

HILLSBOROUGH COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

5339 County Road 579, Seffner, Florida 33584-3334

Phone: (813)744-5519 FAX: (813)744-5776

Visit Our Website At: <http://hillsboroughfcs.ifas.ufl.edu/>

July 2007

Healthy Eating at Summer Barbeques

Jessica Brennan, Extension Agent
Expanded Food & Nutrition Education Program



Summer is now in full swing and barbeques are sure to be in your future. However, they do not always offer healthy food choices. Here are some tips to increase the health of you and your family while enjoying delicious summer meals.

Grains

Choose whole wheat buns and rolls for your sandwiches and burgers. The fiber, vitamins and minerals provided by whole grains are vital to good nutrition and digestion.

Fruits & Veggies

Throw some fruits and veggies on the barbeque. Grilled pineapple tastes great when added to a chicken sandwich. Or slice up some asparagus and zucchini, lightly brush with olive oil and cook on the grill, rotating regularly, for three to five minutes depending on thickness.

Pile veggies on your burgers! Add juicy tomatoes, crisp lettuce, pickles and onions to your sandwiches. You will increase your servings of veggies and fill yourself up more quickly, leaving less of a chance for munching on those potato chips and deserts.



Protein

Meat is the most frequently grilled food. So, what are the healthiest ones to eat? Choose the leanest cuts of meat. This means the pieces with the least white swirled throughout or fewest pockets of fat on them. Chicken breast, round steak, top sirloin, pork chops or pork tenderloins are good choices.

When it comes to deciding what part of the animal to eat, choose light meat from each animal, such as the breast or wing. Veggie and turkey burgers grill up wonderfully! Substitute one of these patties

for your ground beef hamburger and cut down on the fat and cholesterol.

When preparing meat, remove the skin. The skin is higher in fat and lower in nutrients.

Dairy

Pass the cheese please! Add low fat cheese to your sandwiches and burgers to fit a serving of dairy into your barbecued meal.

Water

Drink lots of water. The hot summer temperatures will increase the amount you sweat and decrease the water in your body. You need this water to keep your body cool and functioning in the heat.



Make sure that you are drinking plenty of water throughout the day.

Condiments & Seasonings

Put down the salt! Instead, make use of the spices that you get to rarely use. Or try some of the salt-free spice blends and marinades at your grocery store. It will be a pleasant taste change, better for your heart and lower your chances of becoming dehydrated in the heat.

Limit your condiments. While most people know that mayonnaise is high in fat and calories, also remember that even barbecue sauce and ketchup contribute calories to your diet. Keeping these low will help maintain a healthy diet.

Snacks

If you decide to eat snack food or sweets, place a reasonable portion aside to eat from rather than eating from the container.

This will give you a stopping point and keep you from extra munching.

Food Safety

While grilled food tastes fresh and delicious, there are some dangers to eating barbecue. Research has shown that meat cooked at high temperatures for an extended period of time, can create heterocyclic amines (HCAs). HCAs are created from the reaction between heat and animal muscle and can cause cancer. Grilling produces the highest levels of HCAs.



The following are some ways to reduce HCAs 92 to 100 percent.

- First, cook meat partially in the microwave and then throw away the juices produced. Meat can then be put on the grill and finished cooking.
- When cooking hamburgers, flip them often to reduce the internal temperature of the meat.
- Use a marinade on the meat before barbecuing. This has been shown to reduce HCAs drastically.
- Do not cook meat “well done” on the grill. You should cook beef steaks and roasts to 145-160 degrees Fahrenheit (F), ground beef, pork and lamb to 160-170 degrees F and poultry to 165-180 degrees F.
- If you plan ahead of time to eat barbecued meat, begin to eat cruciferous vegetables a day or two before. Cruciferous vegetables include bok choy, broccoli, brussels sprouts, cabbage, cauliflower, kale and rutabaga and can protect the body from HCAs.

Drywood Termite Swarming Season

By Lisa Leslie, Hillsborough County Extension Agent

Drywood and subterranean termites both cause trouble for Florida homeowners. Subterranean



termites need moisture and nest in the soil. Drywood termites do not require contact with soil and can infest dry wood. Because of these differences, the methods used to rid your

house of drywood termites are much different than eradication methods for subterranean termites. The good news about drywood termites is that they multiply at a slower rate, so it takes a much longer time before they do significant damage to your house.

April through August is the peak mating season for drywood termites. This is the time of year when adult termites- called swarmers - fly out of their colonies hoping to find mates and start new colonies. The swarmers usually head toward natural or artificial light and they shed their wings. Winged termites can be distinguished from winged ants because of differences in their body, wings, and antennae. A pest control operator or the Hillsborough County Extension office can help you determine whether you have an ant or a termite.

