



**Marion
County**
FLORIDA

EXTENSION SERVICE

UF UNIVERSITY of
FLORIDA
IFAS Extension

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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Contact the agent: nancy.gal@marioncountyfl.org

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Did You Know ...

Table Salt and Sea Salt

Timely Tips

Heart Smart - Tips for Reducing Sodium in Your Diet

The 2010 Dietary Guidelines for Americans are science-based practical approaches to help adults and youth make dietary and physical activity changes to improve their health and reduce risk of disease. **Reducing dietary sodium intake** is one of the new guidelines. Research has shown that too much sodium may increase blood pressure and raise your risk of heart disease, stroke and kidney disease. Heart disease and stroke are the first and third causes of adult death in the United States each year.

The Centers for Disease Control (CDC) has reported that Americans consume on average 3,400 milligrams of sodium a day. About 90 percent of the sodium we consume is in the form of salt (sodium chloride) which is found primarily in packaged, processed, restaurant and fast foods. Actually, a minor amount of sodium comes from salt added during cooking and at the table.

The new dietary guidelines for sodium recommend that adults in general reduce daily sodium intake to less than 2,300 milligrams. Additionally, there is further guidance for certain at-risk groups. Specifically, all adults 51 years and older and persons of any age who are African American or have high blood pressure, diabetes or chronic kidney disease should reduce daily intake to about 1,500 milligrams a day.

Do your heart a favor and consider these simple ways for reducing sodium in your diet:

- Choose foods that are lower in sodium by using the Nutrition Facts label to compare similar products. For instance, limit high sodium foods such as frozen meals, pizza, packaged meals and mixes, cured and processed meat and poultry, canned soups or broths, ready-to-eat foods and salad dressings.
- Flavor foods with sodium-free seasonings that are made from herbs and spices such as onion, garlic, cilantro, dill, basil, ginger and rosemary.
- Purchase fresh, frozen or canned "no salt added" or "lower sodium" vegetables.

Consult your healthcare provider about how much sodium you should consume before making any major dietary changes.

Please visit these sites for more information:
<http://www.cdc.gov/bloodpressure/sodium.htm>
<http://health.gov/DietaryGuidelines/>

Upcoming events

Diabetes Support Group

Mt. Moriah Baptist Church
July 7, Aug. 4, Sept. 8,
Oct. 6, Nov. 3 and Dec. 1.
2:30 to 4 p.m.

For information or to register,
call May Stafford, R.N.
352-629-3782

News You Can Use

ServSafe® Food Manager's Training and Exam

Marion County
Extension Service
Nov. 29
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

Standards of Medical Care for People with Diabetes

Hospice Auditorium
Oct. 31
8:30 – 10:30 a.m.

Collins Resource Center
Nov. 4
9:30 – 11:30 a.m.

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

Comparing USDA MyPlate and the Idaho Plate Method

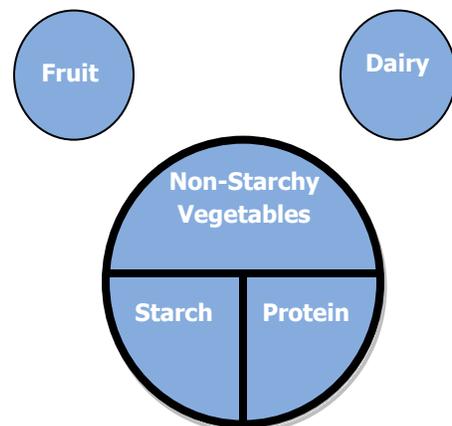
The USDA MyPlate and the Idaho Plate are two similar methods for planning healthy meals, except one was specifically designed for people with diabetes.

MyPlate is the new dietary guidance icon from USDA based on the 2010 Dietary Guidelines for Americans. They are science-based nutrition and physical activity recommendations for better health. MyPlate offers a simple, visual illustration of how to build healthful meals consisting of sensible amounts of healthy food choices. Essentially, half the plate consists of fruits and vegetables, a section for protein food, another section for grains and dairy on the side.

