

Clark County HHS News

May & June 2015

Food Trends. . . What's In?

Probiotics: When it comes to making healthy eating choices, there is a constant barrage of information. Fueled by a billion dollar industry, marketers try to convince us that their products are just what we needed to buy to remain healthy. So, when it comes to *probiotics*, for example, what do consumers need to know about them in order to make an informed purchasing decision?

Probiotics are the “friendly” bacteria that reportedly help improve or maintain health. Non-harmful bacteria are formed during the fermentation process. Fermented foods include all yogurts, aged cheeses, cottage cheese, pickles (brine cured without vinegar), sauerkraut, and tofu. “Non-harmful” bacteria are not necessarily helpful. Even when a food contains bacteria, if processing destroys them and they are no longer live, they may be also rendered no longer beneficial. Dr. Joel B. Mason, MD with Tufts Medical Center said “There are over 100 different types of organisms that might be called ‘probiotics’ and each one is very different.”

Research has shown that certain strains help in specific situations. Certain probiotics help promote good digestion by fighting off bad bacteria in the gut, just as naturally occurring good bacteria do.

On the other hand, research does not support some claims by marketers of probiotics such as probiotics improve the immune system, reduce symptoms of flu or colds or prevent constipation. For a healthy meal plan, continue to eat MyPlate foods.

Source: *Missouri Extension, 2015.*

Is Greek Yogurt A Better Choice?



Although Greek yogurt has been around since the 1920s, it is a relatively new phenomenon in the United States. So, what makes it different from American “regular” yogurt?

The first thing you’ll notice when you open a container of Greek yogurt is the thickness. Greek yogurt goes through a special straining process that removes much of the yogurt’s watery whey. This results in a creamier, thicker, lush yogurt with more of a tart taste. According to the American Dairy Council, Greek yogurt is so hearty and tangy that it could be mistaken for sour cream, which makes it great for making dips and sauces. It is more filling because it has more protein. For example, one cup of regular plain, low fat yogurt has 12.9 g of protein while one cup of Greek yogurt (plain, low fat) has 17 g of protein. Consuming more protein makes one feel “fuller”.

Greek yogurt also tends to have lower sugar content than does regular yogurt. Greek (one cup plain, low fat) has 9 g of sugar while regular (one cup, low fat) has 17.2 g of sugar. Nearly any yogurt flavored with fruit, vanilla, or other flavorings contain more sugar so always read your labels to see what you’re getting. Unfortunately, when whey is removed during the process to make Greek yogurt, some calcium can be lost. So, check your nutritional label for exact content. Greek yogurt is more expensive than regular yogurt so be prepared for sticker shock!!

Whether you buy Greek or regular yogurt, yogurt can be a delicious and nutritious way to get your protein and calcium.

Consider Drying Extra Berries.



Summer is a great time for berries. If you have extra berries that you're not sure what to do with, consider drying some of them.

University of Georgia Cooperative Extension ranks strawberries as fair to good for drying. They are also fairly easy to dehydrate and, as a soft berry, they need no pre-treatment. Firm berries with a skin (e.g., blueberries, currants, gooseberries and cranberries) need to be "checked" before drying. This is done by plunging the berries in boiling water for 15 to 30 seconds, then into ice water to stop the cooking process. Then the berries need to be drained on paper towels.

To dehydrate, simply place whole berries in a single layer on dehydrator trays (so they do not touch) and dehydrate at 135 to 140 degrees F for 24 to 36 hours. For $\frac{1}{4}$ to $\frac{3}{8}$ inch strawberry slices, dehydrate for seven to 15 hours or until dry, leathery and crisp. Other smaller, round berries should rattle when dry. After dehydrating, let berries cool for 30 to 60 minutes. Do not let dried berries sit too long, or they may begin to pick up moisture from the room air.

Next, condition the fruit. This helps distribute the moisture more evenly throughout the container to avoid moisture build up in any one part. If moisture does build up, mold and other spoilage could occur. Simply pack cool berries loosely in sealed plastic or glass containers and store for seven to 10 days, shaking daily to separate pieces. With each shaking, moisture distribution will even out more. If condensation shows up, re-dry and condition again.

Package dried conditioned berries in air-tight, moisture-tight containers and store in a cool, dry place (they do not need to be frozen). (Source: Missouri Families)

Peachy Chipotle Salsa (A good way to boost your fruit consumption)

Serves: 6 ($\frac{1}{2}$ cup per serving)

Ingredients:

2 cups ripe peaches, diced

$\frac{3}{4}$ cup fresh lemon juice

$\frac{1}{2}$ cup red onion, diced

$\frac{1}{2}$ cup red bell pepper, diced

$\frac{1}{4}$ cup canned chipotle chili peppers, seeded & minced

$1\frac{1}{2}$ teaspoons garlic, minced

$1\frac{1}{2}$ teaspoons cumin seeds, toasted & crushed

$\frac{1}{2}$ teaspoon fresh oregano, minced

$\frac{1}{8}$ teaspoon salt

$\frac{1}{8}$ teaspoon freshly ground black pepper



Preparation: Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Delicious served over baked fish, chicken or pork.

Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as health foods.

HHS Calendar for May & June 2015

- **Pies, Pies, Pies!**
Friday, May 8th @ 11 am
- **Healthy Dining**
Tuesday, May 19th @ 6:30 pm Jeff Library
- **SeroSafe**
Thursday, May 21st @ 8 am
- **Clarksville Cruisers Walking Club**
Location to be arranged
June 8, 15, 22, 29 from 6 to 7 pm (small lesson with snacks/water along with walking)
- **Basics of Food Preservation** (for beginners)
Tuesday, June 30th @ 6:30 pm
Charlestown Library

Tentative HHS programs for Summer, 2015

1. **Downsizing As We Age:** Possessions have probably accumulated over a number of years. What do I do with all my stuff? Participants will receive suggestions on how to get started downsizing, what to do with all you have and tips for keeping things peaceful within the family.
2. **Let's Talk:** Learn more about effective communication, including non-verbal communication and active listening.
3. **Salads Galore:** Use fresh vegetables & fruits from your garden or local Farmer's Market to create a delicious and nutritious salad for lunch or dinner. We'll also discuss tasty salad dressings!
4. **Growing & Cooking with Herbs:** Herbs provide a great way for us to limit our sodium while still consuming flavorful foods. We'll talk about growing herbs, cooking with herbs, and discuss the nutrition and health values they provide.
5. **How Sweet It Is:** As Americans, we should reduce the amounts of high sugar containing foods in our diets. Use of alternative

sweeteners will allow consumers to enjoy some of our favorite foods and beverages without all the extra calories. This lesson includes recipes for reduced sugar and/or sweeteners without extra calories.



Barbeque Grilling Tips

Summertime means grilling time — time with family and friends and time to enjoy delicious foods. The American Heart Association wants you to keep these important tips in mind to help you grill “fat-sensibly” throughout the summer season.

- Go for grilled fish more often. The healthiest types include salmon, trout and herring which are high in heart healthy omega-3 fatty acids.
- Buy chicken breasts and remember to remove the skin before eating. Try grilling up chicken or turkey burgers using breast meat and add diced onions for another layer of flavor.
- What cut of meat to buy? Choose “loin” and “round” cuts of red meat and pork. And buy “choice” or “select” grades of beef instead of “prime”. While these have the least amount of fat, don't forget to trim the fat when you get home.
- Use a rack so the fat drips away from the food.



Clark County 4-H Fair

July 10 through 18

Note: The Extension Office will be closed May 25 for Memorial Day and Friday, July 3 for Independence Day.

Cook's Corner



Strawberry Spinach Salad

Yield: 4 servings

Ingredients:

- 2 T sesame seeds
- 1 T poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 tsp. paprika
- 1/4 tsp. Worcestershire sauce
- 1 T minced onion
- 10 oz. fresh spinach, rinsed, dried & torn into bite-size pieces
- 1 qt. strawberries, clean, hulled, sliced
- 1/4 cup almonds, blanched and silvered

Directions:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad and toss. Refrigerate 10 to 15 minutes before serving.



Nutritional Information:

Serving Size: 1/4
Calories: 491
Total Fat: 35.2 g

Lemon Pepper Pork Chops

Yield: 3 servings

Ingredients:

- 6 thin-sliced, boneless pork loin chops
- 1 tsp. pepper
- 4 tsp. lemon juice
- 1/2 tsp. vegetable oil
- 1/4 cup fat-free chicken broth
- 2 T cider vinegar
- 1 T butter or oleo

Directions:

1. Sprinkle chops on both sides with pepper and drizzle with lemon juice.
2. Heat oil in a large, nonstick skillet over medium-high heat. Add chops and cook 3 minutes on each side or until done. Transfer chops to a serving platter and keep warm.
3. Add broth and vinegar to skillet and cook, stirring often, 1 to 2 minutes or until liquid begins to appear thick like syrup. Add butter and stir until blended. Pour over chops.



Nutritional Information:

Calories: 204
Total Fat: 11.1 g
Saturated Fat: 4.9 g

If you have any questions, please feel free to call me or email me.

Nancy

Nancy Hudson
Purdue Extension/Clark County
HHS Extension Educator/CED
9608 Hwy. 62, Suite 1
Charlestown, IN 47111
812-256-4591
nahudson@purdue.edu

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

PURDUE
UNIVERSITY

PURDUE
EXTENSION

1-888-EXT-INFO • www.extension.purdue.edu

LOCAL FACES
COUNTLESS CONNECTIONS

Order or download materials from
Purdue Extension • The Education Store
www.the-education-store.com