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Little Change in Fast Food Nutrition



Fast food is a popular choice for a quick meal. But, over the years (1996-2013), little has changed in the nutritional content. Research published in *Preventing Chronic Disease* shows average calories, sodium and saturated fat have stayed constant. One exception is the decline in *trans* fat in fries. This may be due to legislation to reduce, or ban, *trans* fat in fried foods.

Fast foods studied included fries, cheeseburgers, grilled chicken sand-

wiches, and regular soda. They included various sizes of these foods. The foods came from three fast food chains.

Only minor fluctuations were found in calorie content, saturated fat, and sodium during this time period. Similar items between chains could vary widely. For example, a small order of fries were 110 calories to 320 mg of sodium different between chains.

A cheeseburger meal from the three chains could fulfill 65-80 percent of a 2,000-calorie daily intake. Sodium content made up 63-91 percent of the recommended daily intake.

Read more about these studies at:

www.cdc.gov/pcd/issues/2014/14_0202.htm

www.cdc.gov/pcd/issues/2014/14_0335.htm

Healthy Recipes for the New Year

Need help in meeting your resolution to eat healthier? The American Institute for Cancer Research (AICR) has many tested recipes to help achieve your goals.

From appetizers to vegetables, these recipes guarantee they meet AICR recommendations; fit the [New American Plate](#); are tasty and easy to make; and provide nutrition information.

In addition, sign up for emails with weekly recipes.

Start cooking at [www.aicr.org/test-kitchen/!](http://www.aicr.org/test-kitchen/)



Webinar on Farmers Markets

With the growing interest in farmers markets, KSRE professionals across the state may be getting an increasing number of questions regarding what products can and cannot be sold at a farmers market without a license or how vendors can sell things as safely as possible. In response to this, the

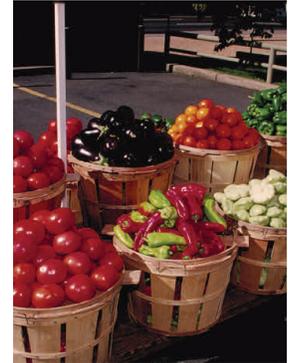
Food Safety sub-group of the Nutrition, Food Safety and Health PFT will be hosting a free zoom webinar for KSRE professionals from 11AM- noon on Tuesday, January 27.

Host: Dr. Londa Nwadike and Adam Inman from Kansas Department of Agriculture
Date: January 27, 2015
Time: 11:00am-Noon

Join via ZOOM at:

Join from PC, Mac, iOS or Android: <https://ksu.zoom.us/j/878118682>

By phone:
 +1 (415) 762-9988 or
 +1 (646) 568-7788 US Toll
 Meeting ID: 878 118 682



Caption describing picture or graphic.



SuperTracker is now Mobile

SuperTracker is a food and fitness program to help you track the foods you eat and your physical activity.

Now, there's an App for that! SuperTracker is

now available on your Apple phone. Create your own personal profile or use the general plan.

The program has over 8,000 foods. It can also help you set personal

goals and get support from a virtual coach.

For more information about SuperTracker see www.supertracker.usda.gov

The Scoop on Sodium in Canned Foods

Sodium is a popular ingredient in canned foods. It is primarily used for flavor. How do you know how much is in a can of food? Read the label.

Look on the front of the label for no salt added, low sodium or reduced sodium claims. If buying regular canned foods, many can be drained and rinsed to remove sodium. Draining can reduce sodium by 36 percent. Draining and rinsing can reduce sodium by 41 percent.

Salt and sodium are not the same. Salt is sodium chloride in the proportions of 40 percent sodium and 60 percent chloride. Sodium regulates blood volume and pressure plus many other functions.

Learn more at <http://bit.ly/1BIKj3g>.



Photo: USDA SNAP-Ed

Top Heart-Healthy Diets



If your New Year's resolution is to eat healthier, where do you start? It seems everyone has their own opinion on this topic. If you need a diet plan, there are two that rank at the top.

In 2014, the U.S. News and World Report ranked several popular plans. The top two were the [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan at number one and the [Therapeutic Lifestyle Changes \(TLC\)](#) diet as number two.

The DASH diet is for those with high blood pressure and can help prevent heart disease. It is designed to help reduce blood pressure levels with weight management, physical activity, and diet. The TLC diet helps control cholesterol through the food you eat.

February is [American Heart Month](#). So take control of your heart health! Learn more about the diet plans above and more at www.womenshealth.gov/publications/our-publications/fact-sheet/heart-healthy-eating.html.



ABCs of GMOs

Confused about GMOs? Are they beneficial or harmful? The University of Illinois has a four-part webinar to help answer those questions and more. The topics include:

1. What is biotechnology? How does genetic modification work?
2. What kinds of GMOs are commercially available?
3. Do GMOs cause pesticide and herbicide resistance?
4. Do other countries ban GMOs?

The webinars can be found on YouTube at www.youtube.com/channel/UCOXfVvKkHZ5jXGDdsuG_pBbQ



Top Foods for Potassium

It is recommended that adults consume 4,700 milligrams of potassium each day. But most barely eat half that amount. Here are some good food sources of potassium.

- 1 baked sweet potato—694 mg
- 1 baked white potato—610 mg
- 1/2 cup white beans, canned—595 mg
- 8 oz. plain nonfat yogurt—579 mg
- 1/2 cup winter squash, cooked—448 mg
- 1 medium banana—422 mg

Learn more about potassium at www.nlm.nih.gov/medlineplus/potassium.html

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Garlic- and Herb- Infused Oils at Home



Photo: University of Idaho

New research from University of Idaho describes how to safely prepare flavored oils at home.

Putting garlic or fresh herbs in oil can lead to botulism when improperly handled and stored. Commercial products like these are acidified or have microbial inhibitors for safety.

To make these oils safely at home, a 3 percent solution of citric acid is used to immerse the garlic or herbs for 24 hours. This time allows the acid to fully penetrate the ingredients and produce a high acid product. This eliminates the growth of botulism bacteria. Citric acid adds minimal flavor. It is important to measure accurately for safest results.

This procedure is for garlic, basil, oregano, and rosemary only. While these oils can be safely stored at room temperature, oil quality is extended with refrigeration.

Learn more at www.cals.uidaho.edu/edcomm/pdf/PNW/PNW664.pdf.



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Purple Heritage Collection Jars

Purple canning jars! Need I say more?

The previous colors were blue and green.



2015 Vintage Style Jars from Ball®

For 2015, Jarden Home Brands is bringing back the "IMPROVED" series of jars first introduced in 1915. This is the third and final year for the colored limited-edition jars.

These jars come in pint and quart sizes. They can be used for canning and many other projects.

As a reminder, while these are safe for canning, they should not be used for food preservation entries at the county fair or state fair as the color will make it difficult to see the food.

Source: www.freshpreservingstore.com/