

You Asked It!

Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

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Reduce Penalties with these Plays:

- Keep the playing field clean. Prevent cross contamination.
- Make the goal by keeping cold foods cold and hot foods hot.
- The best defense is keeping your hands clean.
- Post-game, toss perishable foods left at room temperature more than two hours.

Scoring Food Touchdowns!



Get your food plan ready for the playing field!

Get ready for the second largest day for consuming food! That day is Super Bowl Sunday. Here are eight game strategies:



1. De-fense! Reduce excess fat and calories with lower-calorie drinks and snacks. Don't get tackled by large platters of food.
2. Look at the stats. The Nutrition

- Facts Panel shows calories and nutrient content. Eat from a plate, not the box.
3. Condition yourself. Start walking, lift weights, do some physical activity each day.
 4. Preparation is key. Knowing snacks will be available, limit food intake prior to the party.
 5. Yellow flag! Don't get penalized. Choose smaller portions or smaller plates to hold less food.
 6. Injury timeout! Prevent foodborne illness. Keep hot foods hot and cold foods cold. Follow the "two-hour rule" for perishable foods.
 7. Take a time out! Pace yourself. By-pass second helpings.
 8. Touchdown! All of these strategies and help you win the game!

Source: <http://bit.ly/yXi1j2>

MyPlate for Older Adults

Tufts University has created MyPlate for Older Adults to correspond with the USDA MyPlate guidelines.

The new resource focuses on foods with high vita-

min and mineral content. It also has icons for physical activity and fluid intake. Fruits and vegetables still make up half the plate. It also recommends lower salt intake to

help keep blood pressure controlled.

For more information, see <http://bit.ly/zYbZAR> and <http://bit.ly/z04aBY>.

Eat a Healthy Breakfast

You've heard it before. Breakfast is the most important meal of the day. Now research shows that eating a healthy breakfast can help prevent obesity, belly fat, and reduce the risk of heart disease.

Breakfast cereal started as a "health food" in 1863 by Dr. James Caleb Johnson and was called

Granula. This cereal contained dense bran nuggets that required an overnight soak. It is thought that a patient of Dr. Johnson's took this cereal to Dr. John Harvey Kellogg who developed an oat, wheat and cornmeal biscuit. He called it Granola, but a lawsuit changed the name "Granola."

A breakfast of ready-to-eat cereal can easily be a whole grain food. At least 15 cereal products have the word "whole" first in the ingredient statement. Simple oatmeal or steel cut oats can make a hearty hot breakfast on cold days.

Source: Tufts University Health & Nutrition Letter, January 2012



Breakfast can be easy. A bowl of healthy cereal and fruit can be done in minutes.

Fresh Pineapple Pointers

Precut fresh pineapple makes it easy to use. To get a fresher flavor, buy a whole pineapple and cut it at home.

Take your tastebuds to a tropical island with fresh pineapple. A ripe pineapple should be fragrant and give slightly when squeezed. Bright, green leaves mean a fresher pineapple. A ripe pine-

apple stays fresh up to three days at room temperature.

Prepare a pineapple by cutting off the green top and bottom. Slice off rind and as many eyes as

possible. Remove remaining eyes, quarter, and cut out core.

Source: Fine Cooking, Feb/Mar 2012



SuperTracker

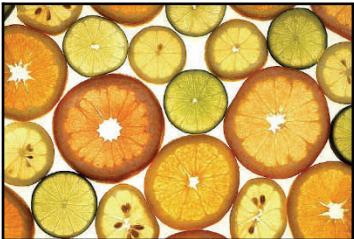
To compliment the ChooseMyPlate guidelines, the USDA has developed SuperTracker to help consumers make changes in their life. This free online tool is designed to help consumers reduce chronic disease and maintain a healthy weight.

Recommendations are personalized and tracked for what and how much to eat and amount of physical activity. There are tools for goal setting, virtual coaching, weight tracking and journaling. Reports measure progress in a summary or detailed format.

Learn more about SuperTracker from the website at right.



www.choosemyplate.gov/SuperTracker/default.aspx



Source: Eating Well magazine,
Jan/Feb 2012



Add Zing with Citrus Fruit

During winter months, freshen up meals with a variety of citrus fruit. Many types of oranges, lemons, limes and grapefruits fill produce bins and can liven up many meals. Simply replacing salt with a squeeze of citrus juice can enhance flavors. Here's some other functions of citrus.