The Idaho Plate is an easy diabetes meal planning method. It was developed to help people with diabetes better manage their blood glucose and their body weight by moderating carbohydrate and calorie intake through consumption of a variety of healthful foods in appropriate amounts. The Idaho Plate method is based on the American Diabetes Association's nutrition recommendations for individuals with diabetes.

Using a nine-inch plate, this resource demonstrates how to balance carbohydrate food portions within the scope of a nutritionally balanced eating plan. Since carbohydrate consumption is very important to blood glucose control, foods are grouped by similar carbohydrate content. Therefore, the grain group includes starchy vegetables as well as grains. This easy-to-follow method promotes consumption of a variety of foods from all the food groups, but replaces the fruit on MyPlate with additional non-starchy vegetables. Making half the plate non-starchy vegetables supports blood glucose control and adds fiber, vitamins, minerals and water. The remainder of the plate consists of a starchy food and a protein food (one-fourth of the plate each). Complementing the plate are a serving of fruit and a serving of either non-fat or low-fat milk or yogurt.

Proper nutrition is a key component of diabetes management and should be personalized to meet individual needs. A registered dietitian (R.D.) is the nutrition professional on the health care team who can help people with diabetes create an appropriate meal plan to meet their needs.



Please visit these sites for more information:

<http://www.choosemyplate.gov/>

<http://www.extension.uidaho.edu/diabetesplate/>

Idaho Plate Method

Pumpkin



Nutritional Value

1 cup cooked

Calories:	49
Protein	2 grams
Carbohydrate	12 grams
Dietary Fiber	3 grams
Magnesium	2 milligrams
Potassium	564 milligrams

Reference:

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Enjoy Pumpkin This Season ...

Pumpkin is a wonderful food, a hearty winter squash that is a rich source of beta-carotene, an antioxidant that may help reduce the risk of developing certain types of cancer as well as offer protection against heart disease. It is also a very good source of potassium. Traditional pumpkin pie is high in fat, sugar, salt and calories. A simple and easy way to make this favorite dessert more healthful is to use 100% pure pumpkin rather than pumpkin pie filling, which is high in sugar and salt and adds empty calories. You can also bake it in a light graham cracker crust rather than a regular pie crust to reduce fat and sodium and lower the calories.

For a nice finish and just a few extra calories, add a dollop of light whipped cream and a vanilla wafer or gingersnap cookie.

Pumpkin Parfait

Ingredients:

- 1 cup 100% pumpkin (fresh or canned)
- 1 package (4 serving size) sugar free, instant non-fat vanilla pudding
- 1 teaspoon pumpkin pie spice
(or use ½ tsp. cinnamon, ¼ tsp. nutmeg, and 1/8 tsp. cloves)
- 1 cup evaporated fat-free milk
- 1 cup fat-free milk

Directions:

1. Mix all ingredients together in a large bowl.
2. Spoon into parfait glasses and chill until set.

Yield: 6 servings

Nutrition information per serving:

calories:	70
carbohydrate:	11 grams
protein:	5 grams
fat:	0 grams
fiber:	2 grams
sodium:	90 milligrams



Source: University of Florida/IFAS Extension Service

Take Charge of Your Diabetes Program

Produce Picks

Papaya is a sweet fruit rich in vitamins C and A. A one-cup portion provides 62 calories, 16 grams of carbohydrate, 3 grams of fiber, and less than one gram each of protein and fat. It has a yellow-orange flesh with a medium thick skin ranging in color from greenish-orange to rose. It is grown throughout the world's tropical regions. Most of the domestic crop comes from Hawaii, with lesser production from Florida, California, Mexico, Puerto Rico, and Central and South America. Papaya trees produce fruit all year long and therefore, the supply is constant. However, peak seasons are early summer and fall.

Preparing ripe papaya is very easy - simply rinse with cold water, cut in half lengthwise and remove the black seeds. Cut the flesh into wedges, slices or balls for fruit salads or eat plain. It can also be baked to use in chutney. Although the seeds are usually discarded, some people eat them. These shiny black seeds look very much like peppercorns with a similar spicy flavor. To use the seeds as seasoning, rinse and dry them and then grind coarsely in a food processor.

