



By Alice Henneman, MS, RD, UNL Extension Educator

The Centers for Disease Control and Prevention (CDC) and the Produce for Better Health Foundation have partnered with many other organizations to launch a new public health initiative, Fruits & Veggies—More Matters™, which takes the place of the 5 A Day program.



The CDC has updated its fruits and vegetables Web site to reflect the new campaign. Go to www.fruitsandveggiesmatter.gov to get tools and information to help you eat more fruits and vegetables each day, including:

- A calculator to find out how many fruits and vegetables you need each day, based on your daily calorie needs.
- Tips on how to include fruits and vegetables in your daily diet.
- Information on exciting new fruits and vegetables to try.
- Delicious recipes and much more!

At the 2,000 calorie level, a person should eat the equivalent of 2 cups of fruits and 2-1/2 cups of vegetables daily.

Below is recipe from the Web site and some information about carrots and raisins.

Carrots are an excellent source of Vitamin A, which is necessary for healthy eyesight, skin, growth and also aids our bodies in resisting infection.

Carrots have a higher natural sugar content than all other vegetables with the exception of beets. This is why they make a wonderful snack when eaten raw and make a tasty addition to a variety of cooked dishes.

Carrots are available and in season all year long. Look for well-shaped carrots. Pick carrots that are deep orange in color. More beta carotene is present in carrots that have a darker orange color. Avoid carrots that are crackled, shriveled, soft or wilted.

Carrots are best stored between 32–40 degrees F in the crisper section of the refrigerator. Storing them in the refrigerator will preserve their flavor, texture and the beta carotene content. Do not store them with fruits. Fruits produce ethylene gas as they ripen. This gas will decrease the storage life of the carrots as well as other vegetables. This is why it is best to store fruits and vegetables separately.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.



Carrots and Raisins Sunshine Salad

Preparation Time: 25 minutes • Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1

Ingredients:

- 1 pound carrots (5 or 6), peeled and shredded**
- 1/2 cup raisins**
- 1 carton (8 ounces) low-fat vanilla yogurt**
- 5 iceberg lettuce leaves**

In a large bowl, mix all ingredients together, except lettuce. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves.

Nutrition Facts: Serving size 1/4 recipe. Calories, 160; Total Fat, 2g; Saturated Fat, 1g; Sodium, 80mg

Download FREE Educational Materials Online!

Whether you're looking for a handout about the new MyPyramid, a handwashing poster in Spanish or a PowerPoint for a presentation, check the University of Nebraska-Lincoln Extension in Lancaster County Web site at

<http://lancaster.unl.edu/food/resources.shtml>

Nearly 50 FREE food, nutrition and food safety educational materials can be downloaded!



Food Quiz: Keep or Toss?

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Test your food safety savvy by taking this short quiz! Should you “Keep” or “Toss” the following foods?

1. Tacos left on the kitchen counter overnight?

Keep or Toss?

2. Hamburger thawed all day on the kitchen counter?

Keep or Toss?

3. Leftover pizza placed in the refrigerator within 2 hours after it was cooked?

Keep or Toss?

4. Cut or peeled fruits and vegetables left at room temperature MORE than 2 hours? Keep or Toss?

5. Leftovers kept in the refrigerator for over a week? Keep or Toss?



fruits and vegetables within TWO hours! Just one bacteria in foods can grow to 2,097,152 bacteria in seven hours! Bacteria on the outside of fruits can be transferred to the inside when fruit is peeled or cut. Rinse fruits with peels (even when the peel is removed) such as melons and citrus fruits!

5. TOSS. Even refrigerated leftovers may become unsafe within three to four days. You can't always see or smell or taste if a food is unsafe. You could get sick tasting a food!

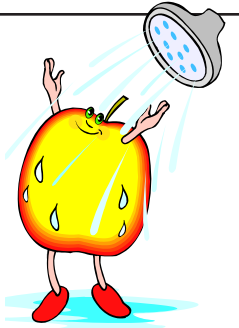
Remember: When in doubt ... TOSS IT OUT!!!



A free PowerPoint related to this material can be downloaded on the Web at <http://lancaster.unl.edu/food/keep-toss.shtml>

Cleaning Fruits and Veggies

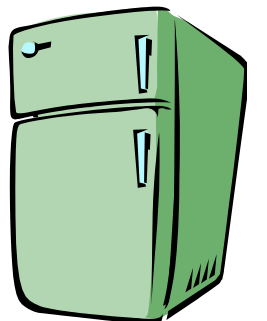
1. Remove and discard outer leaves.
2. Rinse under clean, running water just before preparing or eating. Don't use soap or detergent as it can get into produce and make you sick.
3. Rub briskly—scrubbing with a clean brush or hands—to clean the surface.
4. Dry with a clean cloth or paper towel. Moisture left on fruits and vegetables helps bacteria grow. Dry them if you won't eat or cook them right away.
5. Cut away bruised and damaged areas.



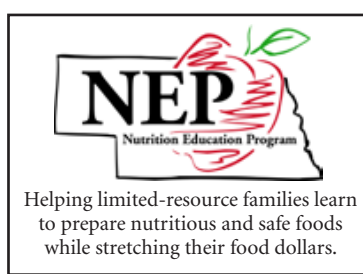
Thawing Frozen Foods

The best place to thaw frozen perishable foods—like frozen meat, poultry, seafood, vegetables, fruit and cooked pasta and rice—is in the refrigerator! Make sure your refrigerator is 40 degrees F or lower. Thaw packages of meat, poultry and seafood on a plate on the bottom shelf of the refrigerator. This prevents their juices from dripping on other foods.

When microwave defrosting perishable food, cook it immediately after thawing. Some areas of the food may start to cook during microwave defrosting and become warm. Any bacteria present wouldn't have been destroyed and may reach optimal temperatures for growth.



The First Step to Food Safety – Clean!



Kelly Fisher, RD, LMNT
Extension Assistant

A, B, C, D, E... we all know the song. But did you know it takes about 20 seconds to sing—the exact length of time you need to wash your hands under warm, soapy water to get them squeaky clean! Take a quick glance over your hands. Do they look dirty? If you answered no, then it means they don't need to be washed, right? WRONG!

MyPyramid, the food and nutrition guide, tells us about more than just what and how much to eat. A quick search on <http://mypyramid.gov> led me to the “related links” tab. Here I found a wealth of nutrition resources, including information on the four steps to food



safety: clean, separate, cook, chill.

For now, let's focus on the first food safety step—clean. To keep things clean and safe there are lots of things that should be washed, like your hands, but it might surprise you, there are also a few things that should not be washed.

Some Things that Should be Washed

- **Dish Towels**—wash these often in the hot cycle of your washing machine (or use paper towels).
- **Cutting Boards, Dishes, Utensils and Countertops**—wash with hot soapy water before and after preparing each food item.
- **Food Thermometers and Can Openers**—wash after each use.
- **Lunch Boxes/Totes**—wash each night.
- **Fresh Produce** (even the

ones with skins and rinds that are not eaten, like bananas)—wash under running tap water before eating or cutting.

■ **Your Hands**—wash with warm, soapy water for 20 seconds:

- before and after handling food
- after using the bathroom
- after changing a diaper
- after tending to a sick person
- after blowing your nose, coughing or sneezing
- after handling pets

Some Things that Should Not be Washed

- **Raw Meat & Poultry**—washing increases the risk of spreading bacteria to your sink and other parts of the kitchen.
- **Store Bought Eggs**—washing can push any bacteria into the inside of the egg through the pores.

Follow these keys to cleanliness and you will master the first food safety step!!!

Source: www.fightbac.org