

Wellness Matters:

Your Link to Health, Nutrition and Food Safety

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April 2011
Volume 2, Issue 2

Timely Tips: Tests for Staying Healthy with Diabetes

According to the Centers for Disease Control's *2011 National Diabetes Fact Sheet*, diabetes affects 25.8 million people. It is the leading cause of kidney failure, non-traumatic lower limb amputations, and new cases of blindness among adults in the United States. Although there is no cure for diabetes, it can be successfully managed. You can help prevent health problems by playing an active role in your own wellness. Take control of your blood glucose and your health by staying informed and doing all you can to take good care of yourself. Control your blood glucose levels by eating a healthful diet, taking medicine (pills and/or insulin, if necessary), staying active, keeping track of your blood glucose levels, and following any other advice suggested by your doctor.

Six common tests recommended for staying healthy.

A1C: A blood test that measures average blood glucose over the past 2-3 months. The results are useful in determining how well your treatment plan is working.

Blood Pressure: High blood pressure is common in people with diabetes. It can increase your risk for heart attack, stroke, kidney disease, and eye problems.

Cholesterol (LDL): A blood test that measures the amount of fat that has built up on your artery walls. When blood LDL (low-density lipoprotein) cholesterol is too high, the insides of large vessels can become narrowed or clogged increasing risk of heart attack or stroke.

Microalbuminuria: A urine test that measures the amount of protein (albumin) in your urine. An elevated microalbumin level is the first sign of kidney disease.

Eye Exam: People with diabetes should have their eyes examined once a year by either an ophthalmologist or optometrist. High blood glucose and high blood pressure can damage the tiny blood vessels in the eyes.

Foot Exam: Poor circulation and nerve damage can increase risk of developing foot problems. People with diabetes should check their feet daily as well as routinely have their feet checked by their health care provider.

Points of Interest

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University of Florida/IFAS
Marion County Extension Service

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News You Can Use:
New Guidelines for Dietary Sodium Intake

The Dietary Guidelines for Americans, 2010 provides new recommendations for dietary sodium intake. Sodium is both an electrolyte and a mineral, critical to regulating blood pressure and blood volume by maintaining fluid balance. It is also necessary for the proper function of muscles and nerves. While the health benefits of moderate sodium intake are clear, many people still consume too much which can increase their risk of developing hypertension, stroke, heart disease, and kidney disease. Basically, we should reduce daily sodium intake to less than 2,300 milligrams (mg). However, for persons who are 51 and older, or any age who are African American or have high blood pressure, diabetes, or chronic kidney disease, should reduce their daily sodium intake to 1,500 milligrams.

For more detailed information visit: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

Community Programs - *What's Happening*

Visit our on-line calendar at ... [http://www.marioncountyfl.org/CountyExtension/Extension ents.aspx](http://www.marioncountyfl.org/CountyExtension/Extension%20ents.aspx) for more listings

***** April *****

Diabetes Support Group

April 7th 2:30 to 4:00 p.m.
Mt. Moriah Missionary Baptist Church
Please call May Stafford, R.N. (352) 629-3782

Healthy Lifestyles for Your Heart

April 4th 9:30 to 12:00 p.m.
Master the Possibilities Education Center
On Top of The World
Please call (352) 861-9751 to register.

Controlling Blood Pressure

April 7th 9:30 to 10:30 a.m.
8th Avenue Adult Activity Center
Please call (352) 629-8545

Healthy Lifestyles for Better Health

April 14, 21; May 19, 26; June 2; 10:00-11:00 a.m.
Barbara Washington Adult Activity Center
Please call (352) 629-8357

***** May *****

Diabetes Support Group

May 5th 2:30 to 4:00 p.m.
Mt. Moriah Missionary Baptist Church
Please call May Stafford, R.N. (352) 629-3782

ServSafe® Food Manager's Training and Exam

May 24th 8:45 a.m. to 4:00 p.m.
Marion County Extension Office
Pre-registration required 888-232-8723
Cost: \$110 for class and exam;
\$165 for class, book, and exam

Take Charge of Your Diabetes

May 16, 18, 23, 25; June 1,6,8,13,15; August 3; 1:30-3:30 p.m.
Master the Possibilities Education Center
On Top of The World
Cost: \$45 per person (support person free)
Deadline to register—May 1, 2011
Please call (352) 861-9751 to register.

