



Marion County
FLORIDA

EXTENSION SERVICE

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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UF UNIVERSITY of
FLORIDA
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Timely Tips

Diabetes: Be Prepared This Hurricane Season

We should all be prepared during hurricane season for the possibility of severe weather, but if you have diabetes there are some extra precautions that are important to consider. Perhaps one of the most crucial components in *your* disaster plan is having a diabetes emergency kit. What should you include? Below are some ideas:

Diabetes Emergency Kit

- Personal medical information
- Emergency contact list (healthcare providers/pharmacist, family, and friends)
- Written medicine regimen (medicine name, dosage, and directions)
- Written snack and meal plan (food groups and carbohydrates per meal)
- Extra copies of current prescriptions
- Glucometer kit with extra strips, lancets, and batteries
- Syringes and/or pen needles
- First aid supplies (alcohol, cotton swabs, bandages, topical medications, tape, etc.)
- Quick-acting carbohydrate (glucose tablets or gels, raisins, etc.)
- Longer-lasting carbohydrate (crackers, shelf stable milk, etc.)
- Glucagon emergency kit (if on insulin)
- Empty hard plastic bottle for needle disposal
- Cooler with freezer packs for storing insulin
- At least a 3-day supply of clean water and food that does not need refrigeration



Be sure to check the expiration dates of items in your emergency diabetes kit routinely. Let someone you trust know where your kit is in case you are not able to get to it.

Reference: <http://edis.ifas.ufl.edu/pdf/FY/FY130000.pdf>

Upcoming events

Diabetes Support Group

Mt. Moriah Baptist Church

July 26, Aug. 9, Sept. 13,

Oct. 11, Nov. 8, Dec. 13.

2 p.m. to 3:30 p.m.

For information or to register,

call May Stafford, R.N.

352-629-3782

ServSafe® Food Manager's Training and Exam

Marion County Extension

Service July 10, Oct. 16

8:45 a.m. to 4 p.m.

Pre-registration required

888-232-8723

Cost:

\$110 for class and exam

\$165 for class, book and exam

Where Can You Look For More Information?

Diabetes Care During Natural Disasters, Emergencies, and Hazards

A webpage from the Centers for Disease Control and Prevention

<http://www.cdc.gov/diabetes/news/docs/disasters.htm>



What's On Your Plate? *
Smart Food Choices for
Healthy Aging

Hospice Auditorium
Sept. 17 9:30 to 11:30 a.m.

Collins Resource Center
Sept. 18 9:30 to 11:30 a.m.

Nutrition for a Healthy Heart *

Collins Resource Center
October 4 9:30 to 11:30 a.m.

Hospice Auditorium
October 5 9:30 to 11:30 a.m.

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

Nutrition Management for
Adults with Type 2 Diabetes*

Master the Possibilities
Education Center
On Top of the World

Four-part series:
October 31; November 7, 14, 28
1:00 to 3:00 p.m.

*For information or to register,
call 352-861-9751.

Guest Contributor:

Cassie Rowe
M.S. Dietetic Intern Student
University of Florida
Food Science/Human Nutrition

News You Can Use

Gluten-Free Diets and Weight Loss: What You Need to Know

Gluten-free foods have become popular in the media and at the grocery store. Perhaps you have noticed the words "gluten-free" included on all types of labels. In fact, there are now over 2,000 gluten-free products in the United States touting this claim. And why not? Gluten-free has been implicated as the wonder cure for health conditions ranging from headaches and autism to weight loss and allergies. Doesn't it seem like the miracle cure that ails us? Well, that depends on the person.

What is Gluten?

Gluten is a protein found in wheat, barley, rye, and products made from these staple grains. It's one of the ingredients that gives dough its elasticity and baked goods their stability.

Who Requires a Gluten-Free Diet? Persons with Celiac Disease ...

Celiac disease is a genetic disorder affecting approximately 1% of the United States population. Persons with celiac disease must follow a gluten-free diet to prevent malnutrition and intestinal damage. It is a digestive disease that damages the villi (tiny finger-like protrusions) lining the small intestine responsible for absorbing nutrients into the blood stream. Persons with celiac disease are intolerant to gluten which causes their immune system to damage or destroy the villi. It is characterized by both malabsorption of nutrients and an abnormal immune response to gluten. The only treatment for celiac disease is a gluten-free diet. A lifelong adherence to a strict gluten-free diet is necessary to stay healthy, symptom free, repair intestinal damage and prevent further damage. A registered dietitian can help plan a healthy gluten-free diet and provide guidance on food selection and meal planning to maintain a healthy weight and ensure a balanced diet to prevent nutrient deficiencies.

