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## Walk or Run?



Walk Kansas 2013 is in full swing. Choosing to be active can provide many health benefits. While many may choose to run, many choose to walk. Both can provide equal health benefits.



In a study published by the American Heart Association, they looked at walking versus running and their affect on coronary heart disease (CHD) risk factors. These factors included CHD, hypertension, cholesterol, and diabetes melli-

tus. The study spanned 6.2 years and involved people who walked or ran the same distance.

While the risk factors were decreased by both running and walking, the differences between the exercises were not significantly different. Only cholesterol reduction was slightly greater by walking.

So choose the exercise that best fits your lifestyle. The goal is to get a minimum of 30 minutes of exercise five days a week.

Source: [www.walkkansas.org](http://www.walkkansas.org)  
<http://bit.ly/12nMwlm>  
[www.cdc.gov/physicalactivity/everyone/guidelines/adults.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

## Food Storage Following Disasters

Spring storm season is here! So now is the time to prepare for potential disasters to stay safe.

A recent webinar on this topic can be accessed at [learn.extension.org/events/985](http://learn.extension.org/events/985).

Click on "watch recording" in the upper right box.

For more information and tips to plan for emergencies, see the resources on the KSRE Food Safety website page "[Food Safety and Disasters](#)."



## Sodium in Your Diet

Despite what many people think, use of the salt shaker is not the main cause of too much sodium in your diet. In fact, over 75% of dietary sodium comes from eating packaged and restaurant foods.

Sodium attracts water and a high-sodium diet draws water into the bloodstream, which in-

creases the volume of blood and over time can increase your blood pressure. High blood pressure (also known as hypertension) forces the heart to work harder and can damage blood vessels and organs – increasing your risk of heart disease, kidney disease, and stroke.

And since blood pressure

normally rises with age, limiting your sodium intake becomes even more important each year. The good news is that eating less sodium can often help lower blood pressure to within the normal range...which can, in turn, help reduce your risk of developing these serious medical conditions.

Source: <http://1.usa.gov/Ykz011>



## FOODFACTS

Americans eat on average about 3,300 mg of sodium a day. The Dietary Guidelines for Americans recommends limiting sodium to less than **2,300 milligrams (mg) per day** – that's equal to about 1 teaspoon of salt!



## Webinar on Celiac Disease

### Celiac Disease Webinar

May 1, 2013

1:00-2:00PM CST

The demand for gluten-free foods is growing rapidly. But many questions arise about gluten and if a person should avoid it or not.

To help answer these

questions, the eXtension Families, Food & Fitness community of practice is offering a webinar. The presenter is Pam Cureton, a clinical and research dietitian specializing in celiac disease. No

registration is required. Details can be found at <https://learn.extension.org/events/1009>.

## What is Tangzhong Bread?

Tangzhong is a roux of flour and water that is cooked. It acts as a starter for making homemade bread. This Asian method helps the starch to gelatinize and hold more moisture in the dough. In turn, the finished bread is lighter, fluffier, and has a longer shelf life.

To make a Tangzhong roux, measure out 5% by weight of the total flour amount in the recipe. Mix with a 5 to 1 ratio of water to flour. Subtract that liquid amount from the total liquid content in the recipe.

Combine in a saucepan and heat over medium heat to 150 degrees F. It should be thick but can still bubble. Cool to room temperature. Then proceed with making the bread. The roux can be made ahead and refrigerated up to three days.

Source: King Arthur Flour Baking Sheet, Winter 2012



## Baking Substitutions Webinar

The Home Baking Association is sponsoring a webinar entitled "Baking Substitution Science." The webinar will focus on information for baking substitutions including Greek yogurt, whole grains, multi-grain flours and meal, agave nectar, stevia/sugar blend and sodium reduction.



Two opportunities for the webinar are available. Registration is required.

Webinar 1: Tuesday, April 23, 2013 [RSVP here](#)

Webinar 2: Wednesday, April 24, 2013 [RSVP here](#)

Time: Both sessions are at 3:30PM CST

Presenter: Sharon Davis, Family & Consumer Sciences Education—Home Baking Association

Where: Connection information will be sent upon RSVP

## Food Safety for Picnics and more!

April 23rd is National Picnic Day! Before you grab your baskets and head for the door, join Fight Bac! to learn what you can do this season to help prevent foodborne illness. Expert presenters

will speak about a specific picnic-related food-borne illness outbreak and share critical food safety practices for picnics and cookouts that you absolutely need to know.

This is a free webinar but registration is required.

[Registration](#)

**Food Safety in the  
Great Outdoors  
April 23, 2013  
12:00-1:00 PM CST**



## Sneak Vegetables into Smoothies



One of the current food trends of today is the vegetable smoothie. As long as the green color doesn't turn off your taste buds, adding vegetables into smoothies is an easy way to sneak them into your diet.

Spinach and kale are the most popular vegetables used in smoothies. Other green foods used include cucumbers, kiwi, and cilantro. But change the color from green to orange by adding sweet potatoes or carrots. Coconut water is gaining popularity to add a tropical flavor and a dose of potassium.

Other ingredients for a boost of nutrition include tofu, flax, kefir and many kinds of fruits. Freeze the smoothies for refreshing popsicles later. For some smoothie ideas, see [www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_smoothie\\_recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_smoothie_recipes).

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## More New Items from Ball®



**Secure-Grip Hot Jar Handler**

Jarden Home Brands has introduced three more new items for the 2013 food preservation season.



The first, seen above, is the Secure-Grip Hot Jar Handler. This is like a pot holder to help handle hot, wet & slippery jars. It has silicone treads for a secure grip. These are not intended to be

used for moving jars in and out of a hot canner.

The next two new items are for storing herbs. One is for storing fresh herbs. It keeps stems and roots in water to help retain flavor and texture. The second is for storing dry herbs. It is a small

glass jar with a shaker cap. The jars could also be used for canning.



**Karen Blakeslee, M.S.**



On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## Pork Cuts Get New Names

Consumer-friendly names for pork cuts are coming to a store near you! Research conducted by the National Pork Board and the National Cattlemen's Beef

Association found that consumers are confused by the variety of names for meat cuts and don't know how to cook

them properly.



The new pork names include:

- Pork Porterhouse Chop
- Pork Ribeye Chop, bone-in
- Pork Ribeye Chop
- Pork New York Chop

For more information, see  
<http://bit.ly/YwwiE5>.