Mark Your Calendar!



***** June *****

Diabetes Support Group

June 2nd 2:30 to 4:00 p.m.
Mt. Moriah Missionary Baptist Church
Please call May Stafford, R.N. (352) 629-3782

Produce Picks: *Florida Tomatoes*

There is nothing quite as notable as the hearty flavor of vine-ripened tomatoes. Besides their great taste, they are a real calorie bargain at about 22 calories for a medium tomato. A powerhouse of nutrients, they contain vitamins A and C, potassium, fiber, as well as lycopene, an antioxidant that may reduce risk for heart disease and certain cancers. Tomatoes are so versatile they can be found in almost any cookbook chapter from appetizers to desserts, like tomato cake. While tomatoes are excellent eaten raw, heating them releases other flavors that enhance the taste. They can be used in dips, salsa, soups, sauces, stews, casseroles, side and main dishes, as well as grilled. Preserve tomatoes by canning, freezing, and drying. Store tomatoes stem end up, out of direct sunlight at room temperature until they have fully ripened. This will allow them to develop good flavor and aroma. For longer storage, place fully ripened tomatoes in the refrigerator for use within a week. Make sure to serve them at room temperature for best flavor.

Cuisine Corner: *Provencal Roasted Florida Tomatoes*

Ingredients

4 large ripe tomatoes, sliced $\frac{1}{4}$ inch thick
 $\frac{1}{8}$ cup grated Romano cheese
 $\frac{1}{2}$ cup fresh breadcrumbs
 1 garlic clove, minced
 2 sprigs fresh parsley, chopped
 salt and pepper to taste
 $\frac{1}{2}$ tsp dried oregano
 olive oil or nonstick olive oil spray



Nutrition Information ($\frac{1}{4}$ recipe)

calories	110
fat	2 grams
carbohydrates	17 grams
protein	4 grams
sodium	180 milligrams

1. Preheat oven to 400° F.
2. Coat a shallow baking dish with cooking spray or olive oil.
3. Drizzle lightly with olive oil or spray with nonstick spray
4. Bake for 20 minutes in preheated oven or until top is lightly toasted.

Calls to the Agent

How long can commercially canned food be stored?

Shelf stable foods such as canned goods, dry cereal, baking mixes, pasta and dry beans can be kept safely at room temperature. Ideal storage conditions for optimal product quality include storing products in clean, dry, and cool (below 85 degrees F) cabinets away from the stove or refrigerator exhaust. Keep in mind that very high temperatures (over 100 degrees F) and cold temperatures can damage canned goods and make them unsafe. Therefore; do not store canned goods and other shelf stable foods in areas that are not air conditioned such as garages and sheds. Usually, most properly stored canned foods have a long shelf life. Low-acid canned goods such as meat, poultry, stews, soups (except tomato), pasta products, potatoes, corn, spinach, beans, beets, peas and pumpkin, can be safely stored for two to five years. High-acid canned goods such as tomato products, fruits, sauerkraut and foods in vinegar-based sauces or dressings can be safely stored for 12 to 18 months.

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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](#) (UF), together with [Florida A&M University](#) (FAMU), 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), along with the [College of Agricultural and Life Sciences](#) (CALS) and the [Florida Agricultural Experiment Station](#), and is called UF/IFAS . Extension.

To sign-up for this newsletter go to:
http://www.marioncountyfl.org/CountyExtension/Family_Nutrition.aspx*

Did You Know?

✔ If not handled properly fresh produce can be a source of disease-causing organisms. Reduce risk of foodborne illness by washing fruits and vegetables with clean hands and clean water before use to reduce risk of foodborne illness. Do not use detergents, soap, or bleach; just clean running water and if appropriate a vegetable brush.



✔ Sodium is apart of salt. It is found in foods mostly as sodium chloride, another name for salt.

✔ The link between salt and sodium: One teaspoon of salt contains 2,325 milligrams (mg) of sodium.

Processed, convenience, and fast foods account for most of the salt and sodium we consume.

✔ Sodium is found in many foods, not just “salty tasting” foods. For instance, a medium doughnut has 238 milligrams of sodium compared to a serving of potato chips that has 180 milligrams of sodium.

