



CONSUMER MANAGEMENT NEWS

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Dear Readers:

It is with much sadness I bid farewell to Linda Bauer. Linda has been my secretary for the past sixteen years. She is the one who gets out my Consumer Newsletter, puts together the handouts and recipe booklets for my workshops and answers the phone when you all call. Of course, she did a lot more and I will be lost without her. So, if I seem more disorganized than usual over the next few months, please be patient. It will most likely be because I'll be working without a replacement. As I struggle to get along without her help, I'll just smile and know that she is somewhere enjoying her retirement.

I just returned from a great food safety conference in San Diego. I'm including some information on foodborne illness you might find interesting. While I was there I had a chance to visit my parents. My dad will be 91 this month and he finally has begun to slow down. He still has his garden but now only gets out there a couple hours each day. Mom's laser surgery on her eyes was successful and when her arthritis isn't hurting too much she is able to drive. Wish they lived closer. It's important they stay independent as long as possible but I'm not sure how much longer that will be.

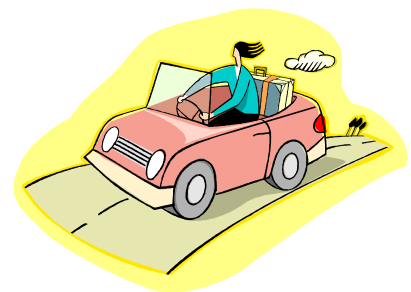
Hope you enjoy this issue of the newsletter. Inside you'll find an interesting article on procyanidins, a flavonoid found in fruits and vegetables, which are being studied as part of the cancer research project at UC Davis. To go along with the article I'm including a few really tasty recipes using fruits and vegetables. I hope you'll give them a try.

Next month I'll have a schedule of workshops I'll be giving this fall. Until then, don't forget to *CLEAN, SEPARATE, COOK AND CHILL* your foods.

Sincerely,

Marciel A. Klenk

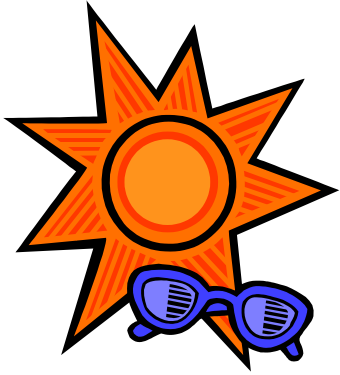
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United States Department of Agriculture, University of California and County of Napa Cooperating.

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SUMMER PEAK TIME FOR FOODBORNE ILLNESS

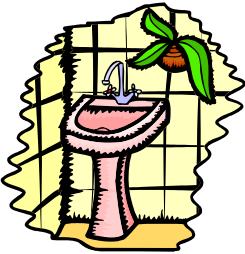


Most foodborne illnesses are the result of temperature abuse or cross-contamination. Of course, we know foodborne illness peaks in the summer. But, do you know why?

Bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm summer months. Most foodborne bacteria grow fastest at temperatures from 90°F to 110°F. Bacteria also need moisture to flourish, and summer weather is often hot and humid. Given the right circumstances, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

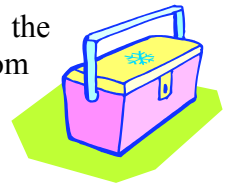
"People" are the other causes for the upswing in summertime foodborne illnesses. We see more outside activities in the summer. People are cooking outside at picnics, barbecues, and on camping trips. Usually thermostat-controlled cooking, refrigeration, and washing facilities are not available. Fortunately, most people have a healthy immune system that protects them not only from harmful bacteria on food, but from other harmful organisms in the environment so people seldom get sick from contaminated food.

You can "Fight BAC™ and protect you and your family against foodborne illness by following these four simple steps to safer summertime food.



CLEAN... Wash your hands with hot, soapy water before handling food and after using the bathroom, changing diapers, and handling pets. When eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.

SEPARATE... When packing the cooler chest for an outing, be sure the cooler is clean, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.



