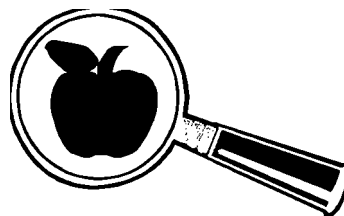




Food & Fitness

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Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q. Everything is ready for the meal but my guests have been delayed at least an hour. What shall I do to hold the food?

A. Remember the basic food safety rules:

1. Keep hot foods hot and cold foods cold.
2. Don't let any cooked food, meat or poultry, remain in the danger zone—between 40° F and 140° F—for more than two hours.

If you have hot foods in the oven, you may be able to hold them safely until your guests arrive. Put a meat thermometer in the thickest part of your roast or poultry, or center of your casserole. Adjust the oven temperature so that the food stays at an internal temperature of 140° F or above. An oven temperature of 200 to 250° F should be sufficient to hold the food. To prevent dryness, cover the dishes or wrap with aluminum foil.

Looking for a program for your group?

In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We'll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.

- **"Don't Get Bugged by a Foodborne Illness."** This award-winning bingo-type game teaches basic home food safety.
- **"Clean Hands Campaign!"** Improperly washed hands are one of the major carriers of foodborne illness. Have fun using "glo-germ" to teach hand washing! (AH)



Alice Henneman, RD, LMNT, Extension Educator

With an average of 31% less fat than 10 years ago, pork is leaner than ever. A 3-ounce serving has less than 200 calories and 9 grams of fat. When shopping for lean pork, just remember this rule of thumb: The leanest cuts have the word "loin" in their name, such as pork tenderloin.

Enjoy this quick and easy pork recipe from Jane Reeson, Nebraska Pork Producers Association. For a set of pork recipes with less than six ingredients that can be made in 15 minutes, send a stamped, self-addressed envelope to: Nebraska Pork Producers Association; Attn: Lean Meals in Minutes; A103 Animal Science; UNL East Campus; Lincoln, NE 68583-0834.

Fantastic Pork Fajitas

(makes 4 servings)

- 1 lb. pork tenderloin, cut into 1/8-inch thick strips (trim all visible fat)
- 1 cup sliced green, red and yellow bell peppers
- 1/2 medium onion, sliced
- 1 teaspoon crushed red pepper
- 4 flour tortillas, warmed

Spray a large nonstick skillet with vegetable spray. Heat skillet over medium-high heat until hot. Add pork strips, bell peppers, onion and crushed red pepper to skillet; stir-fry 5 minutes. Roll up 1/4 of the meat mixture in each tortilla.

Serving suggestions: Serve with salsa and fresh fruit.

Nutrition facts per serving: 295 calories, 9 grams total fat (3 grams saturated fat), 66 milligrams cholesterol, 194 milligrams sodium, 27 grams protein, 22 grams carbohydrate. (AH)

NEP reaches out

Healthy eating is important to everyone, including the elderly. That is the message brought to 62 seniors at Burke Plaza, Mahoney Manor, Asian Center and the Malone Center. Residents gather together for presentations by nutrition advisors on a variety of topics, such as reducing salt in the diet, lowfat snacks, cooking for one or two and food safety. Presentations include interactive nutrition education, food demonstrations and recipes.

In November, Asian Center participants requested information on how to prepare turkeys. Since refrigerators and freezers are not readily available in their home countries, they wanted to learn proper storage techniques of perishable foods in America. NEP staff teamed up to demonstrate how to cut up and divide

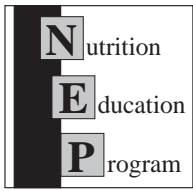
an uncooked turkey. Since most of the 21 participants prepare meals for one or two people, learning how to repackage and freeze the parts of a whole turkey provided several economical meals for the senior citizens.

Through an interpreter, Lenora Fittro emphasized the importance of clean hands and cutting surfaces. They learned that it's easiest if the turkey is very cold and slightly stiff. She demonstrated how to cut off the wings, remove the drumsticks and thigh, and cut back from the breast. After explaining proper cooking techniques, she showed how to package the pieces for future use. They learned how long to store turkey in the refrigerator and the freezer.

After Lenora's presentation, Charlene Morris showed the



Mia Sullivan (right), Vietnamese interpreter, helps NEP teach nutrition.



Nutrition Education Program
for Limited Resource Families
Maureen Burson
Extension Educator

group how to carve a roasted turkey. She explained different ways in which leftover turkey could be prepared. She encouraged them to use seasonings which are native to their country. The seniors then had the opportunity to sample the turkey.

Barb Yllescas has worked with Vietnamese translators to develop a food safety fact sheet for Vietnamese families.

After the presentation, Vietnamese interpreter, Mia Sullivan said that not many of the participants have bought turkey because they didn't know what to do with it. She believes many more will after the demonstrations.

Visual demonstrations have been the most successful teaching method for non-English speaking audiences. NEP is committed to expand abilities to serve non-English audiences through bilingual staff and use of interpreters.

Got a bellyache? Think sprue

Celiac Sprue, often called nontropical sprue, is a digestive disorder that is often difficult to diagnose and mimics many other less serious conditions. It is often not considered because it is so uncommon in the U.S. Beckee Moreland, Lincoln representative of the Celiac Sprue Association/United States of America, Inc. (CSA/USA), offers the following information about Celiac Sprue from literature provided by the Celiac Sprue Association.


Classic symptoms are usually, but not always, bloating, intestinal gas, diarrhea and/or constipation, fatigue, irritability and abdominal pain.

People with celiac sprue must restrict their dietary gluten. Gluten is a protein found in grains, principally wheat, barley, rye and oats and presents no problems for the majority of the population. For celiacs, through a complex process, gluten destroys or flattens intestinal villi, the microscopic hair-like protrusions on the inner intestinal walls.

There is no present known cure for celiac disease. Strict adherence to a gluten-free diet is required for life as even small amounts of gluten can cause damage. Protein from these grains—wheat, barley, rye and

oats in any form (as ingredients, additives, etc.)—MUST NOT be consumed by persons with Celiac Sprue. Most celiacs also are found to react to millet, buckwheat, triticale, quinoa, amaranth and spelt. Care during food preparation is extremely important.

If you feel that you, a family member or friend may have this disease, check with your physician. For more information about Celiac Sprue and suitable foods, Lincoln area residents can contact Moreland at 489-9455. Outside the Lincoln area, contact the Omaha office of CSA/USA at 402-558-0600. (AH)



YOUR information center... around the clock

NUFACTS
NUFACTS offers fast, convenient information 24 hours a day, 7 days a week. In the Lincoln area call 441-7188; for the rest of Nebraska call 1-800-832-5441. When directed, enter the 3-digit number of the message you wish to hear.
368 Should You Consume Caffeine?
370 Walking for Weight Control
360 Avoiding Mealtime Hassles with Preschoolers
and many more...

Diabetes Home Study Course
Call Alice Henneman (441-7180) for more information.

Nutrition and Food Safety Web Site
Visit our internet web site at: <http://ianrwww.unl.edu/ianr/lanco/family/safety.htm> to learn about programs, publications and links to other sites.

FREE FoodTalk e-mail newsletter
"FoodTalk" provides a short "how-to" message on food, nutrition or food safety for health professionals, educators and consumers. To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu