



## CONSUMER MANAGEMENT NEWS

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### OCTOBER 2002

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Dear Readers:

It's fall again and my favorite time of year. October is Seafood Month, and I hope you'll try my recipe for Salmon Cakes. I made them with some leftover poached salmon I had and they were terrific. You could also use canned salmon or try them with some fresh tuna or even crab. Speaking of recipes, I also included a tasty rice salad highlighted with dried fruit. My secretary has been enjoying it for breakfast.

I just returned from a conference in Florida and was lucky to return just before the hurricane hit. Didn't see any alligators, but there were lots of warning signs. I was able to tour an irradiation plant and I'll report on it in next month's newsletter. It was a real highlight of the trip. The Food Safety Conference I attended drew people from ten countries; and there were over 600 of us all talking and learning about bacteria, germs, and food safety. It was a blast!

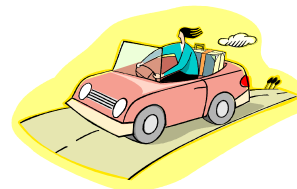
I'm off to Kansas City for another conference. On the way back I'll stop off to visit my parents for a few days. I promised to hem some clothes for my mom. Seems she is shrinking in her old age and everything is too long.

Enjoy the brisk fall mornings and Indian summer evenings. I'll try to bring back some good recipes from the Midwest to share with you all next month.

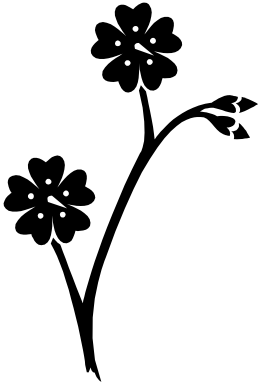
Sincerely,

*Marcief A. Klenk, CFCS*

Nutrition, Family & Consumer Science Advisor



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



## FLAXSEED

### *THE NEW KID ON THE BLOCK*

Flaxseeds are small reddish brown seeds from the flax plant. They contain several health-protective substances including *fiber*, which regulates colon function, reduces cholesterol and protects against several types of cancer, and *alpha-linolenic acid*, an omega-3 fatty acid that is linked to lower risk of heart disease and cancer. Flaxseed also contains *lignans*, a type of phytoestrogen. These plant substances have anti-estrogenic effects that may help prevent breast cancer. A number of studies suggest flaxseed may lower breast cancer in women throughout the life cycle.

***Not for everyone...***The newest research shows that flaxseed is full of substances that lower cholesterol and reduce the risk of heart disease and cancer, but flaxseed is not for everyone. The very properties that may help prevent breast cancer may also speed up the cancer process once it has begun. Therefore, people receiving drugs for breast cancer treatment should limit or avoid flaxseed. Also, until further studies are conducted, certain groups of people, including children, young adults and women who are breast-feeding, pregnant or trying to conceive should be cautious about consuming large amounts of flax.

***What the expert has to say...***Dr. Lilian Thompson, a professor at the University of Toronto, is a recognized expert on flax. She points out that no food is a magic bullet and that the best way to consume flax is as just one part of a diet based on vegetables, fruits, whole grains and beans. She recommends consuming one tablespoon of flaxseed (about 10 grams) per day. Based on current research, this amount may provide health benefits without potential risks. She advises against taking lignan supplements.

***Cooking with flaxseed...***You can find flaxseed in most health food stores as whole seeds, meal, flour or oil. Whole seeds do not provide as much nutrition because they are difficult to crack when eating and can pass through the body undigested. Instead, buy ground flaxseed or grind it yourself using a coffee grinder, food processor or blender then refrigerate it in an airtight container for up to three months. Ground flaxseed is the consistency of meal and has a nutty flavor and a coarse cornmeal-like texture. Flaxseed flour has a finer texture. Both can be sprinkled on yogurt, cereal, salads and casseroles or added to muffins, breads and cookies. Flaxseed oil is also called edible linseed oil and does not naturally contain lignans, although some manufacturers add them. It should be refrigerated. Flaxseed oil works best in cold foods like vinaigrette dressings. It should not be used for frying because it burns easily.

