary requirements that need to be discussed with a registered dietitian.***

Visit the [links](#) below to learn more about the DASH diet and its health benefits for overall wellness, as well as for those persons with kidney disease, diabetes, high blood pressure, and heart disease.

[National Kidney Disease Education Program—National Institutes of Health](#) [National Kidney Foundation](#)
[National Kidney Foundation—Nutrition](#)
[Your Guide To Lowering Your Blood Pressure With DASH](#)

FIND OUT MORE

Produce Picks

Cauliflower is not new on the produce scene, yet it is not top on many people’s list of favorite vegetables. And what a shame—considering it is an excellent source of vitamin C and potassium and a good source of folate, a B vitamin. And like other cruciferous vegetables such as kale, cabbage, broccoli, and Brussels sprouts, it is rich in phytochemicals such as isothiocyanates and indoles, which research has found to help protect against certain diseases when consumed as part of a healthy diet. In the early growing period cauliflower looks similar to broccoli, its closest relative. But, while broccoli opens outward developing bunches of green florets, cauliflower forms a compact head of immature white flower buds, called curds. The white head is flanked by thick ribbed green leaves that protect it from the sun so the buds don’t develop chlorophyll. Sunlight can discolor the florets and cause them to have an unpleasant flavor. Its characteristic white color is an easy way to spot it from other vegetables, but there are some colorful varieties including orange, green, and purple.



Nutrition Information cauliflower, raw one-cup, chopped

calories	27
protein	2 g
fat	< 1 g
carb	5 g
fiber	2 g
potassium	320 mg
sodium	32 mg
folate	61 mcg
Vitamin C	52 mg
Vitamin K	17 mcg

Key:
g grams
mg milligrams
mcg micrograms
IU International Units
RAE Retinol Activity Equivalents

Eat cauliflower raw for optimal nutritional value.

~ Save The Nutrients ~

Best Way to Prepare Cauliflower

- ◆ A considerable amount of vitamins C and B can be lost if cauliflower is cooked too long or in too much water.
- ◆ The vitamin C content is reduced by heat.
- ◆ The B vitamins are water-soluble. Therefore, the vitamins will seep into the water.
- ◆ Steaming is the best method to cook cauliflower.
- ◆ If you do cook cauliflower in water, save the cooking water to use for soup or other foods such as mashed potatoes, to conserve the B vitamins.

Tips for Selecting and Preparing Cauliflower

Cuisine Corner

GARDEN WALDORF SALAD

Ingredients:

- 3 cups broccoli florets
- 1 cup carrot (grated)
- 1½ cups cauliflower (sliced)
- 1 cup apple (chopped)
- ½ cup green onion (chopped)
- 1 cup yogurt, non-fat vanilla
- ¼ cup peanuts



1. Toss all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve, up to 6 hours.
3. Serve chilled.

Makes four, 1½ cup servings

Per serving : 160 calories, 8 g protein, 24 g carbohydrates, 5 g fat, 5 g fiber, 95 milligrams sodium, 20% calcium, 130% vitamin A, and 130% vitamin C .

Cook it Safe!

Preparing Convenience Foods

When it's time to eat, many people reach for prepared convenience food, such as a frozen meal or container of soup from the shelf, and pop it in the microwave to "warm it up." Never giving a second thought to read the cooking instructions on the package. **Well, there is a big difference between warming and cooking food in the microwave—and that difference is Safety!** Most prepared convenience foods are not ready to eat out of the package and need to be "cooked" to a minimum internal cooking temperature for safety before eating. The product label will clearly state if the product is ready to eat or requires cooking to a certain temperature before consuming. Not following the manufacturer's instructions on the package and eating raw and/or undercooked food, may lead to foodborne illness because it is not cooked to a high enough temperature to destroy any microorganism that can cause foodborne illness.

So, follow these four simple steps to make sure you cook food properly to ensure a safe and wholesome product.

- ✓ Read and follow package cooking instructions.
- ✓ Know when to use a microwave or conventional oven.
- ✓ Know your microwave wattage before microwaving the food.
- ✓ Always use a food thermometer to ensure a safe internal temperature.

Cook It Safe!

“Most prepared convenience foods are not ready to eat out of the package and need to be cooked to a minimum internal cooking temperature for safety before eating.”



“Is it done yet?”

You can't tell by **looking**. Use a **food thermometer** to be sure.
Temperatures for Cooking in A Conventional Oven

USDA Recommended Safe Minimum Internal Temperatures

				
Beef, Pork, Veal, Lamb Steaks, Roasts, & Chops	Fish	Beef, Veal, Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground
145 °F with a 3-minute rest time	145 °F	160 °F	160 °F	165 °F

FoodSafety.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

 United States Department of Agriculture
Food Safety and Inspection Service



USDA is an equal opportunity provider and employer.
Slightly revised June 2014

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](#)

2232 NE Jacksonville Road

Ocala, Florida 34470

352-671-8400