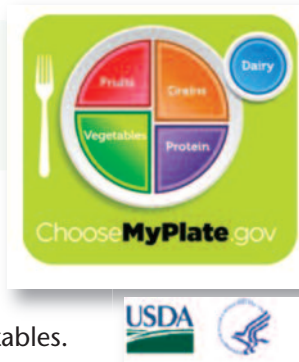


Cooperative Extension



Choose My Plate!

Joanne Kinsey M.S, CFCS, Family & Community Health Sciences Educator,
Atlantic & Ocean Counties



On June 2, 2011 the United States Department of Agriculture (USDA) announced a new visual icon designed to help people make healthy food choices. MyPlate (available at www.chooseMyPlate.gov) is a simple picture that represents the proportions of food on a healthy plate. You can easily notice that half of the plate is filled with fruits and vegetables.

The icon shows the relationship of grains to protein foods. Although protein is an important part of our diet, the amount of protein consumed should be limited thereby saving excess calories, fat and cholesterol in our diet. Dairy is represented in MyPlate as an important component of a meal. The recommendation is to consume low-fat or fat free dairy foods.

- ✓ **Balance your calories by enjoying your food, but eat less food.** Aim for avoiding oversized portions and make physical activity a part of your daily routine!
- ✓ **Increase the amount of fruits and vegetables in your diet.** Vary the vegetables you eat by choosing raw or cooked, fresh, frozen, canned, or dried/dehydrated. They may be served whole, cut or mashed.
- ✓ **Make at least half of your grains whole grains** that contain the entire grain kernel – the bran, the germ, and the endosperm. Some examples include whole-wheat flour, bulgur or cracked wheat, oatmeal, whole cornmeal, and brown rice.
- ✓ **Switch to fat-free or low-fat (1%) milk.**

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Make Room for New Shining Stars of the Milky Way

Johna Mailolli, Montclair State University Dietetic Intern
Karen Ensle Ed.D., RD, FADA, CFCS, Preceptor

If you have been in the milk section of your grocery store lately, you've probably noticed how many different types of milk have popped up in the supermarket. There are many different flavors and alternatives to cows' milk available as refrigerated and non-refrigerated types. Individuals with lactose intolerance and certain allergies are turning to these alternatives since many of them cannot consume regular cow's milk.



You are probably wondering what the difference is between all of them. Does almond milk contain the same amount of protein as cow's milk? Is soy milk better than organic milk? Here is a summary of some of the different milks available in the supermarket and a brief nutrition run-down.

VISIONS

is a peer reviewed newsletter published three times yearly and sent upon request, without charge.

Published by
Rutgers Cooperative Extension
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Desktop publishing by: Arly Ditio Graphics

Printed August 2011

Soy Milk - Soy milk has become very popular since the nineties when the FDA approved a health claim stating 25grams of soy protein, in addition to a diet low in saturated fat and cholesterol, can reduce the risk of coronary heart disease. Soy milk contains no cholesterol and soy is a complete protein which means it contains all the essential amino acids. However, the protein content of soymilk can vary drastically from 2-6gm of protein per 8oz glass. Most soymilk is fortified with the same amount of Vitamin D as cow's milk. Another benefit of soy milk is that it naturally contains Omega-3 fatty acids, the essential fatty acids that our brain and body needs.

Almond Milk - Almond milk has been around for quite some time although only recently started getting recognition. Since nuts are high in Vitamin E, almond milk is one of the few types of milk that is packed with Vitamin E and Vitamin B12. Almond milk also contains Calcium and Vitamin D. Almond milk is cholesterol free and low in fat. However, there is one drawback to almond milk which is that it contains very little protein. (1-2 grams of protein per cup at best)



Organic Milk - Organic milk contains the same nutrients as regular cow's milk. Unlike conventional milk, organic dairy farms must meet additional requirements of the USDA's National Organic Program. This requires farmers to use organic feed for cows without antibiotics or hormones. They have other regulations to follow as well such as the amount of time and space an organic cow must graze in the field.

Rice Milk - Who ever thought that one could produce milk from rice? Rice milk typically contains some type of oil such as canola or safflower oil. In general, rice milk contains little vitamins and minerals and is often enriched with vitamins and calcium in order to deliver the same nutrients as other milks. Rice milk is similar to almond milk and is also low in protein per cup.

These are just a few of the many different milks available in your local supermarket today. They can be great alternatives to traditional cow's milk. However, be sure to read the nutrition labels since each brand of milk can vary in nutrients, cost and ingredients.

References: U.S Food & Drug Administration. Approved Health Claims.

