



Inside this issue:

Nutrition Facts Label Turns 20	2
National Nutrition Month®	2
Depression Linked to Soda	2
Menu Labeling	3
Cleaning Darkened Aluminum	3
Get Organized!	3
Raw Food Diet	4
Cooking in Paper Bags	4



Safe Food Handling Resources:

- [Check Your Steps: Food Safe Families](#)
- [Food Safety for Kids & Teens](#)
- [Everything Counts When it Comes to Protecting Your Family—Spanish](#)
- [At-Risk Populations](#)

Cooling Food Properly



Keep refrigerator temperature below 40°F.

One of the most common causes of foodborne illness is traced back to cooling food improperly. In fact, between 1998 and 2008, improper cooling of food led to 504 foodborne illness outbreaks in restaurants.



The U.S. Food and Drug Administration Food Code requires food to be cooled

rapidly from 135 to 70°F in 2 hours or less, then from 70 to 41°F in the next 4 hours or less.

A recent study of data from 420 restaurants shows that most (86%) restaurants have formal cooling methods, but the employees are not always following the procedures. One problem is that procedures are not tested and verified regularly. Many do not monitor time or temperature during cooling. Some observations showed that cooling units were not working properly.

Proper cooling of hot food is important for restaurants and for consumers. In this study, not using shallow containers was the most common observation of cooling food improperly.

Learn more about this study at <http://1.usa.gov/10uJpHH>.

Nutrition & Wellness for the Young

Need some new ideas to teach nutrition and wellness to kids? Let the USDA Food and Nutrition Service help.

They have a new hand-book entitled "Nutrition

and Wellness Tips for Young Children." Tips are provided to build healthy plates of fruits, vegetables, dry beans, peas, and more. It also includes ideas for active playtime, limiting screen time, food

safety and more.

Learn more about this new book at <http://1.usa.gov/V6b2Ey>.



Nutrition Facts Label Turns 20!

When you're walking down the aisles of a supermarket, it's not unusual to see fellow shoppers reading the information on the back of a food package, box or can. They might want to know how many calories are in the food, or they might be watching their sodium intake.

They could be trying to

limit sugars and eat more dietary fiber. Or they could be parents trying to make the most nutritious choices for their children.

All this information is available thanks to an important addition to food packaging that was introduced to the American public 20 years ago: the Nutrition Facts label.

This familiar rectangular box provides, in a standard format, important information about the nutritional content for most packaged foods, including breads, cereals, canned and frozen foods, snacks, desserts and drinks.

Source: <http://1.usa.gov/WtGTJq>

Nutrition Facts		
Serving Size 1/2 package (44g, about 1/4 cup dry mix)		
Servings Per Container 12		
Amount Per Serving	Mix	Baked
Calories	190	280
Calories from Fat	45	140
	% Daily Value**	
Total Fat 5g*	8%	24%
Saturated Fat 2g	10%	13%
Trans Fat 1g		
Cholesterol 0mg	0%	23%
Sodium 300mg	13%	13%
Total Carbohydrate 34g	11%	11%
Dietary Fiber 0g	0%	0%
Sugars 18g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	6%	8%
Iron	2%	4%
* Amount in Mix		
** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g



Learn more about National Nutrition Month® at www.eatright.org/nnm/#.UPR9-f1Z6Jo.

National Nutrition Month® 2013

March is designated National Nutrition Month® by the American Dietetic Association. The theme for 2013 is "Eat Right, Your Way, Every Day."

The promotion encourages healthy eating

styles based on the 2010 Dietary Guidelines and MyPlate education messages. Eating styles vary by food preferences, lifestyle, cultural and ethnic specialties and health concerns.

This is the 40th year of promoting nutrition through the National Nutrition Month® campaign.

Depression Linked to Soda?

How much soda do you drink? Have you been diagnosed with depression? In a study to be presented at the American Academy of Neurology meeting in March suggest these two may be linked.

The study included 263,925 people ages 50-71 who drank soda, tea, fruit punch, and coffee from 1995-1996. Participants were re-evaluated about 10 years later for depression diagnosis. There were 11,311 cases of depression diagnosed. A 30% incidence of depression was found in those who drank four or more cans/cups of soda per day. A 38% incidence of depression was associated with drinking four cans of fruit punch per day. The risk was greater for those who drank diet drinks.

