



Inside this issue:

SoFAS	2
Syllabus	2
Orange Juice	2
LED Lights	3
CDC "App"	3
Gulf Seafood	3
Sodium	4
Savor the Season	4



More Food Information:

- [March is Bake-and-Take Month](#)
- [Kansas Nutrition Conference—April 12 & 13, 2012](#)
- [New KVAFL Newsletter—The Scoop](#)

National School Breakfast Week



Enjoy a power breakfast!

The week of March 5-9, 2012 is designated as National School Breakfast Week. This marks the end to a promotion to help students eat a healthy breakfast that started in January. The theme this year is "School Breakfast Go for Gold."



The School Nutrition Association sponsors the campaign and has many tools

and resources to promote the importance of breakfast for kids of all ages. Learn more at www.schoolnutrition.org/nsbw.

- **Tips for a Quick Breakfast:**
No time? Make breakfast the night before. Have family members help you prepare breakfast. Choose low fat milk or cheese high-fiber cereal, fruit, boiled eggs, whole-grain bread or English muffin.
- **Are you in a hurry? Take it to go.**
String cheese, low-fat yogurt, dry cereal in a bag or a banana will make a nutritious and delicious breakfast.

Not hungry yet? Drink some skim milk. Have whole-wheat bread or crackers with low-fat cheese later in the morning.

Source: www.extension.org/pages/61681/breakfast:-a-good-start

It's National Nutrition Month®

Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month® focuses on making sound food choices and physical activity. This event has been active since 1973.

The theme for 2012 is "Get Your Plate in Shape." Many education resources and activities for programs are available. Games and quizzes are available for all ages. Handouts can be custom-

ized with local information.

Learn more at www.eatright.org/NNM/default.aspx



Kick Those SoFAS Off Your Diet!

While contributing to energy intake, SoFAS have little nutritional benefit. What are SoFAS?

These are solid fats and added sugars (SoFAS). The top sources of solid fats include grain-based desserts, regular-fat cheese, sausage, hot dogs, ribs, bacon, pizza, fried potatoes, and dairy

-based desserts. Top sources for added sugars include sodas, grain-based desserts, sugar-sweetened fruit drinks, dairy-based desserts, candy, ready-to-eat cereals, sugars/honey, tea, syrups and toppings, and yeast breads.

Just over one-third of caloric intake comes from SoFAS. This trans-

lates to an intake of 500-1050 calories of poor energy intake each day. This is considered excessive.

There is no recommendation for a reasonable amount of SoFAS at this time.

Source: <http://1.usa.gov/x2ugqb>



Various types of added sugars



An alternative spelling for this dessert is "sillibub" which in early English means "silly" or "happy."

- The James Beard Foundation

What is a Syllabub?

This is a drink or dessert originating from old England. It possibly came from the Elizabethan times.

It is a thick, frothy product made with milk or

cream, wine or beer, sugar, and spices. It is a rich foam used on cakes, cookies, fruit or other sweet food.

The word comes from *Sille*, a French wine, and

bub, which is Old-English slang for a "bubbling drink."

Source: The New Food Lover's Companion, 4th edition

Carbendazim in Orange Juice?

FDA is investigating reports that carbendazim, a fungicide, is present at low levels in some orange juice products. These products are a blend of domestic orange juice and imported orange juice from Brazil.

The levels of carbendazim reported appear to be the result of the application of a pesticide/fungicide on orange trees. The fungicide is approved for such use in Brazil and several other countries, but not the United States.

Based on EPA's conclusions from its preliminary risk assessment, consumption of orange juice with carbendazim at the low levels that have been reported does not raise safety concerns.

Source: <http://1.usa.gov/wQo7du>



LED Lights Extend Meat Shelf Life



Improving meat with LED lights

A switch to LED lights in refrigeration units could save the retail meat industry millions of dollars each year, according to research from Kansas State University.

Using light-emitting diode, or LED, lights in refrigeration units both saves energy for meat retailers and extends the shelf life of some beef products. During refrigerated display, the color of fresh meat changes because of its natural chemistry and exposure to oxygen. Because color is a large factor that influences customers in purchasing meat, some consumers discriminate against discolored meat. These discolored meat products must either be discounted or discarded, which has been estimated to cost the meat industry up to a billion dollars each year.

The study looked at discoloration, rancidity, and operating efficiency of LED and fluorescent lights. LED lights scored positively in all areas. Meat under LED lights had colder internal temperatures. Equipment ran more efficiently for a cost savings.



Source: www.k-state.edu/media/newsreleases/jan12/meatshelflife11712.html

iPAD "App" from CDC

For more "at your fingertip" information from the Centers for Disease Control and Prevention, a new application ("app") has been created for Apple iPad's.

This free app has health information, news, podcasts and more. There are also connections to Facebook, Twitter, YouTube and other social media.

Search for "CDC iPad App" to download today!

Source: http://www.cdc.gov/mobile/Applications/CDCGeneral/promos/ipad_promo.html



Gulf Seafood Declared Safe to Eat



Hurricane Katrina devastated the Gulf seafood industry. Since then, consumers have been skeptical about eating seafood from that region. After extensive testing, the seafood is now safe to eat.

The sampling program used internationally recognized standards for testing Polycyclic Aromatic Hydrocarbons (PAHs). These compounds remain in seafood the longest amount of time. Once these dissipate, all other oil hydrocarbons are also proportionally low.

Of the PAHs amounts found, someone could eat 63 lbs of peeled shrimp (1,575 jumbo shrimp); or 5 lbs. of oyster meat (130 individual oysters); or 9 lbs. of fish (18 8-ounce fish filets) every day for five years and still be safe.

Source: <https://blogs.fda.gov/fdavoices/?tag=gulf-seafood>

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, Gary M. Pierzynski, Interim Director.

Too Much Sodium



Americans consume much more sodium than they should, according to a report from the Centers for Disease Control and Prevention. Most of the sodium comes from common restaurant or grocery store items.



Ten types of foods are responsible for more than 40 percent of peo-

ple's sodium intake. The most common sources are breads and rolls, luncheon meat such as deli ham or turkey, pizza, poultry, soups, cheeseburgers and other sandwiches, cheese, pasta dishes, meat dishes such as meat loaf, and snack foods such as potato chips, pretzels and popcorn. Some key sources:

- Ten types of foods account for 44 percent of dietary sodium consumed each day.
- 65 percent of sodium comes from food sold in stores.
- 25 percent of sodium comes from meals purchased in restaurants.

Source: http://www.cdc.gov/media/releases/2012/p0207_sodium_food.html



**Karen Blakeslee,
M.S.**

On the Web at
www.rrc.ksu.edu



Savor the Season 2012

The calendar still says winter, but farmers markets are planning to Savor the Season!



Enjoy fresh foods from your local farmers markets.

This program sponsored by the Kansas Farmers Markets and Kansas Rural Center will feature 10 crops in 2012. They include salad

mix, okra, napa cabbage, eggplant, bok choy, sweet potatoes, beans, swiss chard, cantaloupe, acorn squash, and heirloom tomatoes.

The program is targeted to producers and consumers. For consumers, seasonal cards give selection, preparation tips and storage tips as well as recipes.

Learn more at <http://bit.ly/xygeYI>.