Finding wings on window sills, seeing swarmers, and finding dead swarmers are all signs of infestation. Another sign of infestation is finding pellets smaller than a grain of rice accumulating on floors or under furniture. These pellets are cream to reddish brown or black and are not related to the color of the wood. The termites excrete these pellets through tiny “kickout” holes. An experienced pest control operator may be able to detect these holes. The amount of “kickout” holes may give some clue to the extent of the infestation.

If you see signs of an infestation, a thorough inspection of your home should be conducted by a licensed pest control operator. The purpose of the inspection is to determine the extent of the drywood infestation. The results of the inspection will help you choose a treatment

option. Two common methods are fumigation (tenting) or localized treatment.

Tom Wisdo, an entomologist with Impact Pest Management, recommends that “Homeowners take a calm logical approach in dealing with drywood termites.” He says, “Homeowners should take their time,” and do not need to rush into a treatment plan.

If an infestation is not too extensive, localized treatment can be effective. Localized treatment involves injecting a chemical termiticide directly into termite galleries. Termites do not detect non-repellants so they are likely to move through the chemical and then pass it on to other termites. These types of chemicals have been shown to be effective termite killers.

Fumigation (tenting) is necessary if your termite infestation is extensive. Fumigation involves sealing up the house with a tent and pumping in a gas. A gas commonly used is sulfuryl fluoride and has the brand name Vikane. The gas penetrates the structure. Once the tent is removed, the gas dissipates and does not leave any residue.



In order for tenting to be effective: 1) the tent must form a tight seal around your house and 2) the correct volume of gas must be pumped into the house. If either of these conditions is not accomplished, you will probably not kill the colony. Successful fumigation should completely eradicate all drywood termite colonies in your home. Unfortunately, fumigation is the most inconvenient method because it involves moving out of your house for two days.

The Florida Department of Agriculture recommends that a consumer get an inspection, a treatment proposal and cost estimates from at least two licensed companies.

Lead Poisoning and Children's Health

Diana Converse, Family Life Educator

Lead is a highly toxic metal that was used for many years in products found in and around our homes. High levels of lead in children may damage their brains, nervous systems, and kidneys, reduce IQ, slow growth, cause hearing problems, behavioral problems, coma, seizures and death. Children 6 years old and under are most at risk, because their bodies are growing quickly.

According to the Centers for Disease Control and Prevention, the rate of children who were found to have significant amounts of lead in their blood (at or above 10 micrograms per deciliter) declined from 1997 to 2005. However, the U.S. Environmental Protection Agency estimates that in the United States today, 430,000 children between the ages of one and 5 have elevated blood-lead levels.

Research suggests that the primary sources of lead exposure for most children are:

- deteriorating lead-based paint,
- lead contaminated dust, and
- lead contaminated residential soil.

In the past, lead was used in paint to make the application easier. Lead-based paint (more than 0.06% lead by weight), remains in old houses, furniture, and even on children's toys. In 1978, the Consumer Product Safety Commission prohibited the use of lead-based paint on interior and exterior houses, toys and furniture. This means people living in houses built after 1978 have less chance of exposure to lead hazards than pre-1978 homes.

However, it does not mean that post-1978 houses are *free* from lead poisoning risks. Some older house plumbing contains lead and it can be absorbed by drinking water directly from the old plumbing. We can also absorb lead from dust in the air we breathe.



Lead can come into your home if any of your household members work with lead and do not clean their body and clothes before coming into the house. Lead is still found on pottery, ceramic cookware, toys and even candies that are imported from certain foreign countries.

A healthy diet helps keep children from lead poisoning. These are examples of foods that will help keep your child healthy: milk, red meat, dried beans, fruits, vegetables, and cereals and infant formula that have iron added. Eating healthy foods like these and fewer fatty foods like chips and chocolate will help protect your child.

Environmental Health Services staff conducts investigations of environmental exposure in cases where lead poisoning has been documented. The program continues to grow with the mandatory Medicaid testing for children. In Hillsborough County contact the Hillsborough County Health Department Environmental Health Services (LEAD Awareness and Investigation) 1105 East Kennedy Blvd, Tampa - Monday through Friday, 8 am to 4:30 pm at 307-8059. Visit their website at www.hillscountyhealth.org (click on environmental health, then click on Lead Program) or visit the Florida Department of Health – Childhood Lead Poisoning Prevention Program website at <http://www.doh.state.fl.us/Environment/community/lead/index.html>.