Let's get to the bottom of why people believe a gluten-free diet may lead to weight loss. Simply put, Americans eat too many highly-processed, high calorie foods. Many of which contain gluten-containing grains. Anyone who eats excessive amounts of processed foods on a daily basis and suddenly eliminates them will reduce their calorie intake, which if significant, can lead to weight loss.

The fact is that most people don't have an issue with gluten. And, let's face it, gluten-free products are often more expensive and they are not always more healthy. In fact, many times manufacturers will increase the fat or sugar (and therefore calories) to make a gluten-free food taste better. If your goal is to safely lose weight, consider making healthy lifestyle choices including eating healthful foods in appropriate amounts and being physically active on a regular basis. If you'd like more information about how you can begin to make healthier lifestyle choices visit the United States Department of Agriculture's (USDA) Choose MyPlate website at: <http://www.myplate.gov>.



Interested in Learning More About Celiac Disease?

Academy of Nutrition and Dietetics → **Find a Registered Dietitian** at this site
(formerly the American Dietetics Association)

<http://www.eatright.org/Public/content.aspx?id=5542>

National Institutes of Health ~ National Digestive Diseases

http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/celiac_508.pdf

National Institutes of Health ~ Celiac Disease Awareness Campaign

<http://www.celiac.nih.gov/>

Produce Picks



Nutritional Value of Bell Peppers

one medium (119 grams)

Green

calories	24
protein	1 g
fat	<1 g
carbohydrate	5.5 g
fiber	2.0 g
potassium	208 mg
sodium	4 mg
vitamin C	96 mg
vitamin A	440 IU

Red

calories	37
protein	1 g
fat	<1 g
carbohydrate	7.0 g
fiber	2.5 g
potassium	251 mg
Sodium	5 mg
vitamin C	152 mg
vitamin A	3726 IU

Yellow

calories	32
protein	1 g
fat	<1 g
carbohydrate	7.5 g
fiber	1.0 g
potassium	252 mg
sodium	2 mg
vitamin C	218 mg
vitamin A	238 IU

Key: g - grams
mg - milligrams
I.U. - International Units

Reference:
<http://ndb.nal.usda.gov/>

Bell peppers are part of the plant family *Capsicum* which includes sweet, chili and jalapeno. Bell peppers are "sweet" and typically dark green. Depending on the cultivar, the pepper can turn green, yellow, orange or red at maturity. As a bell pepper ages it becomes sweeter and milder. You can buy bell peppers all year, but are cheapest when they are in season. Florida's peak harvest is typically May through November. All colors of bell pepper are high in vitamin C, but only red bell peppers are an excellent source of vitamin A. When purchasing, bell peppers should be firm, heavy for their size and their skin should be wrinkle-free. Store in the refrigerator until ready to use. Preparation is easy: wash the pepper under running tap water and cut open to remove the seeds. Then you can slice the pepper and enjoy it raw or cooked in entrees ranging from salads to casseroles!

Cuisine Corner

Farmers Market Gazpacho

Ingredients:

- 2 cucumbers – diced in ¼ inch pieces
- 3 red bell peppers – seeded and diced into ¼ inch pieces
- 3 green bell peppers – seeded and diced into ¼ inch pieces
- 4 celery stalks – diced into ¼ inch pieces
- 2 tomatoes - diced into ¼ inch pieces
- 1 onion – cut into ¼ inch pieces
- 2 lemons
- 2 cups tomato juice, low sodium
- 3 fresh minced garlic cloves
- 1 tablespoon ground cumin
- 1 cup fresh chopped cilantro
- salt and pepper to taste



Directions:

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. In a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of the reserved mixture to the pureed mixture.
4. Season with salt, pepper and the juice from the lemons.
5. Cover mixture and refrigerate for at least two hours.
6. Serve cold, garnish with chopped cilantro.

