



## Food & Fitness



Alice Henneman, RD, LMNT, Extension Educator

In research conducted at Harvard University, the DASH diet (Dietary Approaches to Stop Hypertension) tested nutrients as they occur together in foods. DASH results showed a plan similar to what Americans eat but high in fruits and vegetables (combined total of eight or more servings daily) reduced blood pressure. However, when they also increased dairy servings to three fat free or low-fat dairy foods daily, the drop in blood pressure was even greater, equaling or exceeding the effects of many types of medication. You can find a copy of the DASH diet at <http://dash.bwh.harvard.edu>

So, to dash up your diet in a heart healthy way, include plenty of low fat dairy, fruits, and vegetables. Here's a recipe provided by the American Dairy Association/Dairy Council of Nebraska.

### Berry Dairy Dream

Makes 2 servings

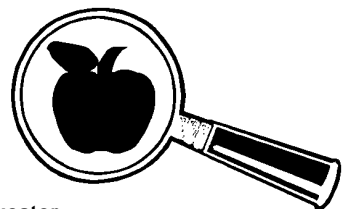
This recipe makes a great cool summer drink, fun treat for kids, or delicious dessert. Plus, it gives you the benefits of milk and fruit!

Combine 1 1/2 cups of milk, 1 cup frozen strawberries or raspberries, 2 tablespoons honey, and a splash of ginger ale or 7-UP in a blender until smooth. For an extra creamy dream add 1/2-cup strawberry ice cream or low-fat raspberry frozen yogurt.

Per Serving: 130 calories, 0 g fat, 25% Daily Value for calcium

Recipe courtesy of Milk Processor Education Program (AH)

## Focus on Food



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### Q: What should you do to handle meat safely when grilling?

**A:** Here are some basic food safety checkpoints for grilling that Joyce Jensen, Lincoln-Lancaster County Health Department and I have put together:

✓ When shopping, choose meat and poultry last, and don't put them in the trunk. The temperature there is too hot and bacteria will grow rapidly. Don't let meat set out for longer than one hour during warm weather. If meat sets out too long, bacteria can produce toxins that can cause illness and stay active even during cooking.

✓ Refrigerate meat and poultry immediately upon arriving home.

✓ Purchase ground meat or poultry no more than a day or two before you plan to grill it. Otherwise, freeze them. Grill larger cuts of meat, such as steaks, within four days of purchase or freeze them.

✓ Completely thaw meat and poultry in the refrigerator or just prior to cooking in a microwave. Frozen foods do not grill evenly and may be unsafe. Never defrost on the counter—bacteria will begin to grow. It takes about 24 hours to thaw five pounds of meat in the refrigerator.

✓ Clean up juice spills immediately so a raw product does not get on a cooked product. Juice spills should be cleaned with a paper towel. If using a dishcloth to wipe up raw meat or poultry juices, wash it in hot soapy water before using it again.

✓ Marinate meat and poultry in the refrigerator. Sauce can be brushed on these foods while cooking, but never use the same sauce after cooking that has touched the raw product.

✓ Make ground meat patties about 1/2 inch thick. This helps assure they cook thoroughly and evenly.

✓ Unwashed hands are a prime cause of food-borne illness. Whenever possible, wash your hands with hot, soapy water for 20 seconds before handling food. When eating away from home, pack disposable wipes for cleaning hands if no handwashing facilities are available.

✓ Transport meat and poultry to a picnic site in a cooler kept cold with ice or frozen gel packs. Pack food and cooler immedi-

## Soyfoods - A Serving a Day.....

You have heard about the benefits of soy in your diet including less chance of heart disease, less chance of getting many types of cancer, helping to control diabetes, kidney disease and helping to reduce osteoporosis. Don't clean out your refrigerator and replace with only soy products, but do start thinking of ways you can easily incorporate some soy in your everyday eating plan.

Soy products have changed greatly in the last few years, so you will want to really see what is available even in the major grocery stores. You might be pleasantly surprised at the variety now available. Plus, new products are in the development stage. Soy has the added advantage of having a mild flavor. It tends to take on the flavor of the food with which it is combined. Here are some simple ideas for incorporating more soy into your diet.

- Substitute about 1/4 soy flour in place of wheat flour in most bread recipes. This can be done for pancakes, muffins, or biscuits. It increases the protein content, makes a lighter product, and helps keep breads from going stale. Soy flour is very fine, so it also works well to thicken sauces and gravies.

- To boost protein and fiber, try a snack such as Honey Nuggets.

- Enjoy a refreshing glass of soy milk as a snack.

- Silken tofu is a great addition to a shake or dip, or even a gravy or stew. Tofu acts as a thickener or emulsifier and can be added to many foods. For a great snack, add instant pudding mix to silken tofu.

Here is a SMOOTHIE recipe that you will love. It is a great summer drink for the family:

### Fruit Smoothie

(makes 1 serving of about 1 1/4 cups)

1 cup soy milk (plain or vanilla)

1/2 medium banana (may be frozen)

2 tablespoons frozen fruit juice concentrate, undiluted

1/4 cup frozen fruit such as strawberries, raspberries, blueberries, or combination

Puree all the ingredients in a blender until smooth. Pour into a glass and serve at once.

Sources: Soy Foods, a Healthy Profile—Nebraska Soybean Board; United Soybean Board Website [www.talksoy.com](http://www.talksoy.com) (MM)

## What Ignaz Semmelweis Did for You!

Remember Ignaz Semmelweis? Of course you don't. But you're in his debt nonetheless, because it was Dr. Semmelweis who first demonstrated over a hundred years ago that routine handwashing can prevent the spread of disease. (It was another 50 years before the importance of handwashing was widely accepted!)

"Dr. Semmelweis worked in a hospital in Vienna whose maternity patients were dying at such an alarming rate they begged to be sent home," said Julie Gerberding, M.D., director of The Centers for Disease Control (CDC) Hospital Infections Program. "Most of those dying had been treated by student physicians who worked on cadavers during an anatomy class before beginning their rounds in the maternity ward."

Because the students didn't

wash their hands between touching the dead and the living—handwashing was an unrecognized hygienic practice at the time—pathogenic bacteria from the cadavers regularly were transmitted to the mothers via the students' hands.

"The result was a death rate five times higher for mothers who delivered in the hospital than for mothers who delivered at home" said Dr. Gerberding.

In an experiment considered quaint at best by his colleagues, Dr. Semmelweis insisted his students wash their hands before treating the mothers—and deaths on the maternity ward fell fivefold.

"This was the beginning of infection control," Dr. Gerberding said. "It was really a landmark achievement, not just in healthcare settings, but in public health in general because

today the value of handwashing in preventing disease is recognized in the community, in schools, in child care settings, and in eating establishments."

Healthcare specialists generally cite handwashing as the single most effective way to prevent the transmission of disease. The basic rule in the home is to wash your hands "... before preparing food, after changing diapers, and after using the bathroom."

CDC cites five common household scenarios in which disease-causing germs can be transmitted by contaminated hands.

HANDS TO FOOD: germs are transmitted from unclean hands to food, usually by an infected food preparer who didn't handwash after using the

See **IGNAZ** on page 11



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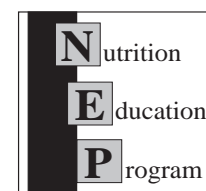
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### Nutrition Education Program

for Limited Resource Families

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