

# You Asked It!

## Tips From the Rapid Response Center

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

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- On Facebook—[www.facebook.com/KSREfoodie](http://www.facebook.com/KSREfoodie)
- On Twitter—[@KSREfoodie](http://@KSREfoodie)



## The “Added Sugars” Labeling Challenge



Sugar plays a vital functional role in many foods. The Food and Drug Administration is proposing mandatory labeling of added sugars on the Nutrition Facts Panel. Will this benefit consumers?

Functionally, sugar plays five primary roles in foods. First, sugar adds sweetness and increased palatability. The sugar could be naturally within an ingredient, such as fruit, or added. It can also enhance other flavors that would otherwise be bland.

Sugar contributes to color and flavor through caramelization and the Maillard browning reaction. When sugar is heated about its melting point, it begins to degrade and caramelize. The Maillard reaction works with amino acid and sugar in a complex reaction to create color and flavor. This reaction could also give undesirable color and flavor.

Sugar adds bulk and affects the texture of many foods. This helps improve mouthfeel more than contributing sweetness.

Fermentation occurs with sugar to help yeast produce carbohydrate gas and helps bread dough rise. Fermenting lactose in dairy foods produces sour cream, yogurt and cheese.

For more information on added sugars and FDA labeling, see <http://onlinelibrary.wiley.com/doi/10.1111/1541-4337.12151/full>.

## Sugar and Food Preservation

In food preservation, sugar helps reduce water activity by binding with moisture within the food and making it unavailable for bacteria to use. This reduces food spoilage and helps extend shelf life. An

example is making jelly.

In bread, sugar is a humectant to prevent bread from drying out and staleness.

In freezing light colored fruit, such as apples or

peaches, sugar helps protect the color from turning brown by enzymatic browning.

Source: <http://onlinelibrary.wiley.com/doi/10.1111/1541-4337.12151/full>

## What's Your Heart Age?

For most Americans, aged 30-74, their heart age is at least five years older than their actual age. This is according to Framingham Heart Study data and state health data.

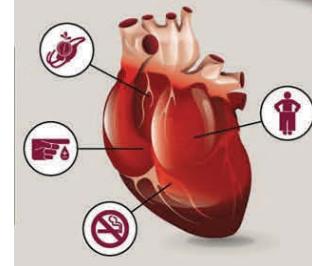
- **1 in 2 men** have a heart age 5 or more years older than their actual age.

- **2 in 5 women** have a heart age 5 or more years older than their actual age.
- About **3 in 4** heart attacks and strokes are due to risk factors that increase heart age.

The most common reasons for a higher heart

age that can be changed or managed are: high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes. At any age, you can make your heart younger by making changes that reduce your risk.

Source: [www.cdc.gov/vitalsigns/heartage/index.html](http://www.cdc.gov/vitalsigns/heartage/index.html)



**Calculate your heart age at:** [www.cdc.gov/vitalsigns/heartage/index.html](http://www.cdc.gov/vitalsigns/heartage/index.html)



## Safe and Healthy International Travel

CDC's *TravWell* app helps you plan for safe and healthy international travel. Build a trip to get destination-specific vaccine recommendations, a checklist of what you need to do to prepare for

travel, and a customizable healthy travel packing list. The app also lets you store travel documents, keep a record of your medications and immunizations, and set reminders to get vaccine

booster doses or take medicines while you're traveling.

Learn more at <http://wwwnc.cdc.gov/travel/page/apps-about>

## Including Food Safety in Recipes

Cooking is fun, but foodborne illness can ruin that fun quickly. To help consumers cook food safely, an [online recipe tool](#) can help incorporate food safety directly into recipes.

The USDA, along with the FDA and CDC, have an online tool to copy and paste a recipe and it will add the relevant food safety tips based on the ingredients. Another option is to simply put the website address of a specific recipe from popular cooking websites, and it will add food handling reminders.

This tool is designed to raise awareness about the risks of food poisoning and motivate consumers, especially parents to take specific actions to reduce their risk and keep their families safe.



[www.foodsafety.gov/keep/basics/recipetool/index.html](http://www.foodsafety.gov/keep/basics/recipetool/index.html)



## A One Pot Meal on a Sheet Pan

Looking for an alternative to a one pot meal or slow cooker meal? Try a sheet pan supper! Everybody has sheet pan in their cabinet of some size. It is used for roasting and baking. Now, you can make a whole meal on one for a weeknight meal.

Line the sheet pan with parchment paper or foil to make clean up easy. Place the meat and vegetables on the pan with a spice blend or sauce and bake in the oven. Because of the low sides on the pan and large surface area to spread the food into a single layer, the food roasts quicker. The meat may need to be flipped once during baking.

Be creative! Use meat, poultry or fish. Combine with a variety of vegetables such as red potatoes, onions, carrots, Brussel sprouts, cauliflower, sweet potatoes, fennel, and more. Fresh spinach can be added at the end of roasting to wilt it and keep its bright green color. Kick up the flavor with spices and herbs.



Source: Fine Cooking, Oct/Nov 2015

## Beyond Halloween Candy

The holiday Halloween is tightly associated with candy treats. But what alternatives could you hand out to goblins this year?

For food, small packages

of crackers or pretzels, apple slices, raisins, or granola bars would be a healthier choice.

Non-food items include fun stickers, pencils, plastic jewelry, or tempo-

rary tattoos.

As always, safety first when out and about. Take flashlights and wear reflective costumes to spot those ghostly creatures in the night!



**Happy Halloween!**



## The Versatile Cabbage

Cabbage is commonly used to make coleslaw. But this cruciferous vegetable can be used in many main dish meals and side dishes.

Savoy cabbage has looser, more tender leaves and is best suited for salads. It has a milder flavor with lots of dark green color. It can be stored in the refrigerator up to four days.

Large, green cabbage has a firm texture. While tasty eaten fresh, it is often used to make sauerkraut. It has dark green outside leaves and lighter colored inside leaves. It can be stored fresh in the refrigerator up to two weeks.

Red cabbage is popular for salads and cooked dishes. When cooking, add an acid such as vinegar to prevent color loss. Stainless steel pans and knives also help protect the red color.

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## Knowledge for Life

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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## Egg Producers on Road to Recovery



Preventing disease and biosecurity are two high priority goals for any poultry producer. This year has been extra challenging with the outbreaks of avian influenza (AI). With determination and diligence, progress to recovery is happening.



It will take 12-18 months for egg producers to get back to full pro-

duction from the first AI outbreak. Producers must also meet stringent disinfecting and cleaning requirements set by the USDA Animal and Plant Health Inspection Service. Other areas of improvement include vehicle access regulations and employee training.

For more information about the affects of AI in Kansas, see [www.asi.k-state.edu/species/poultry/research-and-extension/avian-influenza/index.html](http://www.asi.k-state.edu/species/poultry/research-and-extension/avian-influenza/index.html).

Biosecurity for Birds  
<http://1.usa.gov/1Ot7IzH>



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



## October is Apple Month!

Did you know that there are around 100 varieties of apples grown commercially in the United States? Only [15 varieties](#) of apples make up the majority of



apple productions. Ever wondered about which apple to use for which recipe or when apples are in season? Check out this [Apple Variety Guide](#) from the [U.S. Apple Association](#).

To preserve that bountiful apple harvest, see Preserving Apples at [www.bookstore.ksre.ksu.edu/pubs/MF1187.PDF](http://www.bookstore.ksre.ksu.edu/pubs/MF1187.PDF).