Did You Know???

FSIS has released podcasts helpful to both consumers and plant owners and operators. The latest podcasts are:
* "Food Safety at Home: Canned Food Safety" (English and Spanish)
* "Food Safety at Home: Barbecue and Grilling" (Spanish)
* "Food Safety at Home: Food Safety When Cooking Out (English and Spanish)
* "Food Defense: Food Vulnerability Assessments," Part 1 of 5
* "Notice of Intended Enforcement: Options After Receiving an NOIE - Response,"
Part 4 of 4
Tune in and subscribe to podcasts helpful to both consumers and plant owners and operators at:

source: Ednet Update June 2009

Increased added sugars intake may parallel trends in weight gain

A study reported at the American Heart Association’s Nutrition, Physical Activity, and Metabolism/Cardiovascular Disease Epidemiology and Prevention 2011 Scientific Sessions shows that weight gain in adults may coincide with increased consumption of added sugars. Added sugars are sugars and syrups added to foods during processing, preparation, or at the table. Added sugars could be listed as corn syrup, fructose, molasses, honey, to name a few.

The researchers found that added sugars intake increased along with BMI (Body Mass Index tool to evaluate body weight) levels in men and women. Over the 27 years, added sugars consumption increased among men and women and in all age groups. Across all survey years, women consumed less added sugars than men, while younger adults consumed more added sugars than older adults.

Although other lifestyle factors should be considered as an explanation for the upward trend of BMI, public health efforts should advise limiting added sugar intake.”

Source: Institute of Food Technologists,
March 30, 2011
Walnuts may be the top nut for heart-healthy antioxidants

Joe Vinson, University of Scranton, analyzed antioxidants in nine different types of nuts: walnuts, almonds, peanuts, pistachios, hazelnuts, Brazil nuts, cashews, macadamias, and pecans. Walnuts had the highest levels of antioxidants. He also found that the quality, or potency, of antioxidants present in walnuts was highest among the nuts. Antioxidants in walnuts were 2–15 times as potent as vitamin E, renowned for its powerful antioxidant effects that protect the body against damaging natural chemicals involved in causing disease. Vinson noted that nuts in general have an unusual combination of nutritional benefits—in addition those antioxidants—wrapped into a convenient and inexpensive package. Nuts, for instance, contain plenty of high-quality protein that can substitute for meat; vitamins and minerals; dietary fiber; and are dairy- and gluten-free. Years of research by scientists around the world link regular consumption of small amounts of nuts or peanut butter with decreased risk of heart disease, certain kinds of cancer, gallstones, type 2 diabetes, and other health problems.

Twelve Ways to A Relaxing Sleep

Getting a good night’s sleep will not only improve your mood, but will boost energy levels. Those people who get 7-8 hours of sleep every night are more likely to maintain a healthy weight. Try following these tips to get in those zzzz’s.

1. Become one with your mattress-get a comfortable one!

2. Go to bed at the same time and get up at the same time—even on weekends and holidays.

3. Keep your bedroom quiet-turn off the TV or radio.

4. Keep your bedroom dark and the temperature comfortable. Cooler is better.

5. Exercise every day, but not within 2 hours before bedtime.

6. Don't take a late afternoon or early evening nap.

7. Learn relaxation techniques, like meditation, yoga or deep breathing.

8. Avoid caffeine or alcohol within 2 hours of going to bed. Try a small amount of warm milk.

9. Take a warm baths as part of your pre-bedtime routine.

10. Focus on a pleasant experience.

11. Try reading as a relaxation method.
12. Don't lie awake for more than half an hour. Go to bed only when you're relaxed and ready to sleep.

Change takes time. Just sleep on these suggestions!

Recipes, Please

**Berry Muffins**

Yield: 11 muffins

Eating these muffins for breakfast will get you off to a healthy start. If you are berry picking, try those fresh berries in these muffins. The whole-wheat flour gives an extra fiber bonus.