- Keep fruits and vegetables looking fresh with a splash of lemon or lime juice. This helps prevent browning due to oxidation.
- Citrus antioxidants, limonoids, may help fight various cancers.
- Boost flavor in soup with citrus. Add at the end of cooking to brighten other flavors.
- Add intense flavors with citrus zest. The outer skin contains floral, spicy and bitter flavors.

Foodborne Illness Costs \$77 billion Annually

The Centers for Disease Control and Prevention now estimate foodborne illness affects 48 million people. A study by The Ohio State University calculated the resulting cost of this estimate at

\$77.7 billion. This cost is associated with 31 known pathogens and includes medical costs, productivity loss, and death related to the illness. It also includes resulting pain, suffering

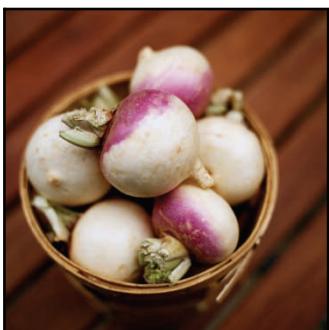
and loss of functionality.

Of the 48 million cases, almost 9.4 million are identified and just over 38 million are not identified.

Source: <http://bit.ly/zwQ0QH>



Try Turnips!



A 1/2 cup serving of turnips has 15 calories, 0g fat, and 2g fiber

This root vegetable has been found all over Europe and Asia for centuries. A turnip looks like a giant radish and is a well known food source for both the root and greens. Turnips come in all shapes, sizes, and colors.

Turnips are available year round but more often in the fall and winter months. Select smooth surfaced roots that are firm and heavy with some root hairs at the bottom. In general, smaller turnips will be sweeter and more tender. Turnips keep well; cut the greens and bag them separately from the root placing them in the crisper section of the refrigerator for up to a week. Turnips can be peeled before cooking, eaten raw, or sliced, diced, or julienned. When cooking this delicate root, cook only to the just tender point; avoid overcooking as sweetness will diminish. They will also become mushy.

Source: [www.fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)

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Research & Extension

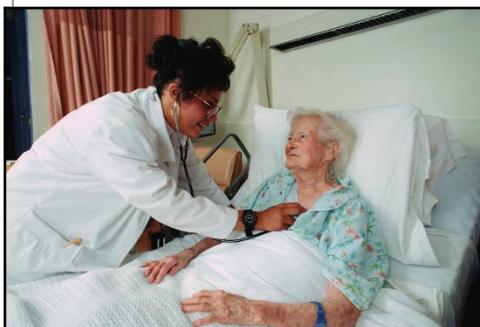
Rapid Response Center
221 Call Hall
Manhattan, Kansas 66506

Phone: 785-532-1673
Fax: 785-532-3295
Email: kblakesl@ksu.edu

Knowledge for Life

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Take care of your heart with regular checkups.

Chances are you, or someone you know have had some sort of heart condition. Many recover completely and live a normal life. How much do you know about heart disease?



When a heart attack happens, it stops the flow of blood to the

heart. Severe coronary artery spasms can cause heart attacks. This is also called a coronary occlusion. Blood clots cause coronary thrombosis, a form of occlusion. The medical term for a heart attack is a myocardial infarction.

Cardiac arrest, however, is a malfunction of the electrical system in the heart. If the heart completely stops working properly, it can lead to death.

According to the American Heart Association, someone has a heart attack about every 34 seconds. Don't let this be you!

Learn more at www.heart.org.



**Karen Blakeslee,
M.S.**

On the Web at
www.rrc.ksu.edu



Do You Know CPR?

By learning Cardiopulmonary Resuscitation (CPR) you could save the life of someone you love. It can happen anytime and 80 percent of cardiac arrests happen in the home.



CPR dates back to 1740 with mouth-to-mouth resuscitation to drowning victims.

As a bystander who knows CPR, you can double or triple

a person's survival rate.

One way to learn about CPR and how to perform it is with the "[Hands-Only™ CPR Instructional video](#)" from the American Heart Association.

Always call 911 and do your best to help a person by knowing CPR.

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