COOK... Take your thermometer along. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly using a food thermometer. Cook hamburger and other ground meats (veal, lamb, and pork) to an internal temperature of 160°F, and ground poultry to 165°F. Cook steaks and roasts that have been tenderized, boned, rolled, etc., to an internal temperature of 160°F for medium and 170°F for well-done. Whole steaks and roasts may be cooked to 145°F for medium rare. Whole poultry should be cooked to 180°F in the thigh; breast meat to 170°F. Cook meat and poultry completely at the picnic site. Partial cooking of food ahead of time allows



SUMMER PEAK TIME FOR FOODBORNE ILLNESS continued...

bacteria to survive and multiply to the point that subsequent cooking cannot destroy them.

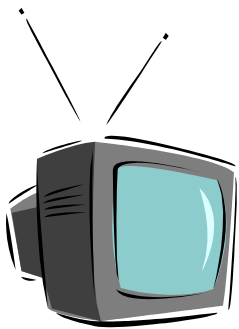


CHILL... Cold refrigerated perishable food like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Consider packing canned beverages in one cooler and perishable food in another cooler because the beverage cooler will probably be opened frequently. Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible. Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting. If a cooler chest is not an option, consider taking fruits, vegetables, hard cheeses, canned or dried meats, dried cereal, bread, peanut butter, crackers, and a bottle of refreshing beverage. Take-out food: If you don't plan to eat take-out food within 2 hours of purchase, plan ahead and chill the food in your refrigerator before packing for your outing.

LEFTOVERS?

Food left out of refrigeration for more than 2 hours may not be safe to eat. Above 90°F, food should not be left out over 1 hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat. If you have any doubts, throw it out!

Source: FSIS, USDA, Washington D.C.



BEDROOM TV LINKED TO CHILDHOOD OBESITY

Preschool children who have a television set in their bedrooms are about 30% more likely to be overweight than those without one, according to a study in June 2002 issue of *Pediatrics Journal*. The study of more than 2,700 children one to five years old in the WIC program found that 40% had a television set in their bedroom and watched 4.8 hours more television per week than children without TV's. More than 25% of one-year-old children watched more than two hours of television a day. For each additional hour of television watched, the children had a 6% greater risk of being overweight.

Source: Nutrition Week; XXXII(11) June 10, 2002; p.6.

BEWARE OF PHONE CRAMMING



The Better Business Bureau (BBB) cautions consumers about an emerging phone scam known as, "cramming," services added or "crammed" onto consumers' phone bills without their knowledge or consent. Similar to phone slamming, long distance or local phone service switched without authorization, cramming occurs when consumers or businesses are charged for optional phone services without prior agreement. These charges for services such as paging services, voice mail, and a personal 800 number, are assessed by third parties and billed through local phone carriers. Often times, the company names that appear on the phone bills in connection with the charges sound like they are services from local carriers, when they are actually middlemen for the real providers of the unauthorized services.

The BBB, along with the National Consumers League, offers the following tips:



Be careful when calling unfamiliar 800, 888 or 900 numbers. Be especially wary of following instructions to "enter activation code numbers" or of answering "yes" to questions that may unwittingly result in authorizing unwanted telephone services.



Before filling out any contest form or coupon offer, read the fine print. By signing it, you may be agreeing to new or additional phone services.



Carefully review your phone bill each month to make sure there are no unauthorized charges. If you have doubts about a charge, call your local phone company and ask for an explanation.



If you feel you've been crammed or slammed, contact your better Business Bureau, your local phone company and the National Fraud Information Center (1-800-876-7060) to report the problem. You can also send a letter describing what happened, along with a copy of the bill, to the Federal Communications Commission, Consumer Protection Branch, Mail Stop 1600A2, Washington, DC 20554.

Source: Council of Better Business Bureaus, [Tips for Consumers](#).

AMERICANS ARE POOR SAVERS

Personal savings as a percentage of disposable personal income for Americans in 2001 was 1.6%. Financial experts suggest that we save 10% of our income and that we maintain an emergency savings account equal to 3 to 6 months of our take home pay.



13 WAYS TO SAVE MONEY AND EAT HEALTHIER

Everyone wants to save money and keep grocery costs low. The American Institute for Cancer Research suggests you try these money-saving strategies to increase savings and improve your health.