***Source:*** American Institute for Cancer Research NEWSLETTER, Summer 2002, Issue 76.



## FLAXSEED RAISIN MUFFINS

Source: AICR

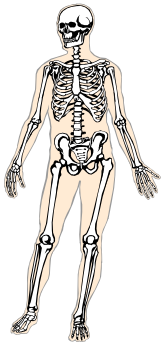
*One muffin provides the daily intake of flaxseed recommended by cancer researchers.*

1 ¼	cups unbleached flour	2	eggs
¾	cups ground flaxseed	2	tablespoons canola oil
⅔	cup sugar	½	cup unsweetened applesauce
1	teaspoon baking soda	1	cup nonfat buttermilk
½	teaspoon cinnamon	½	cup golden raisin
¼	teaspoon nutmeg		
¼	teaspoon salt		

Preheat oven to 375°F. Spray 12-cup muffin tin with nonstick cooking spray or line with paper cups. In a large bowl, blend the dry ingredients and set aside. In a separate bowl, mix together the remaining ingredients and add to dry ingredients. Stir to mix only until combined. Do not over mix. Scoop batter into muffin cups and bake 30-35 minutes or until a toothpick inserted in the center comes out clean. Cool muffins in tin for 5 minutes, then transfer to wire rack to finish cooling.

***Nutrition per muffin: 231 calories, 9 g fat, 34 g carbohydrates, 6 g protein, 6 g fiber, 197 mg sodium.***

## OSTEOPOROSIS



Osteoporosis, or “porous bones” occurs when bone loss outpaces bone formation, resulting in frail bones and an increased risk of fractures. The disease is most common in Caucasian and Asian women over the age of 50. Other groups, such as men and non-Caucasian women, are at a lower, although significant, risk.

Osteoporosis is often called a “silent” disease, meaning that a person may steadily lose bone mass over many years but remain symptom-free until his or her bones become so weak that they sustain a fracture. For some, this proves to be a life-threatening event. One in two people who fracture a hip never fully recovers, and one in three-to-four people who fracture a hip dies within a year. Seventy million Americans will turn age 65 by the year 2030, and many of these individuals are at risk for osteoporosis and bone fractures at an annual healthcare cost expected to reach \$60 billion.

A plethora of vitamins, minerals, and other nutrients affect bone health, including calcium, phosphorus, magnesium, fluoride, and vitamins D and K. Calcium is probably the most well studied nutrient with respect to bone health. The connection between calcium and bone health is a logical one, considering that about 99% of the body’s calcium is stored in bone. There the evidence is clear: consuming adequate amounts of calcium in the diet is imperative for both young and old individuals. Bone mass accumulates rapidly during adolescence, with

99% of bone minerals being deposited by the age of 22. The body comes to rely on this reserve in the later years of life, after bone formation has ceased. Calcium is especially important during menopause, when women lose bone mass at a rapid rate. However, the rate of bone mass loss seems to be decreased by calcium supplementation.

Phosphorus is also important to bone health of which 85% is found in bone where it works with calcium to strengthen bones. Both calcium and phosphorus would be ineffective without the help of vitamin D. This combination of calcium and vitamin D seems to be especially effective in promoting bone health in elderly individuals.

There is preliminary evidence that fluoride, magnesium, and vitamin K also play roles in maintaining bone integrity. Scientific studies are under way to determine exactly how and to what extent they are involved in bone health.

Vigorous activities such as weight lifting, aerobics, tennis, dance, walking, and running help build bone mass and slow bone loss throughout the life cycle. These activities also enhance muscle strength and improve coordination, which help reduce the risk of fall-related bone fractures. Some studies suggest, however, that physical activity need not be vigorous to improve bone health. People who regularly engage in lower-intensity movement, such as gardening and leisurely walking, have been shown to reap the benefits of stronger bones. On the flip side, those who are considered sedentary (those who sit at least nine hours per day) have been shown to be at greater risk for a hip fracture. *Source: Food Insight, IFIC Foundation, Sept./Oct. 2001.*

## SOURCES OF CALCIUM



Calcium is lost in cooking some foods even under the best conditions. To retain calcium, cook foods in a minimal amount of water and for the shortest possible time. Some foods, such as orange juice, bread, and ready-to-eat cereals, are not normally good sources of calcium but may have had calcium added. Most instant-prepared cereals are fortified with calcium. Since these products vary in the amount of calcium provided, check the label on the carton or package for the percentage of the U.S. RDA for a specific product.

In addition to dairy products, a half cup of cooked broccoli, spinach or turnip greens or a half cup of canned, drained mackerel or salmon provide 10–24 percent of the U.S. RDA for adults and children over the age of 4. Also, a half-cup of cubed tofu made with calcium sulfate can provide 25–39 percent of the U.S. RDA for adults and children.

## IN THE NEWS



**Tea may be really good for your health...**according to scientists, recent research shows promising evidence that drinking tea can prevent cell damage that leads to cancer and heart disease. Tea is loaded with phytochemicals that can act as antioxidants. As always, more research is needed. **Source:** [Science-Reuters](#), September 24, 2002.

