



## Food & Fitness



Enjoy Nebraska Foods!

Alice Henneman, RD, LMNT, Extension Educator

National 5 A Day for Better Health is celebrated during September. The 5 A Day program, jointly sponsored by the Produce for Better Health Foundation (PBHF) and the National Cancer Institute, promotes eating a combined total of 5 or more fruits and vegetables daily. Here's a recipe, courtesy of PBHF to get you on your way to 5 A Day. For more information, check these Web sites: [www.5aday.gov](http://www.5aday.gov) and [www.5aday.com](http://www.5aday.com)

### Autumn Fruit Salad

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 2 Granny Smith apples, cubed
- 2 red pears, cubed
- 1/2 cup dried apricots, sliced into thin strips
- 3 8-ounce containers low-fat spiced apple or vanilla yogurt

In a medium bowl, whisk together honey and lemon juice. Add fruit and toss well. For each person, spoon a half container of yogurt into a small bowl and top with a 1/2 cup fruit. Serve.

*Serves 6. Nutritional Analysis: Calories: 206 Kcal, Fat: 1.9 g, Cholesterol: 0 mg, Fiber: 3.4 g, Sodium: 76 mg, % Calories from Fat: 8%*

# Feeding Baby during the First Year

Alice Henneman, MS, RD  
Extension Educator  
&  
Kendra Schmit, RD  
Extension Assistant-NEP

If you grow as rapidly as a newborn, and you currently weighed 130 pounds, you'd tip the scales at almost four hundred pounds in just a year! Babies triple their birth weight the first year.

Assuring that infants receive adequate nutrients during their first year is essential to their growth and development! Whether you're caring for your own child, a grandchild or babysitting for others, here are some tips to follow:

- Whenever possible, breast milk is best during the first year of life.
- If breast-feeding isn't possible, an infant formula is an acceptable choice.
- Specialized formulas are available if an infant is allergic to regular infant formulas. The baby's pediatrician can advise on the best choice.
- Proper formula dilution, mixing and storage are very important; follow directions carefully.
- Avoid serving regular cow's milk until infants are one year old. Before then, infants may experience an allergic

reaction. When you begin serving regular cow's milk, serve whole milk. It's usually recommended that children drink whole milk until age 2 for proper development. Don't switch to a lower fat milk until the baby's doctor recommends this switch.

- Do not serve cereal mixed with formula from a bottle.



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There's no proof that this practice helps babies sleep better. Plus, there is a possibility of choking when served cereal from a bottle.

- Always hold a baby when bottle-feeding. Babies who are put to bed with a bottle are more likely to have cavities and there is a possibility of choking.
- It's best for parents to check with their physician before starting infants on solids. Not all babies are ready to begin eating solids at the same time. The American Academy of Pediatrics recommends that breast milk or a prepared infant formula be the

only nutrient fed to infants until 4 to 6 months of age.

• Do not serve infants honey during the first year of life. It may contain the type of bacteria that can cause botulism in infants. Botulism can cause death.

• Infants may be allergic to egg whites; wait until about 12 months before offering this food.

They may be able to tolerate egg yolks around 8 months. Follow guidelines given by the parent's physician.

• Serve only 100 percent juice in small quantities so it doesn't interfere with the infant's eating other nutritious foods. The American Academy of Pediatrics recommends giving juice only to infants who are approximately 6 months or older and who can drink from a cup. The Academy of Pediatrics recommends offering no more than a TOTAL of 4 to 6 ounces of juice a day to infants.

• When introducing new foods, try only one at a time. And wait about a week before trying another new food so you can tell if there are any allergic reactions to it.

• Iron-fortified rice cereal is usually the first cereal offered as babies are least likely to be allergic to it. It's frequently recommended to continue fortified baby cereal through the first year of life.

# 10 Tips Spell F-O-O-D S-A-F-E-T-Y Success

September is National Food Safety Education Month™, one of the initiatives supported by the National Food Safety Initiative. One of the goals of the month is to "educate the public to handle and prepare food properly at home, where food safety is equally important—whether cooking from scratch or serving take-out meals and restaurant leftovers."

Alice Henneman, MS, RD  
Extension Educator  
&  
Joyce Jensen, REHS  
Lincoln/Lancaster County  
Health Department

**Do you know the most important thing you can do to keep from getting sick?**

HINT: It only takes about 20 seconds.