Cucumbers? Tomatoes? Lettuces? Sprouts?

Why was it so hard to identify the source of the *E. coli* O104:H4 outbreak in Europe?

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During May and June of 2011, a large outbreak of severe illness caused by the Shiga toxin-producing *Escherichia coli* (STEC) bacteria (*E. coli* O104:H4) was reported in Europe (798 patients with hemolytic uremic syndrome and 39 deaths, as of June 17, 2011).

The initial investigation indicated that the foods suspected to be contaminated were raw vegetables, most likely cucumbers, tomatoes or lettuce. However, final conclusions indicated that sprouts were the likely source of the *E. coli* O104:H4 outbreak. Since the outbreak was recognized on May 2, 2011, the authorities have struggled to come to a definitive conclusion as to its source.



The investigation of foodborne disease outbreaks is performed through epidemiological studies. Several types of study designs are available, and German authorities used the case-control study method. Basically, case-control studies look for the frequency of disease during which an individual was exposed or not to a factor. As an example, case-control studies have successfully demonstrated a link between tobacco smoking and lung cancer.

In the case of the German outbreak, interviews determined the eating habits and specific foods consumed and other information from "cases" (sick people) and "controls" (healthy people). Once data was collected and analyzed, an indication of the "likely" correlation between eating a specific food item and the occurrence of disease was obtained. In the German outbreak, investigators initially discovered a high correlation between eating raw vegetables, most likely cucumbers, tomatoes or lettuce, and illness. Later analysis showed the same link between sprouts and sickness with Hemolytic-uremic syndrome (HUS) which is a disorder that usually occurs when an infection in the digestive system produces toxic substances that destroy red blood cells, causing kidney injury. Since everyone who ate the suspected food(s) in differing amounts and combinations, and because each person responds differently to pathogen exposure according to the strength of their immune system, not everyone exposed to *E. coli* O104:H4 will become sick, and not

everyone displaying symptoms of HUS will have been exposed to this bacterium. This is why epidemiological studies are performed along with clinical laboratory tests to determine the microorganisms' genetic fingerprint. With all these complicating factors, it is difficult to obtain information quickly that can be confidently used to make decisions.

In the German outbreak, a statistical link between the consumption of several foods and HUS was found. Confirmation that *E. coli* O104:H4 with the same genetic features was isolated from both patients and sprouts, allowed authorities to conclude that sprouts were the source of the outbreak. Subsequent action by the authorities is concentrating on the reasons why the outbreak occurred and how to avoid a repeat episode.

What is Shiga-Toxin *E. coli*?

The bacteria that produce this toxin are called Shiga toxin-producing *E. coli*, or STEC for short. You might hear them called verocytotoxic *E. coli* (VTEC) or enterohemorrhagic *E. coli* (EHEC); these all refer to the same group of pathogenic bacteria. The most commonly identified STEC in North America is *E. coli* O157:H7 (often shortened to *E. coli* O157 or even just "O157").

What are the symptoms of STEC infections?

The symptoms of STEC infections vary for each person but often include severe stomach cramps, diarrhea (often bloody), and vomiting. If there is a fever, it usually is not very high (less than 101°F/38.5°C). Most people get better within 5–7 days. Some infections are very mild, but others are severe or even life-threatening.

How can STEC infections from vegetables be prevented?

- 1. WASH YOUR HANDS** thoroughly after using the bathroom, having contact with animals or their environment, changing diapers, and before preparing or eating food.
- 2. AVOID** raw milk, unpasteurized dairy products, and unpasteurized juices (like fresh apple cider).
- 3. PREVENT** cross contamination of food preparation areas by thoroughly washing hands, counters, cutting boards, and utensils after they touch raw meat.

New Cooking Recommendations for Whole Cuts of Meat, including Pork!

Daryl Minch, MEd., CFCS, Family and Community Health Sciences Educator, Somerset County



Are you cooking meat for dinner tonight? Then get out your food thermometer and follow the new U.S. Department of Agriculture (USDA) temperature guidelines for whole cuts of meat including pork. The USDA updated the guidelines for safely cooking whole cuts of pork, beef, lamb, and goat in May. The new recommendation is to cook all whole cuts of meat - steaks, chops and roasts - to at least 145 ° F and then allow it to rest off the heat for three minutes before carving or eating. Be sure to place the food thermometer in the thickest part of the meat to get an accurate reading. This procedure will ensure safe, high quality and tasty meat. The temperature recommendation for all chicken, turkey, duck or other poultry (whole or ground) is still 165° F.

"Now there will only be 3 numbers to remember: 145 for whole meats, 160 for ground meats and 165 for all poultry, " according to USDA Under Secretary Elisabeth Hagen. The "rest time" is important because it allows the temperature in the food to remain at 145°F or even rise to kill any pathogens in the food. USDA's Food Safety and Inspection Service (FSIS) determined that it is essentially just as safe to cook cuts of pork to 145 °F with a three minute rest time as it is to cook them to 160 °F, the previously recommended temperature, with no rest time.

Pork will be safe when cooked according to these new guidelines, however sometimes the meat may sometimes look pink. Meat color is not an indicator of a safe, fully cooked product. You must use a food thermometer to be sure the temperature is 145 ° F and let it rest three minutes to have fully cooked pork. Enjoy.

Adapted from a 5/24/2011 USDA news release by Kathy Bernard.



Temperature Recommendations (USDA May 2011)

| | |
|---|--|
| •Whole Beef, Pork, Lamb & Goat (steaks, chops & roasts) | 145°F followed by a 3 minute "rest" |
| •Ground Pork, Beef, Lamb & Goat | 160°F |
| •Whole & Ground Poultry (chicken, turkey, duck) | 165°F |
| •Eggs | Until yolk & white are firm |
| •Egg dishes | 165°F |
| •Finfish | 145°F or cook until flesh is opaque and separates easily with a fork |
| •Shrimp, lobster, and crabs | Cook until flesh is pearly and opaque. |
| •Clams, oysters, and mussels | Cook until shells open during cooking. |
| •Scallops | Cook until flesh is milky white or opaque and firm |

Enjoy Healthy, Tasty New Jersey Seafood

Karen Ensle EdD, RD, FADA, CFCS, Family & Community Health Sciences Educator, Union County

There's something about summertime that encourages many of us to visit the Jersey shore and enjoy more seafood. Maybe it's the time spent at the ocean or maybe it's the hot grill in your back yard just waiting for those luscious kabob spears that have been sitting in the kitchen drawer all winter. No matter what the reason, eating more seafood in the summer is something to celebrate!

The American Heart Association (AHA) recommends eating fish (particularly fatty fish) at least two times a week. Omega-3 fatty acids have been linked to a lower risk of heart disease. Fattier fish, like salmon and sardines, herring and albacore tuna, are high in two kinds of omega-3 fatty acids -- DHA and EPA. The American Heart Association also notes that fish is a good source of protein, is low in saturated fat and recommends consuming about 3 ounces of salmon or tuna, or 6 ounces of pollock, flounder, or sole a week. Young children, along with women who are pregnant, planning to become pregnant, or nursing, should avoid fish with higher levels of mercury, like shark, swordfish, tilefish and king mackerel, according to the FDA and EPA. Eat up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Eating a variety of seafood is the key. Buy fresh fish from a reliable store and enjoy fish every week!



Grilling is a fun, healthy, and tasty way to cook seafood. Here are some tips to follow:

1. Give an Inch. If your fish fillets are an inch thick or less, you can grill them right over the flame. If they're more than an inch thick (like a whole fish), consider cooking them off to the side of the grill. This way, the center of the fillet is more likely to cook completely before the outside of the fish is overdone.

2. Skin Side Down. Grill fish fillets with the skin side down, and don't worry about turning them. You can remove the fish from the grill by sliding a spatula between the skin and the flesh -- the charred skin is left behind on the grate.

3. Is It Opaque? White-fleshed fish fillets are usually done, but still juicy, when their centers just turn opaque. (Opaque means you can't see any light through the fish.)

4. Keep It Dry. Be sure to pat dry any fish fillet or seafood you are about to grill or brown in a pan (use paper towels). Wetness on the surface can prevent browning.

5. Add a Coat of Oil. Add a light coat of oil or cooking spray on your seafood before grilling. This will help it brown and keep it from sticking to the grill.

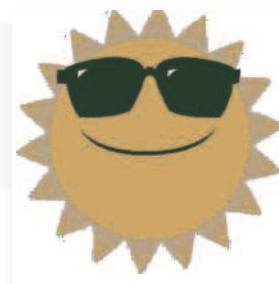
6. Time. The general rule for grilling fish fillets or steaks is four to five minutes per 1/2 inch of thickness, and 8-10 minutes per 1 inch of thickness. Here are additional grilling recommendations from the grill manufacturer, Weber-Stephen Products Co.:

- **Shrimp** -- 2 to 4 minutes over direct high heat.
- **Scallops** -- 3 to 6 minutes over direct high heat.
- **Mussels** -- 5 to 6 minutes over direct high heat. Don't eat any that do not open.
- **Clams** -- 8 to 10 minutes over direct high heat. Don't eat any that do not open.
- **Oysters** -- 3 to 5 minutes over direct high heat.