WebMD Recipe from the WebMD Weight Loss Clinic

**Ingredients:**

- 2 tablespoons canola oil
- 2 tablespoons fat-free sour cream
- 1 cup unbleached white flour
- 1/2 teaspoon salt
- 1/3 cup white sugar
- 1/2 cup plus 2 tablespoons low-fat milk
- 1 1/4 cup chopped strawberries (or substitute any fresh berries, unchopped)

- 1 teaspoon vanilla extract
- 1 large egg
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 2 tablespoons Splenda®

1. Preheat oven to 375 degrees. Line a muffin pan with paper liners (you’ll need about 11 liners).
2. Add oil, sour cream, milk, and egg to mixing bowl and beat until smooth; set aside.
3. In a large bowl, add flours, salt, baking powder, sugar and Splenda®; whisk to blend well. Add the chopped strawberries to the flour mixture and toss well to coat them with flour. Add the milk mixture to the flour mixture and stir to blend together well.
4. Put 1/4 cup of the batter in each muffin cup. Bake until the tops bounce back when gently pressed (about 20 minutes). Cool muffins about 10 minutes.

**Nutritional Information:**

Per muffin: 136 calories, 4 g protein, 23 g carbohydrate, 3.4 g fat, 0.5 g saturated fat, 20 mg cholesterol, 2 g fiber, 201 mg sodium. Calories from fat: 22%

The Laughing Place

"WHERE is my SUNDAY paper?!" the irate customer calling the newspaper office loudly demanded to know where her Sunday edition was.

"Madam", said the newspaper employee, "Today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY ".

There was a long pause on the other end of the phone, and then she was heard to mutter, "Well, that's why no one was at church today."
Kids’ Korner

Children and Money

Spending Teaches:
• Difference between needs and wants. Discuss examples of needs versus wants.
• Opportunities for comparing alternatives. Walk children through the decision making process.
• Making decisions and taking responsibility for them. Talk about the best purchase you ever made and the worst purchase you ever made and why. Were spending issues easily resolved, and if not, why not?
• Keeping records. Show children you have a budget, checking account, savings account, etc. and you keep up with all these ways to organize/manage finances.

Teaching Aids for Spending:
• Let children make mistakes and learn from the consequences. Make sure children know you’ve made some mistakes, too.
• Explain what quality, availability, and other comparison factors mean. Don’t assume they know what these terms mean.
• Let your child know you know you can’t afford to buy everything you want, either. This could be brought out while window-shopping together.
• Explain the bigger financial picture. For example, a movie involves not just the price of admission, but gas for the car, popcorn, pop, time and energy. This will help them see the total financial impact before making financial decisions.
• Communicate about money. Include children in family financial decisions and discussions appropriate for their age. This helps them feel valued and tells them that money is not a taboo subject.

Dietary Misconceptions…

Based on a survey, seventy-six percent of responders agreed with the statement that wine can be good for your heart. Drinking too much can be unhealthy, yet only 30% of those surveyed knew the American Heart Association’s recommended limits for daily wine consumption. If you drink any alcohol, including wine, beer and spirits, the American Heart Association recommends that you do so in moderation. Limit consumption to no more than two drinks per day for men and one drink per day for women. For example, that’s generally 8 oz of wine for men and 4 oz of wine for women.

The survey also showed that many Americans are confused about low-sodium food choices and don’t know the primary source of sodium in American diets. Sixty-one percent of respondents incorrectly agreed that sea salt is a low-sodium alternative to table salt. Kosher salt and most sea salt are chemically the same as table salt (40% sodium), and they count the same toward total sodium consumption.

Forty-six percent said table salt is the primary source of sodium in American diets, which is also incorrect. Up to 75% of the sodium that Americans consume is found in processed foods such as tomato sauce, soups, condiments, canned foods, and prepared mixes. The American Heart Association recommends consuming no more than 1,500 milligrams of sodium per day.

Source: IFT Newsletter, April 27, 2011