



NORTH  
DAKOTA

# FNP News

*Family  
Nutrition  
Program*

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#162

**MARCH 2004**



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# FINDING THE







You've probably seen or heard advertisements promising improved health. Maybe you've heard the ads on the radio or TV. Maybe you've seen ads in magazines or newspapers. Maybe they arrived with your mail or email.

Many ads promise quick weight loss or improved fitness with no effort. All you have to do is buy a book, a gadget or take a pill and your health issues disappear.

Unfortunately, your money is wasted on most of the gimmicks.

## How Do You Know What to Believe?

We have nutrition and health information coming at us from all directions. Should you believe what you hear or read? Here are some questions to help you decide:

-  Who is the author? Do they have education in the area?
-  Is there a credible sponsoring organization? Accredited universities, government agencies like USDA, and organizations like the American Heart Association are sources of trustworthy information.
-  How current is the information? Is the information dated? Health information often changes as new research is published.
-  Is there science to back the claims? Or, is the information based on personal testimonials?

## March is National Nutrition Month

During March, consider these goals to be healthier without spending money on unproven remedies.

**Mark with an "X" the ones you'll try.**

- I'll compare Nutrition Facts on food labels.
- I'll aim for 30 minutes of moderate physical activity, like walking, on five or more days of the week.
- I'll try to eat at least five daily servings of fruits and vegetables of a variety of colors every day.
- I'll try to eat more fiber-rich foods like dry edible beans and whole grain foods.
- I'll aim for three or more daily servings of calcium-rich foods like low-fat milk.
- I'll choose lean meats, and I'll drain excess grease before serving.

**Need More  
Information?**

For reliable  
information about  
nutrition and food  
safety, contact  
your county office  
of the NDSU  
Extension Service.

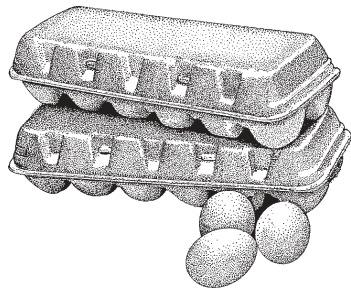
***As the saying goes: if it sounds too  
good to be true, it probably isn't true.***

Question: I buy meat in bulk packages, then I freeze it in smaller packages at home. It often ends up looking “freezer burned.” What causes this? Is it safe to eat?

Buying meat in bulk can be a good money-saving idea, but be sure to carefully package the meat at home. “Freezer burn” is a form of dehydration usually caused by improper packaging. The surface moisture has evaporated, and the food may appear lighter in color and “dried out.” Yes, the food is safe to eat, but the quality is lower. It often has an “off-flavor.” To avoid this problem, package meat in moisture/vapor-resistant packaging before freezing. Mark the packages with the date you placed them in the freezer. Use the “oldest” dated food first.

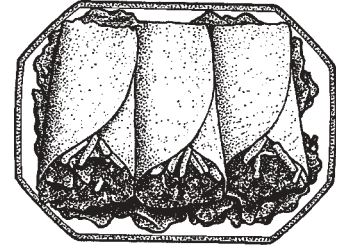
Question: I noticed a carton of eggs in my refrigerator that’s past its “sell by” date by three days. What is a “sell by” date? Are the eggs still safe to eat?

“Sell by” dates are used by stores. For best quality, stores must sell the eggs by the date listed. Consumers, however, can safely use the eggs three to five weeks past the date of purchase as long as the eggs are kept in a refrigerator at 40 degrees or lower. By the way, eggs are a great buy. They’re inexpensive and high in good-quality protein.



*An award-winning recipe from the Beef Commission*

## Easy Beef and Salsa Burritos



- 1 lb. lean ground beef
- 1 Tbsp chili powder
- ¼ tsp. ground cumin
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 pkg. (10 oz) frozen chopped spinach, defrosted and well-drained
- 1 c. chunky salsa (mild or medium)
- ¾ c. shredded cheese (such as Co-Jack)
- 8 medium flour tortillas

In large skillet, brown beef 8 to 10 minutes (until it reaches 160 degrees). Drain well. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through. Remove from heat. Stir in cheese. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

*Makes 8 servings. Each serving has 264 calories, 16 grams fat, 10 grams carbohydrate, 2 grams fiber and about 70 percent of the daily recommendation for vitamin A.*