Cuisine Corner

Asian Salad

Ingredients:

- 1 papaya
- 1 guava
- 1 Asian pear
- 1 lb spring salad mix
- 4 tablespoon low-fat vinaigrette of your choice



Directions:

Cut papaya and guava into thin slices. Julienne the Asian pear. Put the spring mix salad in a large bowl. Toss with dressing. Mound on a platter. Place fruit slices on top and serve.

Yield: 4 servings

Nutrition information per serving:

100 calories; 3 grams fat; 190 milligrams sodium; 19 grams carbohydrates; 6 grams fiber; 10 grams sugar; 3 grams protein; 80% vitamin A; and 200% vitamin C.

Provides approximately 1½ cups of fruits and vegetables per serving.

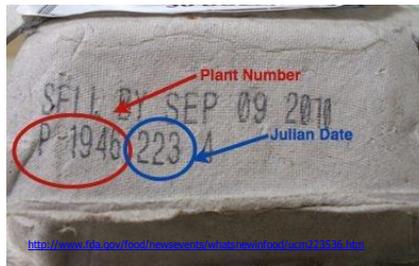
Source: Centers for Disease Control and Prevention

<http://www.fruitsandveggiesmatter.gov/index.html>

Calls to the Agent

Question: What do the dates on egg cartons mean?

Answer: Probably the most misunderstood product date is found on egg cartons. Product dating on eggs, while not federally required, may be mandatory by an individual state. Egg cartons displaying the USDA grade shield must clearly identify the pack date. The pack date is a three-number code that shows the day of the year beginning with January 1 as 001 (Julian date). If a sell-by date is on an egg carton showing the USDA grade shield, it must not be greater than 45 days from the pack date. Always purchase eggs before the "Sell-By" or "EXP" date on the carton. After purchase, promptly refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator. For best quality, use eggs within 3 to 5 weeks of the date you purchased them. The "sell-by" date will usually expire during that length of time, but the eggs are safe to use.



Question: Is it necessary to refrigerate pumpkin pie?

Answer: Absolutely. All foods made with eggs and milk are considered "time and temperature control for safety," commonly known as "perishable." Foods made with eggs and milk must first be safely baked to a minimum internal temperature of 160 °F. Pies in this category include pumpkin, custard, cream, fruit, mincemeat, pecan, as well as all cheesecakes. After baking and cooling, they must be refrigerated. Since eggs and milk have a high concentration of protein and moisture, when these baked products are left at room temperature, conditions are conducive for bacteria to multiply increasing risk of foodborne illness. However, it's not required to refrigerate most other cakes, cookies or breads unless they have a perishable filling.

For safety, perishable pies should be stored in the refrigerator (40 °F or below) and consumed within a certain number of days.

Type of Pie Days

Type of Pie	Days
Cream	3 - 4
Chiffon	1 - 2
Fruit	7
Mincemeat	7
Pecan	3 - 4
Pumpkin	3 - 4

Did You Know? ...

Table salt and sea salt have the same basic nutritional value. Even though they differ in taste, texture, and processing, both are sodium chloride and contain approximately 2,300 milligrams of sodium per teaspoon.

Table salt is extracted from underground salt deposits and is extensively processed removing trace minerals. The final product usually contains an anti-clumping additive and iodine.

Sea salt is minimally processed through evaporation of sea water, retaining trace elements and minerals which enhances the flavor and color.

While you may prefer sea salt because of the taste and texture, keep in mind it is still salt and by weight, has about the same amount of sodium as table salt.

The 2010 USDA Dietary Guidelines for Americans recommends reducing daily sodium intake to 1,500 to 2,300 milligrams a day.

FACT: Salt is 40 percent sodium and 60 percent chloride.

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 managing 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 was appointed by the governor to serve on the Florida Diabetes Advisory Council. 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 three 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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<http://www.marioncountyfl.org/extensionservice.htm>