1. In-season produce is often less expensive: asparagus in spring, zucchini in summer, pears in fall and leafy greens in winter.
2. Where available, picking your own berries and other produce provides a good workout.
3. Growing your own herbs, vegetables and fruit in a yard, patio or sunny windowsill is inexpensive and rewarding.
4. Buy only as much fresh produce as you will use within 3 or 4 days. After that, the nutritional value decreases. Throwing away food is expensive; use overripe fruit like bananas and peaches in baking.
5. Try store-brand products; you may not find much difference between these and more expensive brand names.
6. Buy juices as frozen concentrate instead of ready-use bottles or cartons. The nutritional content is the same. Choose only 100% fruit juices.
7. Purchase plain, nonfat yogurt and add your own chopped apples, dash of cinnamon and drop of vanilla. You'll get less sugar for less money.
8. Decide which convenience foods you really need. Would you rather slice mushrooms or tear your own lettuce leaves than buy prepackaged options? Or, is the reduced preparation time well worth a few extra dollars?
9. Make your own sandwiches so you can control the amount of mayonnaise and heap on more veggies. Make sure to choose a fiber-rich, whole-grain bread.
10. When you purchase meat, divide it into 3-ounce servings (the size of a deck of cards) and place in freezer-safe bags or containers. This will help control portion sizes and encourage you to use less meat in casseroles, stir-fries and pasta sauces.
11. Since baked goods freeze well, make muffins and quick breads in large quantities. Include whole grains, shredded vegetables and fresh or dried fruits.
12. Always keep a few cans of beans on hand to use as a meat substitute in various dishes.
13. Remember that eating healthfully now will save money on health costs in the future. Fill your plate with two-thirds (or more) vegetables, fruits, whole grains and beans and one-third (or less) animal foods.

PROCYANIDINS



Alyson Mitchell, an assistant professor of pharmacology and toxicology in the Food Science and Technology Department at UC Davis, is studying how fruits and vegetables affect the body's ability to neutralize carcinogens that we eat, drink, breathe or are otherwise exposed to, and how they may prevent cancer.

Everyone knows a diet high in fruits and veggies is good for your health, not just for fighting cancer but for heart disease and diabetes as well. Cancers of the lung, pancreas, colon and prostate are particularly influenced by diet. Scientists believe that a diet high in plant foods may reduce the risk of these malignancies by as much as 50%. But how much, why and how it all works is a complicated subject filled with uncertainties and conflicting hypotheses.

In general, plant foods are thought to play two powerful roles as anti-carcinogens. First, they help neutralize free radicals. To generate energy, millions of chemical reactions within the body must take place. During these reactions, some of the electrons get moved into strange, unstable configurations. These unpaired electrons are called free radicals. Free radicals are a byproduct of metabolism and have the ability to oxidize neighboring cells and create abnormal changes by attaching to genetic material (DNA).

Oxidation is akin to the process that causes metal to rust. "Oxidation can lead to the formation of reactive species that prompt carcinogens. And it makes us all age, darn it," said Mitchell. "These links of reactive compounds can cause cancer through their interactions with DNA and important cellular macromolecules."

Phytochemicals in fruit and vegetables attach to free radicals, taking away the ability of these unstable molecules to affect surrounding cells. Second, they induce enzymes in the body that repair damaged cells and make toxins water-soluble so that they can be excreted in urine. Fruits and vegetables are loaded with compounds that do both, compounds like flavonoids. Flavonoids serve many roles in plants. Some, like the bitter tannins found in tea and wine, repel insects. Others put the colorful hue in fresh produce. "Eat your colors, that's pretty good advice for a healthy diet," said Mitchell.

Mitchell is interested in procyanidins, a flavonoid found in all kinds of common foods: grapes, barley, green tea, peaches, apples, red wine, berries, even cocoa. Procyanidins make your body produce enzymes called glutathione S-transferases (GST's). GST's are part of a family of protective molecules known as phase 2 enzymes. These little worker cells mop up free radicals and otherwise do all the heavy lifting of detoxifying molecules before they can cause DNA damage. "Glutathione S-transferases are ubiquitous, your body makes them in virtually every cell," said Mitchell. "But more is definitely better. They are the most

PROCYANIDINS *continued...*

important defense system we have to protecting against chemical carcinogens. And they can't be replicated in pills."