HINT: Almost everyone can do it.

HINT: It's not expensive. According to the Centers for Disease Control, the answer is "WASH YOUR HANDS."

Clean hands—and clean cooking utensils and surfaces—are your first defense against food-borne illness.

Like washing your hands, most of the things you can do to help prevent a food-borne illness are really easy. Here are 10 simple food safety tips, that together spell F-O-O-D S-A-F-E-T-Y.

**F** = Fight bacteria by washing your hands often. Wash for about 20 seconds with hot, soapy water BEFORE fixing or eating foods

cut and/or peeled fruits and vegetables sit at room temperature longer than two hours.

**D** = Divide leftovers into small, shallow containers for rapid cooling in the refrigerator.

**S** = Set your refrigerator to run at 40 degrees F and your freezer at 0 degrees F to help stop harmful bacteria from growing. Keep an appliance thermometer in your refrigerator/freezer to monitor temperatures.

**A** = Avoid cross-contamination. Wash cutting boards, knives and other utensils in the dishwasher or with hot soapy water and rinse with hot water after they come in contact with raw meat, poultry and seafood, and before using them for another item. Avoid placing cooked food on a plate that held these raw foods.

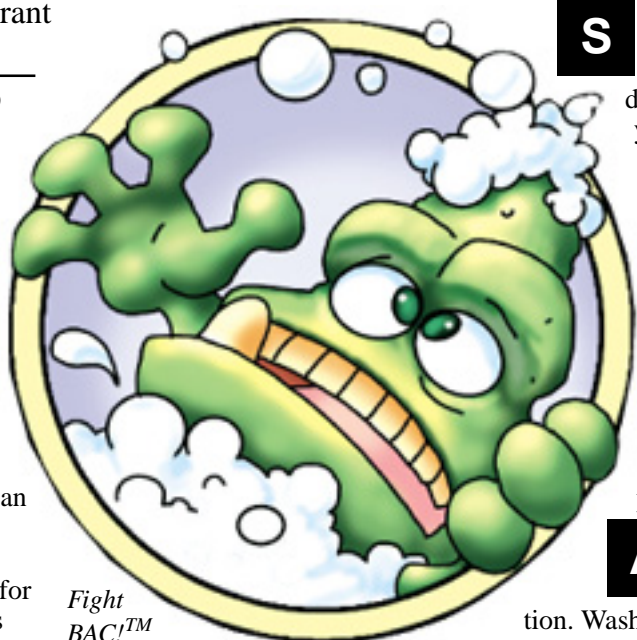
**F** = Fruits and vegetables should be thoroughly cleaned before eating. Wash fruits and vegetables thoroughly with running tap water just before eating. This includes fruits and vegetables that you peel or cut, such as melons, oranges or cucumbers. Bacteria

adheres to the surface of these and can be transferred to the part you eat when it is cut or peeled.

**E** = Eat foods that you know are safe. Most of the bacteria that commonly cause food-borne illness can't be seen, smelled or tasted. When in doubt, toss it out!

**T** = Take the temperature of perishable foods such as meat, poultry and seafood to assure harmful bacteria are destroyed. Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal, lamb steaks and roasts may be cooked to 145 degrees F for medium rare and to 160 degrees F for medium. Whole poultry should be cooked to 180 degrees F as measured in the thigh; breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F. Thoroughly cook fish until it is opaque and flakes with a fork.

**Y** = Yolks and whites of eggs should be cooked until firm to avoid possible food-borne illness from salmonella. Store fresh eggs in their original carton and use within three weeks for best quality. Use hard-cooked eggs within one week—do NOT return them to the egg carton for storage. Refrigerate them in a clean container.



Fight BAC!™



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## Fridge Quiz!

Put your knowledge of proper refrigeration to the test. (AH)

1. Should hot food be placed directly in the refrigerator? YES or NO
2. Refrigeration prevents bacterial growth. TRUE or FALSE
3. At what temperature should you set your refrigerator? \_\_\_\_ degrees F

### Answers:

1. **Yes**, but divide large quantities of food into shallow containers for quicker cooling.
2. **False**. Refrigeration slows, but does not prevent the growth of harmful bacteria.
3. **40 degrees F** to discourage the growth of food-borne bacteria. Keep an appliance thermometer in your refrigerator and check the temperature regularly.

Source: Adapted from materials provided by the Partnership for Food Safety Education