For additional information:

EPA <http://www.epa.gov/lead/index.html>

CDC

<http://www.cdc.gov/nceh/lead/default.htm>

Sources:

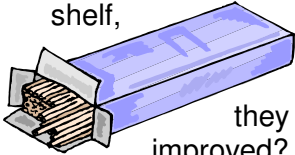
U.S. Environmental Protection Agency Lead Awareness program website: <http://www.epa.gov/lead/index.html>

Lead Poisoning and Children's Health, by Hyun-Jeong Lee, Ph.D., Assistant Professor/Housing Specialist, University of Florida (IFAS) Family, Youth and Community Sciences.

Whole Grain or Lots of Hype?

Mary A. Keith, PhD, LD/N Foods, Nutrition and Health Agent

By now you've heard so often that whole grains are healthier, you are finally ready to try a few. But when you look at the grocery shelf, practically everything there says "whole grain" on the label! Are they all really so much improved? Not likely. So how do you decide which ones will give you true whole grain benefits?



First, look at the ingredient list.

Before you look at the Nutrition Facts box, look at the ingredient list. If the first item on the list is a whole grain, you're off to a good start. If the label says the product is "made with whole grain" or is a "whole grain food", then legally it must contain at least 51% whole grain ingredients. It could also say "100% whole grain", in which case there should be no refined and enriched flour or grain product.

However, if the first ingredient is enriched flour, that is not whole grain. If the second is some form of sugar, that is not whole grain. This product might have some whole wheat flour hidden in there, but not a significant amount.



it's

Fiber - Look at the Nutrition Facts box for the amount of dietary fiber. Very few of us reach the recommended amounts of fiber in our daily diet. Women should get between 28 and 35 g, men between 35 and 45 g of fiber a day. If this product only has 1 or 2 g of fiber, it is not a good source.

Second, look out for heart health

Heart health is a one reason why whole grains are recommended. But just adding a little more whole wheat flour to something that is loaded with salt or

saturated fat is not a solution! So, check a few more lines in the Nutrition Facts box before you buy.

Sodium - For a young adult the recommended maximum amount of sodium per day is 2400 mg. But for mature adults and anyone battling blood pressure problems, the healthy recommendation is to keep it below 1500 mg a day. Many crackers, chips and other snack items, even those made with whole grains are too high in sodium for a healthy diet. Look for products with less than 5% Daily Value.



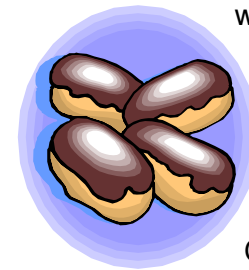
Fats - Even though a product might be cholesterol free, it can still have a lot of saturated fat or trans fats. Neither one is good. Saturated fats can be converted into cholesterol. Trans fats are associated with cardiovascular disease and some cancers. Look for products that have less than 5% of the Daily Value for saturated fats, and 0 g of trans fats.

For each 100 calories in a serving, anything more than 3 g of fat means it is a high fat food. So a food that provides 200 calories should not have more than 6 g of total fat.

Third, look for calories

A glazed donut made with whole wheat flour is still a high fat, high sugar, low nutritional content food. For each 100 calories in a serving, 10 or more grams of sugar is high, 2 or less is low.

Compare how many good nutrients (fiber, vitamins, minerals) there are in a serving to how many calories. Then decide.



Hillsborough County Extension Service
University of Florida
5339 County Road 579
Seffner, FL 33584-3334



Non-Profit Org.
US Postage
Paid
Permit No. 15

July 2007
Family & Consumer Sciences

TABLE OF CONTENTS

Page 1 & 2 Healthy Eating at Summer Barbeques by Jessica Brennan
Page 3 Drywood Termite Swarming Season by Lisa Leslie
Page 4 Lead Poisoning and Children's Health by Diana Converse
Page 5 Whole Grain or Lots of Hype? By Mary A. Keith

Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida. The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age handicap or national origin. COOPERATIVE EXTENSION WORK IN AGRICULTURAL, HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARD OF COUNTY COMMISSIONERS COOPERATING.

Any trade names mentioned in the publication are provided solely for information purposes. The Cooperative Extension Service does not endorse or guarantee the standard of the product, nor does it wish to discriminate against any products of similar nature.

Diana Converse

DIANA CONVERSE, EAIV, MS
FCS Program Leader
Family Life Education

Mary A. Keith

MARY A. KEITH, EAIL, PhD, LD
Food, Nutrition & Health

Lisa Leslie

LISA LESLIE, EAIL, M.Ed
Home Environment

Joe Pergola

JOE PERGOLA, EAIV, MS
County Extension Director

Jessica Brennan

JESSICA BRENNAN, EAI
Expanded Food & Nutrition Program