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More on New Meat Labels:

- Ground meat and poultry serving size will be based on 4 ounces of raw meat.
- Servings per container will be listed as "varied."
- Labels will be either on the package or on a display in the meat case.

Nutrition Facts Labels on Meat



Nutrition Facts	
Serving Size 4 oz (112g) raw, as packaged.	
Servings Per Container varied	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 5g	14%
Saturated Fat 2.5g	12%
Cholesterol 85mg	28%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Protein 21g	42%
Iron 5%	
<small>Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium</small>	
<small>*Percent Daily Values are based on a 2,000-calorie diet</small>	

Sample label for ground turkey

Starting March 1, 2012, nutrition facts panels will now be on packages of ground or chopped meat and poultry, such as hamburger or ground turkey. Additionally, 40 of the most popular whole, raw cuts of meat and poultry, such as chicken breast or steak, will also have nutritional information either on the package labels or on display at the store.



The new nutrition facts panels will list the number of calories and the grams of total fat and saturated fat that a product contains. For example, consumers will be able to compare the calories and fat content for ground turkey versus ground beef, or for pork chops versus chicken breasts, right in the store. Additionally, a ground or chopped product that includes on its label a lean percentage statement, such as "85% lean," and is not considered "low in fat" also will list its fat percentage, making it easier for consumers to understand the amounts of lean and fat content in a particular product. Consumers will no longer have to guess which products fit their diets.

The new labels should help consumers purchase meats that fit their families' needs. The goal is to provide a clear view of options in the meat case.

Source: http://www.fsis.usda.gov/News_&_Events/NR_030112_01/index.asp

Food Safety Alerts via Twitter

If you are a Twitter user, then you can stay up-to-date on food safety alerts for consumers. The U.S. Department of Agriculture Food Safety and Inspection Service launched Twitter feeds for consum-

ers in several states, including Kansas.

This type of social media can provide better public health protection in a timely manner to a specific area of the country.

The Kansas Twitter feed is at http://twitter.com/#!/KS_FSISAlert. For more information see <http://1.usa.gov/z1luwo>.

Does Grapefruit Juice and Medicine Mix?

Grapefruit juice can be part of a healthful diet—most of the time. It has vitamin C and potassium—substances your body needs to work properly.

But it is not good for you when it affects the way your medicines work.

For example, if you drink a lot of grapefruit juice

while taking certain statin drugs to lower cholesterol, too much of the drug may stay in your body, increasing your risk for liver damage and muscle breakdown that can lead to kidney failure.

Drinking grapefruit juice several hours before or several hours after you

take your medicine may still be dangerous. It is best to avoid or limit consuming grapefruit juice or fresh grapefruit when taking certain drugs.

Ask your pharmacist or other health care professional if you can have fresh grapefruit or grapefruit juice while using your medication.



For more information see this FDA Consumer Update at <http://1.usa.gov/wE27vZ>.



Broasting is a method of frying under pressure. Specific equipment, [Broasters](#), are sold only to food service and institutional customers.

Frying Food in a Pressure Cooker

There is a famous brand of fried chicken that is cooked under pressure. But can this be done at home with pressure cookers?

According to Presto,

Mirro, and All American pressure cooker manufacturers, their equipment cannot be used for frying. One reason is the oil will damage the gasket. The other reason is the lid-to-pan connection

is not strong enough to hold the lid on the pan safely for frying.

Always refer to manufacturer recommendations for best safety.

Sources: Presto, Mirro, and All American

New for Jam & Jelly Makers

Jarden Home Brands, makers of Ball® and Kerr® home canning products, are introducing a new appliance to help making jam and jelly easier.

The Ball® FreshTECH Automatic Jam & Jelly Maker is designed to make fruit into jam in less than 30 minutes. It has a built-in stirring system that consistently stirs the jam to help cooks multi-task more efficiently. It has a non-stick interior, duel setting buttons and recipes in the guide.

More details and availability will be announced after April 1, 2012.



Learn more about food preservation at www.rrc.ksu.edu.



For more information, see the Centers for Disease Control and Prevention Press Release at <http://1.usa.gov/wjXwy7>.

Raw Milk Causes Most Dairy-Related Outbreaks

In a 13-year review of foodborne illness outbreaks related to milk, the rate of outbreaks from raw or unpasteurized milk was 150 times greater than pasteurized milk across the country. In states that sell raw milk legally, the rate of foodborne illness is more than twice the rate than those states where selling raw milk is illegal.

The study included 121 dairy-related disease outbreaks, which caused 4,413 illnesses, 239 hospitalizations and three deaths. In 60 percent of the outbreaks (73 outbreaks) state health officials determined raw milk products were the cause. Nearly all of the hospitalizations (200 of 239) were in those sickened in the raw milk outbreaks. These dairy-related outbreaks occurred in 30 states, and 75 percent (55 outbreaks) of the raw milk outbreaks occurred in the 21 states where it was legal to sell raw milk products at the time.

Some consumers believe raw milk has more health benefits, but this study shows the high risks of consuming raw milk, especially in children.



Canning with a Propane Burner

While this may be a possible option for home canning, it is a safety issue.

The makers of Presto and National canners state: "Caution: Do not use

pressure canner on an outdoor LP gas burner or gas range over 12,000 BTU's." This is for any new or old model.

Why? The high heat can damage the canners by

warping the metal. It could also fuse the canner to the burner. The high heat can also boil out the water too fast.

Source: <http://bit.ly/xMvtFW>

Always follow manufacturer recommendations and instructions for the best and safest use of any home canning equipment.



Asparagus has less than 4 calories per spear.

www.asparagus.org/maab/nutrition.html

Preserving Asparagus

Spring is days away and one sign of spring is fresh asparagus. If you are lucky to have your own patch, you know it grows quickly. Here's some options to preserve fresh asparagus.

- [Freezing Asparagus](#)—National Center for Home Food Preservation
- [Drying Asparagus](#)—Colorado State University
- [Pressure Canning](#)—National Center for Home Food Preservation
- [Pickling](#)—National Center for Home Food Preservation

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Lean Finely Textured Beef



LFTB products are safe to eat and are compliant with USDA regulations.

Recent news stories have questioned the finely textured beef product that some are labeling as "pink slime." The



American Meat Institute recently issued a fact sheet to help consumers understand what lean finely textured beef (LFTB) means.

LFTB products help prevent waste of valuable, lean, nutritious, safe meat. There are two types. One is boneless lean beef trimmings (BLBT). The other is finely textured beef. BLBT consist of trimmings that have the fat removed to make a 95+% lean product. All products are edible. It is treated with food grade ammonium hydroxide to destroy harmful bacteria. When mixed with ground beef, it is not listed as a separate ingredient because it is 100% beef. In fact, because of adding LFTB products to ground beef, the number of samples tested positive for E. coli O157:H7 has dropped 55 percent from 2000 to 2010.

Source: <http://bit.ly/wGFMvv>



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On the Web at
www.rrc.ksu.edu



Enjoy a Glass of....Beet Juice!

This may not top the list of typical juices for breakfast. Research shows, however, it may



Beets are also rich in folate and both soluble and insoluble fiber.

lower blood pressure, provide antioxidants, improve blood flow and more.

Beets contain nitrates which, are not the same as nitrates in cured or

processed meats. These nitrates convert to nitric oxide in the body and can help dilate blood vessels to increase blood flow to tissue, lower oxygen demand in muscles during exercise, and inhibit blood clots.

Be wary of claims that say beet juice prevents cancer. Beets also contain oxalates which can form kidney stones.

Source: <http://bit.ly/w7kVKv>