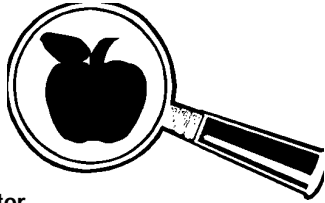


Food & Fitness

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Focus on Food



Alice Henneman, RD, LMNT, Extension Educator

Q. Due to an emergency situation, my guests will be three to four hours late. Can the food stay in the oven?

A. Food will probably dry out if kept warm that long. For extended delays, it is safer to refrigerate the food and reheat it when your guests arrive. Food in shallow containers will cool rapidly to a safe temperature in the refrigerator. Do not worry about putting hot foods directly into the refrigerator because the thermostat will keep the unit running to maintain a safe temperature (40° F or below). When your guests arrive, reheat food in a 325° F oven to an internal temperature of 165° F, or until hot and steaming. Cold foods should be kept refrigerated until mealtime. (AH)

Two free food safety programs for all ages

Receive training and materials and do one or both of these food safety activities with your group: (1) Play the award winning bingo type "Don't Get Bugged by a Foodborne Illness" game to teach basic home food safety. (2) Participate in the "Clean Hands Campaign" and have fun using "glo-germ" to teach handwashing! Call Alice Henneman at 441-7180 to schedule your personal training session (takes 20 to 30 minutes). (AH)



Alice Henneman, RD, LMNT, Extension Educator

As the fastest growing wheat food, tortillas are not just for beans or rice anymore. These flat breads can be found in homes and fast-food restaurants wrapped around everything from ham and cheese to peanut butter and jelly.

Tortilla choices have expanded from the original wheat flour or corn, to the latest food trend called "wraps," featuring such flavors as apple-cinnamon, onion-garlic or tomato-basil. Although wraps are not new, they have grown in popularity as a hand-held meal.

Tortillas are a healthy choice and count as one of the 6 to 11 daily servings of grains recommended by the USDA Food Guide Pyramid. See what's available in the tortilla section in your supermarket, then be creative in the types of fillings you use. The following recipe is a tasty tortilla that can be eaten at lunch or cut into slices for an appetizer. For additional recipes or nutrition information, contact the Nebraska Wheat Board at (402) 471-2358, or call toll free, 1-800-651-6736.

Tortilla Roll-Ups

- 4 10-inch tortillas, plain or flavored
- 2 Tbsp. low-fat salad dressing or mayonnaise
- 1/2 cup chunky salsa
- 4 oz. sliced smoked turkey or roast beef
- 1/3 cup shredded low-fat Cheddar cheese
- 1/2 cup thin strips red pepper
- 1/4 cup sliced green onions
- 2 Tbsp. sliced black olives

Spread salad dressing on tortilla; spread salsa over salad dressing. Top with meat, cheese and vegetables as desired. Roll up and serve or heat 1 minute in microwave on medium power. Each tortilla may be wrapped in plastic wrap after rolling and then refrigerated. For bite-sized snacks, cut in 1-inch slices. Makes 8 servings of 1/2 tortilla each.

Nutritional analysis: Each serving provides approximately: 142 calories, 6.8 g protein, 18.5 g carbohydrates, 4 g fat, 0.9 g fiber, 9 mg cholesterol, 1 mg iron, 392 mg sodium. (AH)

Food irradiation facts

The Governor's Conference on Meat Safety recently addressed the subject of meat contamination. Irradiated meat was suggested as a good solution to this problem.

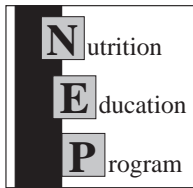
Irradiation of food was used as early as 1905. The process has undergone scientific research for the past 50 years. It is used to reduce pathogenic microorganisms and food spoilage. Both the World Health Organization and the American Medical Association endorse the procedure.

The food irradiation process begins when food is passed through an enclosed chamber where it is exposed to an ionizing energy source. The emitted rays are similar to ultraviolet light and microwaves. This

energy destroys most of the bacteria that can cause disease, and food retains its high quality. The Food and Drug Administration has approved irradiation for the following: wheat, spices, fruits and vegetables to control insect infestation; pork to control trichinosis; chicken and turkey to control *Salmonella*, and beef to prevent the spread of *E. coli*.

"Food irradiation can make a quality food supply better," according to the American Dietetic Association. The process can prolong storage life of foods and replace chemical treatments. Nutrient loss is less than other food preservation methods such as freezing.

The U.S. Department of Health and Human Services



Nutrition Education Program

for Limited Resource Families

Mary Abbott, R.D.
Extension Assistant

gives the following advice: "Irradiation...is a complement to, not a replacement for, proper food-handling practices by producers, processors, and consumers." (MA)

Test your nutrition knowledge

March is National Nutrition Month, a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). Test your nutrition knowledge with the following quiz offered by ADA.

1) True or false: To follow a healthful eating pattern moderate in fat, every single food must be low in fat.

2) Which one of the following counts as a vegetable serving?

- a. 1 medium-sized tomato
- b. 6 asparagus spears
- c. 7 or 8 baby carrots
- d. 1 cup of raw leafy vegetables

e. all of the above

3) True or false: Snacking may keep you from becoming ravenously hungry and overeating at meal time.

4) What do the words "reduced fat" mean on the food label?

- a. no calories
- b. at least 25 percent less fat per serving when compared with a similar food
- c. trace amounts of fat

5) Which has more calories and fat, a plain carob bar or a plain milk chocolate bar?

- a. A carob bar
- b. A milk chocolate bar
- c. They both have the same amount of calories and fat

Answers:

1) False. Keeping fat to less than 1/3 of daily total calories doesn't mean every single food must be low in fat. You can balance high-fat and low-fat selections over the course of one or a few days and still end up with a healthful eating pattern.

2) e. Vegetables, like fruits, are naturally low in fat and provide many essential nutrients and other food components important for health. The Food Guide Pyramid recommends 3-5 servings of vegetables per day.

3) True. Healthful snacking can help control your food intake so that you will be less inclined to overeat at your next meal.

4) b. The definitions used on food labels are set by the FDA for food manufacturers to follow. "Reduced fat" does not mean no calories! To control your calorie intake, enjoy all foods in moderation.

5) c. Ounce for ounce, plain carob and milk chocolate bars have the same amount of calories and fat. Enjoy sweet treats in moderation. (AH)

Food, nutrition and food safety workshop for child care centers

Child care center staff can learn more about nutrition and food safety issues for children by attending "Food, Nutrition and Food Safety Update '98 for Child Care Centers." This two-session workshop will be held April 1 and 8, 1-3 p.m.

The workshop is sponsored by the University of Nebraska Cooperative Extension in Lancaster County in cooperation with the Lincoln/Lancaster County Health Department and Nebraska Department of Education Nutrition Services.

Preregistration is required by Wednesday, March 25. Call 441-7180 for a registration form or more information. The workshop fee is \$10. (AH)



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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