Staying Safe in the Sun

Theresa Hanntz, Healthy Living Program Coordinator, Rutgers Cooperative Extension of Somerset County



The warm, sunny days of summer draw many of us out of our homes to spend free time relaxing by the pool or taking on our favorite outdoor activities. But while we are having fun in the sun, it is so important to be aware of its effects on our skin and how to protect ourselves.

The Food and Drug Administration recently issued new rules with the intention of clarifying much of the confusion regarding sunscreen labels and claims, and also to help consumers navigate the aisle of sunscreen selections. In order to be labeled as the most desirable, “broad spectrum” sunscreens must offer equal protection against both UVA and UVB rays. UVA are the most common type of rays found on the earth’s surface, and are responsible for increasing skin cancer risk and wrinkling. The majority of UVB rays are absorbed by the ozone layer, so they are less common at the earth’s surface, but still cause burning and also increase skin cancer risk. SPF (sun protection factor) ratings currently reflect only the extent of protection against UVB rays, as there is no numerical rating in existence for effectiveness in preventing against UVA rays. Sunscreen manufacturers are also no longer permitted to claim that their products are waterproof or sweatproof because such claims have never actually been proven. Sunscreens instead will be allowed to claim the number of minutes that the product is water resistant.

Dermatologists recommend choosing sunscreens that have an SPF rating of 30 to 50, and that are classified as “broad spectrum” under the new guidelines, to ensure that you are getting equal UVA and UVB protection. There is no data to show that sunscreens with an SPF over 50 have any added value. When used as directed, which is on average about three tablespoons of lotion every two hours, sunscreen with an SPF of 30 will block 97% of UVB rays.



Sunscreens are so important in helping to reduce the incidence of skin cancer. In 2010, skin cancer was the most common form of cancer diagnosed in the U.S., with rates higher than breast, prostate, lung, and colon cancer combined. More than two million people were treated for basal cell and squamous cell carcinoma, the two most common forms, and over 68,000 were diagnosed with melanoma, the most deadly type of skin cancer. Approximately 1 out of every 5 Americans will develop skin cancer during their lifetime, and for people born in 2006, 1 in 53 will be diagnosed with melanoma, which is 30 times higher than the rate for people born in 1930.



In addition to sunscreen, several other precautions can also be helpful in reducing your risk for skin cancer. UV rays are intensified when reflecting off sand and water, and clouds do not block these damaging rays, so seek shade when possible. Avoid being out or unprotected when the sun is the strongest from 10 am to 2 pm., and try to cover up with protective clothing, a hat, or an umbrella. Keep in mind that UV rays penetrate glass and that sun exposure and damage may occur all year, so apply sunscreen, especially on your face and neck, anytime that skin is exposed.

Do a periodic self-examination of your skin for any irregular or changing moles. Seeing a dermatologist early can help save your life. A few small steps can keep you enjoying the sunshine for many years to come!

Resources

The Centers for Disease Control, <http://www.cdc.gov/cancer/skin/>

Explaining Sunscreen and the New FDA Rules, The New York Times, <http://www.nytimes.com/2011/06/21/health/21brody.html?ref=health>



Shaping Jersey Kitchens: *Creating a Nourishing Kitchen*

Carol Byrd-Bredbenner, PhD, RD, FADA, *Nutrition Extension Specialist, Rutgers University*

Concerned about ingredients, calories, nutrients, or family health? If so, you may want to make changes to your current food supply. Ingredient labels and Nutrition Facts panels can help you decide what to keep, toss, or buy.

Ingredient labels list all ingredients used to make a packaged food. The ingredient used in the largest amount is listed first. The next largest is listed second and so on, with the last ingredient being used in the smallest amount. Use ingredient labels to find foods with the ingredients you want. For instance, if you want a snack that is mostly fruit, chose a brand that lists fruit or fruit juice as the first ingredient.

Nutrition Facts panels reveal a food's calorie and nutrient levels. Use Nutrition Facts panels to find foods that meet your needs. You may want to find foods that are low in fat or high in vitamin A.

