



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

OCTOBER 2012 | VOLUME 3, ISSUE 4

To sign up for this newsletter [click here](#).
Contact the agent: nancy.gal@marioncountyfl.org

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Upcoming events

Diabetes Support Group

Mt. Moriah Baptist Church

Oct. 11, Nov. 1, 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, 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

Timely Tips

Prediabetes: Are You at Risk?

In 2010, the Centers for Disease Control and Prevention (CDC) reported that about 79 million adult Americans had prediabetes. Prediabetes is characterized by blood glucose (sugar) levels above normal, but below the point of type 2 diabetes. Adults with prediabetes are 5 to 15 times more prone to developing type 2 diabetes compared to people with normal blood glucose levels. They are also at greater risk of developing heart disease and stroke.

The Good News! The Diabetes Prevention Program study led by the National Institutes of Health and supported by CDC found that adults with prediabetes who made simple lifestyle changes reduced their risk of developing type 2 diabetes by 58 percent. Behaviors such as eating healthful food in appropriate amounts and increasing physical activity to at least 150 minutes weekly resulted in 5 to 7 percent weight loss. The results are in ... adults with prediabetes can improve their health to prevent type 2 diabetes as well as lower risk of diabetes complications.

1. Know the Risk Factors for Developing Prediabetes:

- ◆ Overweight
- ◆ Age 45 years and older
- ◆ Have a sibling with diabetes
- ◆ Have a parent with diabetes
- ◆ Family background: African American, Mexican American, American Indian, Native Hawaiian, Pacific Islander or Asian American
- ◆ Gestational diabetes (diabetes during pregnancy) or delivered a baby weighing more than 9 pounds
- ◆ Sedentary

2. Get Tested for Prediabetes:

There are three blood tests used to diagnosis prediabetes and diabetes.

Test	Normal	Prediabetes	Diabetes
Fasting Plasma Glucose (mg/dl)	Below 100	100 to 125	≥ 126
Oral Glucose Tolerance (mg/dl) 2-hour	Below 140	140 to 199	≥ 200
Hemoglobin A1C (%)	~5	5.7 to 6.4	≥ 6.5

Source: American Diabetes Association 2012 Standards of Medical Care

3. Take Action If You Have Prediabetes:

Have a discussion with your health care provider about changes that would be appropriate for you. Eating a healthful diet and being physically active are the tenets of a healthy lifestyle. A well balanced calorie-controlled meal plan rich in nutrients from vegetables, fruits, whole-grain foods, low-fat or fat-free dairy foods, and lean sources of protein is a great start. Complement healthy eating with healthy moving ... at least 150 minutes of moderate physical activity weekly. These changes will help you lose weight and lower blood glucose levels.



Already have diabetes?

Take Charge with a new class starting in 2013

[Click here to see flier](#)

[American Diabetes Association](#)
[National Diabetes Information Clearing House](#)
[Centers for Disease Control – National Diabetes Prevention Program](#)

News You Can Use

Nutrition for a Healthy Heart *
Collins Resource Center
October 4 9:30 to 11:30 a.m.

MRHS Auxiliary Center
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 352-854-3699

Guest Contributor:

Cassie Rowe, MS

Research Study Coordinator
Food Science/Human Nutrition
University of Florida

Juice Safety: What You Need to Know

Juices can be an important part of a healthy diet, supplying necessary nutrients such as vitamins and minerals, but consuming unprocessed juices can be harmful. According to the Food and Drug Administration (FDA), foodborne illness outbreaks have been linked to drinking fruit and vegetable juice and cider that had not been treated to destroy dangerous bacteria. Foodborne illness is caused by the consumption of food or beverages contaminated with disease-causing organisms – known as pathogens. The majority of these diseases are infections caused by bacteria, viruses, and parasites that enter the body through the gastrointestinal tract. Those at greatest risk of becoming ill from drinking untreated juices include children, the elderly, and persons with chronic illness and compromised immune systems.

As of 1999, juice manufacturers are required by the FDA to display warning information on product containers regarding the health risks of consuming untreated juice or cider. There is only a small segment of fruit and vegetable juices available for sale in grocery stores that are not treated to kill harmful bacteria. These products are required to clearly display the following warning label:

WARNING: This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

The FDA does not require the warning label for juice or cider that is fresh-squeezed and sold by the glass at restaurants, juice bars, farm markets, roadside stands, and apple orchards. To be sure, ask the merchant whether the juice or cider has been treated.

Follow these steps to make sure you are purchasing juice and cider that has been properly treated to prevent foodborne illness.

✓ *Read the Label*

Check the package for the warning label before purchasing. Pasteurized (heat treated) or other treated products can be located in the refrigerated sections, frozen food sections, or in non-refrigerated packages such as bottles, boxes, or cans. Untreated juices are normally located in the refrigerated section of the grocery store.

✓ *Inquire If You Are Not Sure*

Ask the merchant if you are uncertain about a juice product, in particular those sold in the refrigerated section of grocery stores, farm markets, and cider mills. Also be mindful of juice and cider sold by the glass.