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



Activity Based Menu Labeling

What if restaurant or fast food menus showed caloric content as well as minutes or miles of walking to burn those calories? Would that affect your food selection?

In a study published in the journal *Appetite*, participants were assigned one of four menus including 1) no nutritional information; 2) calorie information only; 3) calories and minutes of walking to burn those calories; and 4) calories and miles to walk to burn those calories.

Results showed that with more information, the food calories ordered decreased. The most effective choice was option four compared to option one. The menus were based on fast food restaurants. No pictures of food were provided as well as generic descriptions of the food.

Will this type of menu help you choose healthier foods?

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



Q. How many miles will you have to walk to burn off this burger?

A. About 2.6 miles



Cleaning Darkened Aluminum

Do you have aluminum pans or utensils that have darkened after cleaning? This can happen by contact with minerals and alkalis in some foods and water.

To brighten aluminum, try boiling 2-3 table-spoons cream of tartar, lemon juice or vinegar in one quart of water. Put the utensil in the boiling water for 5-10 minutes. Remove and lightly scour

with a steel wool soap pad.

Washing aluminum items by hand can reduce darkening of aluminum.

Source: American Cleaning Institute

To help aluminum stay bright, use cleaning products recommended for cleaning aluminum.



Get Organized!

The new year always brings tips and tricks to get organized. Kitchen pantries are a place to start. Here are some ideas from Spend Smart. Eat Smart.

- Working from the top shelf down, wash and dry the pantry shelves including the corners or cracks, to remove crumbs and food particles.
- Evaluate the places you store food. Food stores best in cool, dry, dark spaces.
- Keep your pots, pans, utensils, and tableware in the cabinets near the oven, stove, hot pipes, or refrigerator exhaust.
- Take everything out of cabinets and sort by categories. Check expiration dates to rotate out older foods.

Learn more ideas at <http://bit.ly/VbCEoW>.

Kansas State
University
Research & Extension

Rapid Response Center
221 Call Hall
Manhattan, Kansas 66506

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



Kansas State University Agricultural
Experiment Station and Cooperative
Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John Floros, Director.

Raw Food Diet

The rationale for following a raw food diet is not sound, it is not adequate nutritionally, and some raw foods (dairy and animal-based foods) are not safe to eat.

“Raw” foods on this diet have never been heated above 118 degrees F., nor processed, irradiated, genetically engineered, or exposed to pesticides or herbicides. The diet includes foods only in their raw state (fresh or soaked or juiced or sprouted or fermented or dehydrated): fruits, vegetables, raw grains, raw legumes, raw nuts, raw seeds, herbs and herbal teas, and cold-pressed oils.

Proponents say when food is cooked, we break down the food’s enzymes, which leads to worse digestion and the loss of many of

the food’s nutritional benefits. Proponents also say that cooking destroys most of the vitamins in food and nearly all of the immune-boosting plant nutrients. Scientific evidence to support this rationale is lacking. Our bodies make the enzymes we need to digest and absorb foods, and the enzymes in all of the foods that we eat are inactivated by the acidity in our stomachs.

You may have to supplement this diet with vitamins and minerals to keep from getting too low on B vitamins, vitamin D, iron and calcium. The absence of any animal products may not provide enough protein, depending on your food choices. Infants and children do not grow well on this type of diet.

Source: Dr. Mary Meck Higgins, R.D., L.D.



Karen Blakeslee, M.S.

On the Web at
www.rrc.ksu.edu



Cooking in Paper Grocery Sacks

Do **not** use **brown paper bags** from the grocery or other stores



for cooking. They are not sanitary, may cause a fire, and may emit toxic fumes. Intense heat may cause a bag to ignite, causing a fire in the oven and possibly contaminating the turkey. The ink, glue, and recycled materials in

paper bags may emit toxic fumes when they are exposed to heat. Instead, use commercial oven cooking bags.

For other items that should not be used for cooking, see <http://lancaster.unl.edu/food/ftsep04.htm>.

Source: <http://1.usa.gov/TQja>