Yield: 4 servings

Nutrition information per serving:

140 calories; 1.5 grams fat; 65 milligrams sodium*; 30 grams carbohydrates; 8 grams fiber; 5 grams protein; 90% vitamin A; 500% vitamin C and 15% iron.
* does not include added salt to taste

Sources: Centers for Disease Control – Fruits and Veggies Matter
http://www.fruitsandveggiesmatter.gov/month/bell_pepper.html

USDA – Supplemental Nutrition Assistance Program (SNAP-ED Connection)
<http://recipefinder.nal.usda.gov/recipes/farmers-market-gazpacho>

<http://www.extension.iastate.edu/Publications/PM1888.pdf>

Calls to the Agent

Did You Know? ...

Onions contain a gas called propanethiol S-oxide. When this gas reaches your eyes, it combines with your tears and the reaction produces sulfuric acid. No wonder cutting an onion makes your eyes sting! Don't let this little problem deter you from eating this stinky vegetable though, because onions contain flavonoids and other compounds that have been reported to have a range of health benefits including anti-cancer properties, anti-clotting activities, anti-asthmatic and antibiotic effects. If you're still apprehensive about going through the tear-jerking process, try wearing swimmer's goggles while cutting onions. They look funny, but work quite well!



Question: What is the difference between grilling and smoking?

Answer:

Warm weather is the ideal time to cook out. More people cook outdoors in summer than any other time of the year. But warm temperatures are also ideal for bacteria and other pathogens (disease causing organisms) to multiply and cause foodborne illness. Use these simple guidelines for grilling and smoking food safely.

Grilling is cooking food over direct heat. Because of its close proximity to the heat, similar to broiling, tender meats and poultry are best for grilling. A grill can use either charcoal, wood, or special rocks heated by gas or electricity. Smoking is an indirect cooking method for large cuts of meat, whole poultry and turkey breasts. It can be done either in a covered grill with a pan of water underneath the meat on the grill or in a smoker. A smoker is an outdoor cooker specifically designed for smoking foods which permeates the meat or poultry with a natural smoke flavor. Since smoking is a slower process compared to grilling, it is ideal for less tender meats. For safety, the temperature in the smoker should be maintained at 250 to 300°F.

Since meat and poultry cooked on a grill tends to brown quickly on the outside, it is always best to use a food thermometer to be sure the food has reached a safe minimum internal temperature. All poultry (pieces and ground) should reach a minimum internal temperature of at least 165°F. All ground meat (beef, pork, veal and lamb) mixtures such as hamburgers should reach at least 160°F. Pieces of meat such as beef, veal, pork, lamb - steaks, roasts and chops should reach at least 145°F. For safety and quality, allow meat to rest at least three minutes before cutting or eating. Never partially grill meat or poultry and finish cooking later. When reheating fully cooked meats like hot dogs, grill to 165°F, or until hot and steamy. **DO NOT EAT COLD HOTDOGS FROM THE REFRIGERATOR—THEY MUST BE PROPERLY REHEATED BEFORE EATING.**



QUESTION: What is the difference between herbs and spices?

ANSWER:

Although "seasoning" is the general term used to describe herbs and spices, they are not the same. Herbs are defined as the leaves from low growing shrubs such as parsley, chives, marjoram, thyme, basil, oregano, rosemary, savory, sage, and celery leaves. Spices such as cinnamon, ginger, onion, garlic, sesame, black pepper, allspice, and paprika originate from the bark, root, buds, seeds berry, or fruit of plants and trees.



For more information on barbecue and food safety:

http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp

http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf

Meet the Agent

Nancy Gal, Family and Consumer Sciences Agent IV, has been on the faculty of the University of Florida/IFAS Marion County Extension Service 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, cardiovascular disease, weight management and food safety for home and commercial food handlers. 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, Extension Nutrition Specialist, on the development of the University of Florida/IFAS Extension's ***Take Charge of Your Diabetes*** program.

She has also co-authored UF Electronic Database Information System (EDIS) and for-sale Extension publications including five diabetes publications and [*Munchy Adventures*](#), a 4-H healthy lifestyles curriculum for youth.

Nancy has been honored for her excellence in program development and teaching receiving the National Extension Association of Family and Consumer Sciences Distinguished Service Award, Epsilon Sigma Phi - National Honorary Extension Fraternity Mid-career Service Award, National Extension Association of Family and Consumer Sciences Program Excellence Through Research Team Award, Florida Extension Association of Family and Consumer Sciences Program of Excellence Awards and the University of Florida's Sadler Distinguished Extension Professional and Enhancement Award.

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), along with the College of Agricultural and Life Sciences (CALS) and the Florida Agricultural Experiment Station, and is called UF/IFAS Extension.



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