

Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

Broiled, roasted or stir-fried...pork makes lean living easier than ever. In today's meat case, you'll find pork products with an average of 31 percent less fat, 29 percent less saturated fat, 10 percent less cholesterol and 14 percent fewer calories compared to 10 years ago. Enjoy pork as part of a healthy meal.

The National Pork Producers Council (NPPC) cites the following as the leanest cuts of pork. The tenderloin is the leanest cut of pork—a 3-ounce serving contains 139 calories and 4.1 grams of fat—comparable to a skinless chicken breast. Other lean cuts (based on a 3-ounce serving) include boneless loin roast with 165 calories and 6.1 grams of fat; boneless sirloin chops with 164 calories and 5.7 grams of fat; boneless loin chops with 173 calories and 6.6 grams of fat; and boneless ham (extra lean) with 123 calories and 4.7 grams of fat. A 2-ounce serving of Canadian-style bacon contains 86 calories and 3.9 grams of fat.

Here's a low fat pork recipe from Jane Reeson, Demand Enhancement Director, Nebraska Pork Producers Association, Inc. For additional recipes, call the Nebraska Pork Producers Association at 1-888-627-7675 or visit the NPPC web site at: <http://www.nppc.org>.

Orange Mustard Pork Chop Skillet

Serves 4

4 top loin pork chops
1/3 cup orange juice
3 tablespoons soy sauce
2 tablespoons honey mustard

In non-stick skillet, brown chops on one side over medium-high heat; turn chops; stir in remaining ingredients. Lower heat; simmer covered for 6 to 8 minutes until chops are done (160 degrees F internal temperature; pork will have a hint of pink inside). (AH)

Clean hands campaign

Have fun using "glo-germ" to teach handwashing to youth and adults. Receive handouts for your group and a copy of reproduction ready handwashing activities. Call Alice Henneman (441-7180) to schedule a time to checkout the Clean Hands Kit and receive your materials. Kit must be checked out and returned within the same week. Available on a first come, first served, basis. This activity can be used with any number and takes about 20 minutes, depending on the size and age of your group. (AH)

Focus on Food



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Q: Should you store food outside if your freezer/refrigerator goes out?

A: Consider these issues if storing food outside:

■ If food is exposed to the sun's rays, there could be melting of frozen foods. Refrigerated foods may become too warm, and warming them may allow food-borne bacteria to grow. It's important that refrigerated foods stay under 40 degrees F.

■ You may be exposing your perishable items to unsanitary conditions and to animals that may stray by.

■ Safe storage containers may also be a problem. For example, containers such as garbage bags are not intended for storing edible food.

■ Refrigerated foods put inside a cooler, without additional ice or frozen gel packs, may actually be "insulated" by the cooler and be held above the recommended 40 degrees F.

If you feel you can avoid these problems when storing food outside, then this may be a good option for you. (AH)

A safe kitchen

Kitchens are one of the busiest rooms in the house. Some activities may include: peeling and slicing foods; cooking and baking at high temperatures; preventing harmful bacterial growth in foods and preparing nutritious foods. Even though these activities are routine, they are also dangerous. To keep you and your family safe remember the following:

1. Heating elements can reach 1000 degrees. Keep stove tops clean. Use pot holders to prevent burns.
 2. Turn pot handles away from the front of the stove.
 3. Keep the kitchen clean to prevent falls and discourage rodents.
 4. Have a special place to store knives. Cut food on a clean cutting board.
 5. Dry your hands completely before using an electrical appliance. Use appliances that have an Underwriters Laboratory (UL) designation.
 6. Store cleaners, disinfectants and insecticides in original containers. Keep them away from food and children to prevent poisoning.
- Warm up with some beef stew.

Beef Stew

Makes 4 servings

2 cups cubed beef
3 1/2 cups tomato juice
1/2 cup chopped onion
2 teaspoons beef bouillon granules
2 1/4 cups peeled and cubed potatoes
2 cups sliced carrots
1 cup sliced celery
2 tablespoons flour

Cook cubed beef. Combine all ingredients except flour in a large pan. Cover; simmer for 30 minutes. To thicken, blend together flour and a small amount of stew broth. Pour into stew, stirring constantly. Heat until thickened.

What to do if your power goes off: freezer/refrigerator guidelines

As winter rolls around, power outage is always a concern. Here are some general guidelines to help you cope if your freezer/refrigerator loses power. It's always wise to keep an appliance thermometer in your refrigerator and your freezer. This will help you determine if your food has stayed at a safe temperature. It's difficult to tell whether a food is safe or not—when in doubt, remember the phrase: When in doubt, throw it out!

FREEZER GUIDELINES:

■ TOSS frozen perishable food that has been held above 40 degrees F over 2 hours. Refer to refrigerator section about foods that may be safely stored at room temperature.

■ Foods in a separate free-standing chest or upright freezer that is full will stay frozen about 2 days if kept closed. For greatest safety, TOSS foods in a

full free-standing chest/upright freezer after 2 days unless you can verify with a thermometer that the freezer temperature is staying 40 degrees F or lower.

■ Foods in a separate free-standing chest or upright freezer that's only half or partially full may stay frozen up to 1 day, if kept closed. For greatest safety, TOSS foods in a half/partially full free-standing chest/upright freezer after 1 day unless you can verify with a thermometer that the freezer temperature is staying 40 degrees F or lower.

■ Most freezers that are part of a refrigerator-freezer combination may keep food frozen up to a day, if kept closed. For greatest safety, TOSS foods in a refrigerator-freezer combination AFTER 1 day unless you can verify with a thermometer that your freezer temperature is staying 40 degrees F or lower.

■ If dry ice was obtained before the freezer temperature

rose very much, you can keep food frozen longer. Your dry ice supplier is the best advisor on how long the ice should help keep food frozen.

■ Once food is thawed, even though it is held at 40 degrees F or less, it can't be kept as long as when it was frozen:

☛ TOSS any thawed hamburger, chicken, turkey or fish after 1-2 days even if it was held at 40 degrees F.

☛ TOSS any thawed larger cuts of meat like roasts, steaks and chops after 3-5 days even if they were held at 40 degrees F.

☛ If meat was stored in the refrigerator for a day or so before it was initially frozen, it will be safe a shorter time after thawing.

☛ If meat is still safe (see above), cook it or refreeze it. Cook refrozen meat immediately after thawing. Cook red meat

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- 346 Heat Baby Food and Formula Safely
- 348 Safe Refrigerator and Freezer Temperatures
- 359 Avoiding Foods that Choke Young Children

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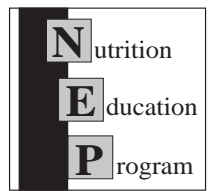
Tips and recipes for cooking healthy foods in a hurry:
www.lanco.unl.edu/food

FREE monthly Food Relections e-mail newsletter.

To be added to the mailing list, e-mail Alice Henneman at AHENNEMAN1@UNL.EDU

Diabetes Study Course

Call Alice Henneman (441-7180) for more information.



Nutrition Education Program

for Limited Resource Families

Mary Abbott
Extension Assistant