Best Bets

- ★ **Bread** – be sure the label lists whole grain as the first ingredient (some “dark” breads aren’t whole wheat, they are colored brown with caramel)
- ★ **Grains** – go for the whole grains, like oats, brown rice, and barley
- ★ **Cereal** – look for cereal with at least 2 grams of fiber and less than 2 grams of added sugar per serving
- ★ **Fruit** – choose fresh, unsweetened dried and frozen, or canned in water or juice
- ★ **Fruity drinks** – go for 100% fruit juice, otherwise you are buying lots of water and sugar
- ★ **Vegetables** – select fresh, dried, frozen (plain, raw, or baked), canned (plain, no sauce), and 100% juice
- ★ **Dairy** – reduced fat and nonfat versions (1% or nonfat milk, nonfat yogurt, light ice cream) are the best choice after age 2
- ★ **Cheese** – opt for natural (not processed) with a stronger flavor—they give more flavor for less cheese (and fat!)
- ★ **Beans/Legumes** – choose canned or dried
- ★ **Poultry** – choose fresh, frozen, or canned chicken and turkey (remove skin)
- ★ **Meat** – go for fresh or frozen (plain) lean cuts
- ★ **Fish** – use fresh, canned in water, or frozen (plain, unbreaded)
- ★ **Ground meat and turkey sausage** – select the leanest choice
- ★ **Lunch meats** – opt for whole deli meats (turkey breast, roast beef); limit sausages (salami, pepperoni) and loafs (olive loaf, bologna)—they’re packed with fat
- ★ **Oils** – choose olive, canola, or cooking spray. Use non-stick cookware.
- ★ **Sauces & condiments** – add zing with salsa, low sodium soy sauce, balsamic vinegar, raspberry vinegar, hoisin sauce, hot sauce, barbecue sauce, steak sauce, light salad dressings, and mustard
- ★ **Herbs & Spices** – your choice! They add loads of flavor and few (if any!) calories.
- ★ **Desserts** – try angel food cake, pudding made with nonfat milk, ginger snaps, vanilla wafers, frozen 100% fruit pops, and sugar-free gelatin with fruit
- ★ **Beverages** – pick nonfat milk, plain bottled water, diet soda, tea, or coffee
- ★ **Snacks** – go for baked chips, air-popped popcorn, rice cakes, pretzels, whole grain crackers/granola bars, low-sugar breakfast cereal, and unsalted nuts
- ★ **Lunch Box** – pack yogurt, carrot sticks, raisins, fig bars, string cheese, and fresh or zip top canned fruit

1. Start here ⇨
2. Check calories
3. Limit the nutrients in orange
4. Get enough of the nutrients in blue
5. Footnote

6. Quick Guide to % DV
 - 5% or less is Low
 - 20% or more is High
 - Tip: look for foods high in nutrients in blue and low in nutrients in orange

Take Action: *Creating A Nourishing Kitchen*

- Q.** Are all the foods in your household healthy choices?
- A.** Review foods by type. Which meet the descriptions below? Which could be improved? If foods don't fit these descriptions, check their ingredient and Nutrition Facts labels to decide whether to keep, donate, or toss them. Keep these best bets in mind when re-stocking your kitchen—they'll help you make healthier choices.

Set Some goals

What are the top 3 changes that would do the most to make your kitchen more nourishing? What strategies will you use to overcome barriers to shaping up your kitchen? Resolve to spend 10 minutes a day to reach your goals. Then, enjoy the benefits of the improvements.

Change can be scary, so make a few small changes at a time.

Choose My Plate!

continued from page 1

- ✓ **Select lean or low-fat meat and poultry foods.** The USDA recommends including at least 8 ounces of cooked seafood per week for adults.
- ✓ **Reduce the consumption of sodium.** Compare the amounts of sodium in foods like soup, bread, and frozen meals. Choose foods with lower amounts of sodium.
- ✓ **Make water your drink of choice rather than consuming sugary drinks.**



When you visit www.chooseMyPlate.gov you will find a variety of resources available. Sample menus for a 2,000-calorie food pattern over a period of seven days provide suggestions for breakfast, lunch and dinner. Average amounts of foods are shown in cups and provide a quick reference for the weekly menu. Tips for healthy eating when eating out help consumers think about their best options when choosing from a menu.

The website offers a variety of printed materials including recipes, images, graphics, coloring sheets, and nutrition tips. The interactive tools include a Daily Food Plan you can customize for your personal diet, Daily Food Plans for Preschoolers, Daily Food Menus for Moms, MyFoodapedia, (quick access to food information, food groups, calories and comparisons) a Food Tracker, (feedback on your daily food intake and physical activity) and a Food Planner. Take a few minutes to browse the website and become familiar with the resources available.

The USDA states the intention of MyPlate is to remind us that “your food and physical activity choices each day affect your health and how you feel today, tomorrow, and in the future”. Consider making healthy changes in your diet now!