

Stay Healthy This Winter



During the winter, we stay indoors more often. Germs get passed from person to person, and most people catch at least one cold per year.

School-age children in the United States miss 189 million school days because of colds, and parents miss 126 million work days caring for them, according to a University of Michigan study. That adds up to billions of dollars in lost work and medical care.

Regular hand washing and good nutrition can help protect you, your family and friends from getting sick.

Enjoy a Variety of Foods

Stock up on healthy foods to fuel your body against colds and flu. Fruits and vegetables are high in moisture and contain many protective nutrients, such as vitamins C and A. Protect the nutrients in your fruits and vegetables with these tips:

- Wash fresh fruits and vegetables carefully. If necessary, peel them thinly. Many of the nutrients in fruits and vegetables are close to the skin.
- Cut fresh vegetables in larger pieces. The smaller the pieces, the more nutrients that are lost during cooking.
- Use as little water as possible during cooking. Consider steaming or microwaving vegetables instead of boiling in large amounts of water.
- Keep cooked and cut-up fruits and vegetables in the refrigerator.

Wash Your Hands Often

Hand washing is the most important way to help prevent illness. When children and adults wash their hands properly, they miss fewer days of school or work.

Wet your hands, add some soap and lather up for at least 20 seconds.

Watch the clock as you sing "Happy Birthday" to yourself two times.

Visit
www.ag.ndsu.edu/foodwise
for more information.

Stay Hydrated

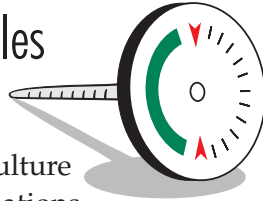
The human body doesn't store water, as it does other nutrients. Maintaining enough moisture in our bodies is a nutritional concern during the winter.

We are exposed to extremes in temperatures from outdoors to indoors. We bundle up to stay warm while shoveling snow, skating or sledding, so we perspire and lose more water. Buildings may have low humidity levels.

Stay hydrated with these tips:

- Carry a water bottle or pause for a drink when you pass a drinking fountain.
- Have a beverage with all meals and snacks.
- Start meals with soup.

I just got a meat thermometer. Did I hear there are new rules for cooking poultry?



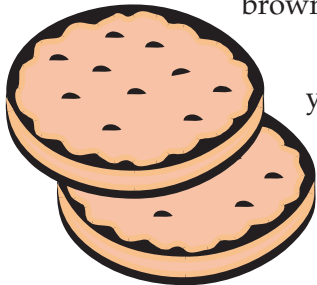
Yes, the U.S. Department of Agriculture recently released new recommendations after considering years of food safety research. The new rule is: For safety, cook poultry to an internal temperature of at least 165 F.

This new temperature rule is lower than the previous recommendation. For many years, we have recommended people cook a whole turkey to an internal temperature of 180 F and chicken breasts, 170 F.

Of course, if you decide to cook poultry according to the “old rules,” you will be safe, too. You even may prefer the tenderness of meat cooked to the higher temperature. At any rate, remember to use your meat thermometer regularly.

Did you know?

One out of four hamburgers turns brown before it is fully cooked.



Use temperature as your guide for safety.

Cook ground beef to an internal temperature of at least 160 F.

Turkey (or Chicken) Stew

- 2 tsp. vegetable oil
- ½ c. chopped onion
- 1 finely chopped garlic clove or ½ tsp. garlic powder
- 4 chopped carrots
- 2 chopped celery stalks
- 2 chopped potatoes
- 1 can (15 ounces) tomatoes, diced
- 2 c. water
- 2 c. chopped, cooked turkey or chicken
- Salt and pepper to taste
- Italian seasoning or oregano, basil or thyme to taste*

*Menu Idea:
Turkey Stew, whole wheat rolls,
apple crisp and low-fat milk*

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for two minutes. Add potatoes, tomatoes and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated. Season to taste before serving. Refrigerate leftovers.

* You may substitute canned tomatoes with Italian seasoning for plain tomatoes and omit the added spices

Makes four servings. Per serving: 300 calories, 8 grams (g) fat, 32 g carbohydrate and 4 g dietary fiber.

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