**Creative packaging means big profits...**in a niche market. Manufacturers found a need and are filling it with packaged foods that pass the “one hand test”. These are foods you are able to hold and eat in one hand. There’s squeezable jell-o, pudding and yogurt in a tube and now Campbell’s is coming out with a microwavable cup that comes in a latte-like cup with a sip-lid. Other foods will follow. **Source:** [Omaha World Herald online edition](#), September 29, 2002.



**Farmers’ Markets grow nationally...**according to the USDA, the number of farmers’ markets in the nation has increased nearly 80% since 1994. Their success may be attributed to the fact that they provide an integral linkage between farms and urban communities. **Source:** [USDA News release](#), No. 0413.02 September 9, 2002.

**Coke taps into water craze...**by launching four vitamin-enriched bottled water drinks. Coca-Cola will bottle under the label NutriWater and will combine vitamins and minerals with a light sweetening. Pepsico currently has two lines of enhanced water, Propel and Aquafina Essentials. **Source:** [New York Daily News](#), September 30, 2002.

## IMPROVED FOOD HANDLING PRACTICES

Consumers continue to improve their food safety practices, according to research findings. A nationwide telephone survey of 4,500 adult consumers revealed that the dramatic improvement in consumer food safety practices that occurred between 1993 and 1998 continued between 1998 and 2001. In 2001, most consumers reported food handling practices that were consistent with the four basic food safety messages FSIS and FDA have been stressing since 1997: clean, separate, cook and chill. In particular, consumers reported using improved food-handling practices that reduce cross-contamination after contact with raw fish, meat, or chicken. The number of consumers eating pink hamburger, steak tartar, and raw eggs stayed relatively level. However, more people reported eating raw clams, oysters, or fish in 2001 than in 1998. "The Food Safety Survey provides evidence to support continued public health efforts to educate consumers about safe food handling practices to reduce the incidence of foodborne illness," said Dr. Lester Crawford, FDA Deputy Commissioner.



## OCTOBER IS SEAFOOD MONTH

Enjoy a bounty of harvest from the ocean this time of year. You'll find a wide variety of fresh seafood in local markets from both local and foreign waters. Look for fresh caught swordfish, shark, barracuda, halibut, mackerel, rockfish, salmon, sole, tuna as well as a wide variety of shellfish. The recipes below can be made with most any type of seafood, so enjoy.



### POACHED SALMON

Allow 4 ounces of salmon per person. Cover salmon steaks or fillets with boiling, salted water. Season with 2 slices lemon, 2 slices onion and a sprig of parsley and several peppercorns. Cover, reduce heat to simmer and begin timing. Allow 10 minutes poaching time per inch of thickness of fish, measured at its thickest part or cook until salmon flakes easily when tested with a fork at thickest part.

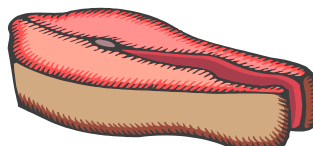
### SALMON CAKES with Chili Sauce

- 1 ½ cups cooked salmon, flaked
- 1/3 cup minced celery
- ¼ cup minced onion
- 2 tablespoons minced parsley
- 1 egg
- 1 tablespoon mayonnaise
- salt and pepper to taste
- Panko crumbs\*

Add all ingredients except the Panko crumbs in a mixing bowl and combine until well mixed. Form into four patties and roll in Panko crumbs. Sauté in olive oil until golden brown on both sides. Serve with a cream chili sauce.

**Cream Chili Sauce:** Stir 2 tablespoons of bottled chili sauce into 3 tablespoons of sour cream.

\* *Cracker or bread crumbs may be substituted for Panko crumbs which are sold in the Oriental Foods section of the grocery store.*





## HEALTHY HALLOWEEN TREATS

and alternatives to candy...

animal crackers  
wrapped fruit  
pretzels  
fruit cups  
applesauce cups  
mini box raisins  
100% juice boxes  
granola bars  
stickers  
bubbles  
kazoos

spin tops  
coupons  
pencils  
mini frisbees  
bracelets  
puzzles  
whistles  
trading cards  
toothbrush  
rubber snake  
books



Here's a recipe I made up the other night, and it was a big hit. You don't need to worry too much about amounts, and you can vary the fruit. I used a mixture of wild rice, brown rice and white rice. You'll find a good selection of California grown mixed rices on the grocery shelf so be adventurous and enjoy!

## HARVEST RICE SALAD

2 cups of cooked mixed rice  
1/3 cup chopped red onion  
1/3 cup chopped celery  
1/4 cup minced parsley  
1/4 cup dried cranberries  
1/4 cup dried apricots diced  
1/4 cup sliced almonds  
1 tablespoon orange juice concentrate  
2 tablespoons rice wine vinegar  
salt to taste



Combine ingredients and mix well. Let set for at least one hour to blend flavors.  
Serves 4.