

Wellness Matters: Your Link to Health, Nutrition and Food Safety

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Timely Tips: Health Screenings

Health screenings are one of the most important things you can do for yourself to help maintain wellness and prevent disease. They are a variety of medical tests that can help identify diseases early, when they are more easily treatable. Different screening tests are recommended based on age, gender, and current health risks. Some are needed more frequently such as blood pressure checks, while others such as a colonoscopy would be done starting at a particular age and done every certain number of years. The most common health screenings focus on early detection of some types of cancer, high blood pressure and cholesterol, type 2 diabetes, osteoporosis, depression, overweight/obesity, and hearing and vision loss.

These are some of the most common adult health screenings:

- * blood pressure
- * blood fats
- * blood glucose
- * mammogram
- * Pap test
- * bone density
- * weight
- * colonoscopy
- * Prostate-specific antigen (PSA)
- * vision
- * hearing

Talk with your healthcare provider about scheduling important screenings that are appropriate for you. Also ask about immunizations to protect your health such as influenza, pneumococcal, tetanus, hepatitis A and B, and zoster for shingles.

For more detailed information visit:
<http://www.immunize.org/catg.d/p4030.pdf>
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=20&cnt=1&areaID=1&TopicContentID=440>

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**University of Florida/IFAS
Marion County Extension Service**

Foundation for the Gator Nation
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News You Can Use: *Are You Getting Enough Vitamin D*

The Institute of Medicine (IOM) of the National Academy of Science released a report in November 2010 on the health outcomes associated with vitamin D as well as revised Dietary Reference Intakes (DRIs). The report concluded that current evidence supports a role for vitamin D and calcium in bone health; but vitamin D was not shown to be of benefit in other health conditions. The revised DRIs for vitamin D are based on the three sources which are food, supplements, and sunlight. Vitamin D from food and supplements are more easily quantifiable than a person's ability to synthesize it from their skin in the presence of sunlight. This is because sun exposure varies from person to person and exposure has been greatly reduced in recent years as advised to help reduce risk of skin cancer. Therefore the committee assumed minimal sun exposure when determining the new values. The other consideration was age, since older persons (71 years and older) require more vitamin D because of physiological changes.

The new DRI's for vitamin D are provided in the table.

| Life Stage | Vitamin D (International Units/day) |
|----------------------|---|
| Children & teens | 600 |
| Adults, up to 70 | 600 |
| Adults, ages 71 + | 800 |

For more detailed information visit:

<http://www.iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D/Report-Brief.aspx?page=1>

<http://edis.ifas.ufl.edu/pdffiles/FY/FY20700.pdf>

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)

*** January ***

Diabetes Support Group

January 6th 2:30 to 4:00 p.m.

Mt. Moriah Missionary Baptist Church

Please call May Stafford, R.N. (352) 629-3782

Food Safety for Food Pantry Volunteers

January 27th 2:30 to 4:30 p.m.

Interfaith Food Pantry

Please call Thomas Curtis (352) 622-4204

*** February ***

Diabetes Support Group

February 3rd 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

February 7th 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

*** March ***

Diabetes Support Group

March 10th 2:30 to 4:00 p.m.

Mt. Moriah Missionary Baptist Church

Please call May Stafford, R.N. (352) 629-3782

Take Charge of Your Diabetes

Dates: March 22; April 1,8,15,22,29; May 6,13;
June 17; and July 22

Time: 9:00 a.m. to noon

Marion County Extension Office

Cost: \$45 per person (support person free)

Deadline to register—March 15th

Please call Lori Ball at (352) 671-8400

Produce Picks: *Florida Lettuce*

Florida produces the four main types of lettuce which are romaine, butterhead, crisphead, and looseleaf. Most lettuces (except crisphead) are high in vitamins A and K and good sources of vitamin C and folate. They are also a source of fiber and are naturally low in sodium and calories and are fat and cholesterol free. Florida lettuces are available from November through May and are produced throughout the State. They are predominantly grown in Alachua, Indian River, and Palm Beach counties.

Enjoy the benefits of buying local:

- freshness and better nutrition
- protects natural resources such as green space, wildlife, water, air, and soil
- increases awareness of the importance of agriculture
- stimulates the economy by promoting the local labor force

Cuisine Corner: *Sweet and Sour Leafy Green Salad*

Ingredients

5 cups torn romaine lettuce
 3 cups lightly packed spinach
 2 cups sliced mushrooms
 2 peeled and sliced oranges
 1 cup halved pitted prunes
 ½ cup sliced red onion
 ½ cup nonfat honey mustard dressing
 ¼ tsp ground black pepper

Toss all in ingredients in a large bowl and serve.

Makes four servings.

Source: UF/IFAS EDIS publication - FCS8879 <http://edis.ifas.ufl.edu/fy1117>

Nutrition Information (¼ recipe)

| | |
|---------------|------------------|
| calories | 190 |
| fat | 1 gram |
| carbohydrates | 47 grams |
| protein | 4 grams |
| fiber | 7 grams |
| sodium | 310 milligrams |
| vitamin A | 130% Daily Value |
| vitamin C | 110% Daily Value |

Calls to the Agent

Is the appearance of eggs related to food safety?

Sometimes it can, but not usually. Differences in egg color are due to many factors. For instance, blood spots are caused by a rupture of small blood vessels in the yolk during ovulation. It does not mean the egg is unsafe. Albumen (egg white) is the clear water-soluble protein that surrounds the yolk of an egg and provides nutrition for the embryo. A cloudy white albumen is a sign of freshness. A clear albumin is a sign of aging. Pink or iridescent albumin indicates spoilage due to *Pseudomonas* bacteria. Some of these microorganisms – which produce a greenish, fluorescent, water-soluble pigment – are harmful to humans. The yolk color varies in shades of yellow depending on the diet of the hen. Artificial color additives are not permitted in eggs. A green ring on a hard-cooked yolk is caused by a reaction of sulfur and iron compounds in the egg as a result of overcooking. The green color can also be caused by a high amount of iron in the cooking water. Scrambled eggs cooked at too high a temperature or held on a steam table too long can also develop a greenish cast which is also not a safety concern.



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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?

- Vitamin C is a water-soluble vitamin necessary for normal growth and development.
- Adult men require 90 milligrams each day. Adult women require 75 milligrams each day.
- Excellent food sources of vitamin C include: citrus, strawberries, red and green peppers, kiwi, sweet potatoes, broccoli, mangoes, tomato juice, cauliflower, pineapple, cantaloupe, kale and Brussels sprouts.



- Vitamin C is easily destroyed during preparation, cooking, and storage. To help retain vitamin C follow these tips:
 - ✓ cook vitamin C rich foods in as little water as possible
 - ✓ cook quickly as possible using the microwave, steam, or stir-fry
 - ✓ cut fruits and vegetables just before eating