[Reference](#)





Produce Picks

Sweet potatoes are a traditional Thanksgiving favorite, yet often forgotten the rest of the year. What a shame – they are not only delicious, but one of the most nutritious foods known for its high vitamin A, vitamin C, potassium, and fiber content. Sweet potatoes are “nutrient-dense,” because they contain nutrients such as vitamins and minerals with moderately few calories compared to calorie-dense foods which provide calories with few nutrients such as candy and desserts. The two main types are dry-fleshed and moist-fleshed. They come in a variety of skin and flesh colors. The skin can be off-white, yellow, orange, tan, red, and purple. The flesh shades include orange, yellow, white, purple, and red. Dry-fleshed (firm variety) have a consistency similar to a white potato. Moist-fleshed (soft variety) are softer and have a sweeter flesh. Whichever type you choose, the preparation is simple. Clean the surface with cool tap water and scrub with a vegetable brush to remove surface residue (do not use detergent or soap); cut-out bruised areas. Then it is up to you – bake, microwave, boil, grill, use in a recipe, or enjoy raw in salads and for dipping. They are so good – you can eat them “naked” – bake until soft and tender, mash as desired and enjoy. [Reference](#)

Nutritional Value Sweet Potato

one medium, cooked with skin
(2" diameter, 5" long, 114 g)

calories	103
protein	2 g
fat	<1 g
carbohydrate	24 g
fiber	4 g
potassium	542 mg
sodium	41 mg
vitamin C	22 mg
vitamin A	21909 IU
folate	7 mcg

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

[Reference](#)

Did You Know?

Sweet potatoes and yams are different

Although the names are interchanged, they belong to two different botanical groups. Sweet potatoes are from the Convolvulacea or morning glory family. Yams are from the Dioscoreaceae or Yam family. There are many varieties of sweet potatoes – usually the “soft” type is typically called yams. However, yams are native to Africa and Asia – Africa producing 95% of the crop. There are more than 600 varieties of yams – ranging in size similar to a small potato to over 100 pounds. Taste wise yams are starchier and drier than sweet potatoes.

References:

[Everyday Mysteries](#)
[Watch Your Garden Grow](#)

Cuisine Corner

Maple Sweet Potatoes

Ingredients:

- 2 medium-large sweet potatoes
- 2 tablespoons plain, non-fat yogurt
- ¾ tablespoon maple syrup
- 1 tablespoon orange juice



Directions:

1. Prick potato skins with a fork.
2. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
3. Cut potatoes in half and scoop out pulp into a medium bowl; being careful to keep the skins intact.
4. Mash the pulp and stir in yogurt, maple syrup, and orange juice.
5. Transfer to a microwave-safe bowl and microwave for 1 to 2 minutes.
6. Place mixture into sweet potato skins and serve.

Yield: 2 servings

Nutrition information per serving:

150 calories; 0 grams fat; 35 grams carbohydrates; 3 grams protein; 4 grams fiber; 80 milligrams sodium

References: Centers for Disease Control – Fruits and Veggies Matter

[Recipe](#)
[Selection and Storage Information](#)

Select firm, small to medium size potatoes with smooth unblemished skin.

Store in a cool, dark place for use within 3 to 5 weeks.

Holiday Food Safety Tips

No matter your tradition; food safety is the most important element in preparing food for the holidays. Here are some helpful resources to keep your holidays safe and joyous.



[Image source](#)

✓ [Food Safety Tips for Healthy Holidays](#)

✓ [Let's Talk Turkey](#)

✓ [Top Turkey Resources](#)

✓ [Other Seasonal Food Safety Fact Sheets](#)

(link includes the following topics)

- ✓ Cooking For Groups
- ✓ Safe Handling of Take-Out Foods
- ✓ Smoking Meat and Poultry
- ✓ Mail Order Food Safety
- ✓ Roasting "Other" Holiday Meats

Calls to the Agent

Question: How can I make my holiday meals more nutritious?

Answer:

The holidays are coming—and with them the promise of many delicious meals. Listed below are some fabulous and perhaps underutilized ingredient additions to boost the nutrition of your "traditional" holiday meals.

Cranberries: Cranberries contain nutrients like antioxidants and flavonoids, and research is finding that these may help to protect against heart disease, cancer, and other diseases. These fruits are commonly used as a holiday side item, but have you ever thought of adding them to foods like rice, stuffing, or salad dishes? Cranberries (fresh or dried) are fantastic with desserts, like cranberry-apple pie!

Brussels sprouts: Brussels sprouts are a good source of fiber and an excellent source of vitamins C and K. They're also high in phytonutrients, particularly glucosinolates, which are being studied for their potential to prevent cancer. Many people find the strong flavor of Brussels sprouts repulsive, but the intensity of the flavor can be altered by your cooking method. Instead of steaming Brussels sprouts, try them roasted or slice and sauté them with bacon and garlic.

Squash seeds: You may have roasted pumpkin seeds before, but have you ever tried acorn or butternut squash seeds? The seeds from any winter squash are good sources of zinc, fiber, and unsaturated (healthy) fats. They are delicious savory or sweet. Roast and eat them on their own, or try adding them to salads, pilaf dishes, or holiday nut breads for added crunch!

Currants: Currants are an excellent source of potassium and vitamin C, and a good source of fiber. They contain antioxidants and polyphenols, especially anthocyanins, which are being researched for anti-cancer and anti-disease properties. Currants look like small raisins, and are tasty in savory or sweet dishes. They make a yummy contribution to holiday stuffing, rice dishes, or fruit breads.

This holiday season "spruce" up your traditional holiday meal by performing a search on your favorite recipe database for one or two *new* dishes that feature one of the nutritious ingredients above. Happy Holidays!



Question: Is pink turkey meat safe?

Answer:

The color of cooked meat and poultry is not always a sure sign of its degree of doneness. Only by using a food thermometer can you accurately determine that a meat has reached a safe temperature. Poultry can remain slightly pink even after cooking to temperatures of 165°F and higher. The meat of smoked turkey is always pink. Raw turkey skin color is off white to cream-colored. Under the skin the color ranges from a pink to lavender blue depending on the amount of fat just under the skin. If the turkey has reached an internal temperature of 165 °F as measured in the thigh, it should be safe to eat. When there is a pink color in safely cooked turkey, it is due to the hemoglobin in tissues which can form a heat-stable color. This can also happen when smoking, grilling or oven cooking a turkey.

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.



[**University of Florida/IFAS Marion County Extension**](#)

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