Mitchell's research project is one of many at UC Davis seeking to identify how constituents of the diet may prevent cancer. Their efforts and more are part of the UC Davis Cancer Center program in cancer control. After all her work is done, Mitchell expects no greater revelation than the advice given by dietitians (and mothers) everywhere: Eat your fruits and veggies. "People are very confused about the whole antioxidant story. A lot of misinformation has gotten out. Every week, it's something new. As a result people aren't listening," said Mitchell. "Antioxidants are very important. But you don't need to buy them in pills. There are simple dietary changes you can make to ensure you get an ample supply."

As you might guess, Mitchell is not a fan of antioxidant supplements. Flavonoids, she points out, work in combination with one another, which is why food is a better way to go. Besides, she added, "when we extract compounds from foods, we're extracting chemicals about which we know very little. There are more than 1,600 flavonoids in food, yet we don't know the pharmacology or toxicology of more than a handful of them." In Mitchell's view; better to get those compounds in food. After all, it's worked better that way for centuries.

Source: UCCE, Nutrition Perspectives, Vol. 27, No. 3, May/June 2002.

PEACHY PARMESAN CHICKEN

Source: California Tree Fruit Agreement



2	half chicken breasts, boned, skinned	1	egg slightly beaten
1	tablespoon Dijon mustard	2	tablespoons Parmesan cheese, grated
1/4	pound prosciutto or coppa, thinly sliced	1/4	cup dry fine bread crumbs
1	tablespoon flour	2	tablespoons melted butter
1/4	teaspoon tarragon	2	tablespoons white wine
		2	medium fresh California peaches, sliced

Pound chicken breasts between wax paper until 1/8-inch thick. Spread mustard on one side of chicken; top with prosciutto. Roll up chicken breast and secure with toothpicks. Mix flour with tarragon. Mix bread crumbs with Parmesan. Dip chicken roll-up in flour mixture, then egg, then in bread crumb mixture. Heat 1 tablespoon butter in 8x8-inch ovenproof pan. Put chicken roll-up in melted butter. Bake in 375°F oven 20 minutes. Add peach slices. Mix remaining melted butter with wine, sprinkle over chicken. Bake 15 minutes longer. Serve with pan juices. Serves 2.

RED LEAF LETTUCE, GRAPE AND TURKEY SALAD

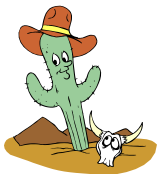
Source: American Institute for Cancer Research



½	cup halved seedless red grapes	2	teaspoons honey
½	cup halved seedless green grapes	1	teaspoon minced basil
1	small red pepper, thinly sliced	2	tablespoons olive oil
½	red onion, thinly sliced		salt, pepper to taste
1 ½	cups cubed cooked turkey breast	4	cups torn red leaf lettuce
2	tablespoons red wine vinegar	2	tablespoons crumbled blue cheese (optional)
2	teaspoons lemon juice		

In salad bowl, combine grapes, red pepper, onion and turkey. In a measuring cup, whisk together vinegar, lemon juice, honey and basil. Slowly mix in oil and whisk until blended. Season with salt and pepper, to taste. Mix dressing with salad and serve over lettuce. Top with crumbled blue cheese, if desired. Serves 4

Nutrition per serving: 221 calories, 11g fat, 15g carbohydrates, 16g protein, 2g fiber, 50mg sodium.



SOUTHWESTERN BLACK BEAN SALAD

Source: American Institute for Cancer Research

1 ½	cups water	1	small zucchini, chopped
1/3	cup pearl barley	1	cup diced jicama (optional)
	salt to taste	3	oz. Monterey Jack cheese, cut in 3/8-inch cubes
15	oz. can black beans, rinsed and drained	1	med. scallion, chopped
1	small yellow bell pepper, chopped	½	teaspoon dried oregano
			juice of ½ lime
			ground black pepper to taste

In a medium saucepan, bring water to a boil. Add barley and ½ teaspoon salt, if desired. Reduce heat; cover and simmer until barley is tender, about 20 minutes. Drain well. In a large bowl, combine barley, beans, bell pepper, tomato, zucchini, jicama, cheese, scallion, oregano and lime juice. Stir with fork. Season with salt and pepper, if desired. Serves 4.

Nutrition per serving: 217 calories, 7g fat, 32g carbohydrates, 12g protein, 9g fiber, 556 mg sodium.