

Smart Choices

Nutrition News for Seniors

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Keep Food Safe

Foodborne illness, often called food poisoning, is an illness that comes from a food you eat. Since foodborne illness can be serious, or even fatal, it is important for everyone to practice safe food-handling behaviors. Food safety is particularly important for older adults. As we age, our immune system and other organs become slower in recognizing and ridding the body of harmful bacteria and pathogens that can cause foodborne illnesses.

The easiest way to be careful with food handling and preparation is to follow the Four Basic Steps to Food Safety: clean, separate, cook, and chill.

CLEAN: WASH HANDS AND SURFACES OFTEN

Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, counter tops, and food. Be sure to wash hands in warm soapy water for at least 20 seconds before and after handling food. Cutting boards, dishes, utensils, and counter tops should be washed with hot soapy water after preparing each food item and before going on to the next food. Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of the washing machine. Wash all produce, including those with skins and rinds that are not eaten, under

running tap water. Clean the lids of canned goods before opening.



SEPARATE: DON'T CROSS CONTAMINATE

Cross-contamination occurs when bacteria are spread from one food product to another. This is common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods and their juices away from ready-to-eat foods. Remember to separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart, bags, and in your refrigerator. Use separate cutting boards for fresh produce and raw meat, poultry,

and seafood. Never place cooked food on a plate that held raw meat, poultry, seafood, or eggs without first washing the plate with hot, soapy water. Don't reuse marinades used on raw foods unless you bring them to a boil first.

COOK: COOK TO PROPER TEMPERATURES

To ensure that foods are cooked safely, always use a food thermometer to measure the internal temperature of cooked foods. Foods are safely cooked when they are heated to the USDA-recommended safe temperatures on the chart on the next page.

CHILL: REFRIGERATE PROMPTLY

Refrigerate perishable foods within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.

In this Issue:

- **Keep Food Safe**
- **Breakfast Pumpkin Cookies**
- **Temperature Rules**
- **What's the Purpose of SNAP?**

When in doubt, throw it out!

Breakfast Pumpkin Cookies



Ingredients:

- | | |
|-----------------------------------|----------------------------|
| 1 3/4 cups pureed pumpkin, cooked | 2 teaspoons cinnamon |
| 1 1/2 cups brown sugar | 1 teaspoon nutmeg |
| 2 eggs | 1/2 teaspoon salt |
| 1/2 cup vegetable oil | 1/4 teaspoon ground ginger |
| 1 1/2 cups flour | 1 cup raisins |
| 1 1/4 cups whole wheat flour | 1 cup chopped walnuts |
| 1 tablespoon baking powder | |

Directions:

1. Preheat the oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls onto greased cookie sheet.
6. Bake for 10 to 12 minutes until golden brown.

Yield: 48 servings

Cost: Per Recipe: \$ 5.78 Per Serving: \$ 0.12

Source: Healthy Recipes from Oregon State University Extension

Nutrition Facts

Serving Size 1 cookie (31g)	
Servings Per Container 48	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 60mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 10%	Vitamin C 0%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Thermy™



"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

Temperature Rules!

... for cooking foods at home.

Safe Minimum Internal Temperatures

- 145 °F** Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
- 160 °F** Ground beef, pork, veal & lamb
Pork chops, ribs & roasts
Egg dishes
- 165 °F** Ground chicken & turkey
Chicken & turkey—whole bird, breasts, legs, thighs & wings
Stuffing & casseroles
Leftovers

FSIS
Food Safety and Inspection Service
U.S. Department of Agriculture
www.fsis.usda.gov

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
E-mail: mph hotline.fsis@usda.gov

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.



In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578). Visit our website: www.lsuagcenter.com
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Reference: Food Safety for Older Adults—USDA FSIS