Sizzling Summer Food Safety

IN WHI, you watch how much fat you eat in your meals and snacks. Another important ingredient for healthy eating is food safety. Food safety is especially important during the summer months, when temperatures rise and outdoor eating increases. Here are a few basics to remember during your summer picnics and barbecues:

COOLER TIPS
- Place cold food directly from the refrigerator or freezer into a cooler filled with ice or ice packs. Remember—a cooler should not be used to chill food that is not already cold!
- A full cooler stays cold longer than one that is half-empty. Pack any empty space with more ice or extra food that doesn't need to be chilled.
- Wrap raw meat, poultry, and seafood well to prevent the juices from touching other food. If you can, use a separate cooler for raw food.
- Try packing food and drinks in separate coolers so you don't have to open the food cooler whenever you're thirsty.
- Food stored in a cooler must feel cold when you touch it. If not, do not eat it.

WASHING FOR WELLNESS
Salmonella, one of the most common kinds of bacteria that cause food-related illness, is not just found in chicken and eggs. Salmonella can also be found on foods whose surfaces touch the ground, like melons. The bacteria can be on the surface of the melons, but when a knife cuts through the rind or we touch both the rind and flesh with our hands, the bacteria spreads. To avoid this:
- Rinse all fresh fruits (including melons) and vegetables with cold, running water before slicing or eating.
- Eat raw fruits and vegetables within four hours of cutting—or refrigerate within that time.
- Always wash your cutting board and knife with hot, soapy water each time it is used for a different food, especially after preparing raw meat, poultry, and seafood.

GREAT GRILLING
- To reduce fat drippings, remember to trim all visible fat from foods before grilling.
- Place cooked foods on a clean platter, not one that held raw meat, poultry, or seafood.
- Do not re-use marinades. If a marinade is to be used for basting or dipping, set some aside before adding the raw food.
- Before eating, cut off charred parts. These parts contain chemicals from the coals that may be harmful.

Hello, and welcome to the first issue of Making WHIse Choices! Through this newsletter, we are sharing some ideas for making low-fat dietary changes. We hope they will help and encourage you to keep moving forward.

— The Editors
CLOWNING AROUND IN GEORGIA:
A Dietary Change group from the Atlanta Clinical Center serves up education, with a side of entertainment, thanks to jester “Plum Snazzy,” better known to her group members as Iris Scheffel.

(Pictured from left to right, back row: Flo Barrington, RD, LD (Group Nutritionist), Barbara Busby, Virginia Adams, Ann Masselli, Barbara Alexander, and Edna Hayes. Front row, left to right: Dale Talley, Iris “Plum Snazzy” Scheffel, and Barbara Jamison)

WHAT’S NEW

This information is furnished to help you become aware of new food products and help you make wise choices among brand name foods, as well as generic foods. The information provided in this section is not an endorsement of specific food products by WHI. It is important to read product labels for the most current information since the ingredients in foods sometimes change.

- Summer’s a great time for making salads filled with fresh vegetables from your garden or supermarket. Try adding some crunchy croutons to your salad. Look for croutons with 0 grams of fat per two tablespoon serving. One new variety is Chatham Village Fat-Free Garlic & Onion Croutons.

- Many cookbooks today offer flavorful recipes that make it fun and easy to prepare lower-fat foods. Select cookbooks that provide nutritional analyses for recipes. Also, be sure the ingredients are easy to obtain. Two worth trying are Fat-Free Desserts, a collection of over 100 dessert recipes (Karen Pellegrin, Contemporary Books, $13) and the Eating Well Rush Hour Cookbook, perfect for fast and healthy fare (Eating Well Books, $14.95).

- For a quick and easy no-fat salad, toss fresh greens with a bottled fat-free salad dressing or flavored vinegar. A few new additions to supermarket shelves are: Girard’s Fat-Free Caesar Dressing or Balsamic Vinaigrette. For a favorable and more expensive change of pace, Consorzio Vignettes feature champagne vinegar combined with fresh herbs, spices and a little oil. The Tomato and Roasted Garlic flavors are the lowest in fat (0.5 grams per tablespoon), while the Mustard Seed variety contains about 1.5 grams of fat per tablespoon. Also, check out the many types of pre-chopped, pre-washed, bagged salad mixes available in the produce section.

- On those days when you’re melting from the heat, enjoy some fat-free cooling treats such as fruit ices, sorbets, popsicles, fudgesicles, and non-fat frozen ice milk. In addition, look for a new line of no-fat frozen yogurts from Ben & Jerry’s. The flavors include: chocolate, strawberry, cappuccino and vanilla fudge.
Party Potato Salad

3 cups diced potatoes (about 5 potatoes), peeled or unpeeled
1/2 cup frozen green peas, thawed
1/4 cup diced red pepper
1 TB onion, chopped
1 hard cooked egg, diced

Dressing:
1/2 cup low-fat sour cream
1/2 cup fat-free mayonnaise
1 tsp. sugar
1 TB Dijon-style or regular prepared mustard
1/4 tsp. salt
1/2 tsp. pepper

Steam potatoes until tender. Cooking the potatoes requires about 25 minutes on the stovetop or about 10 minutes in the microwave (with 2 TB water in a covered dish). Combine potatoes with remaining salad ingredients in a 2-quart salad bowl. Combine dressing ingredients and pour over vegetables. Toss until well blended. Can be served immediately or after chilling.

Preparation time: 30 minutes
Makes 8 servings (1/2 cup each)
Fat: 2 grams per serving
Fruits/Vegetables Serving: 1 per serving

Recipe from All-American Low-Fat Meals in Minutes by M.J. Smith, M.A., R.D./L.D., 1990. Published by CHRONIMED Publishing, Minneapolis, MN
Fruit Plate with Strawberry Dip

1 1/2 cups low-fat cottage cheese
1/3 cup granulated sugar
1/2 cup sliced, drained strawberries (fresh or frozen unsweetened strawberries, thawed)
1 tsp. vanilla flavoring
Assorted fruit for dipping such as: chunks of pineapple or bananas, wedges of peaches, apples, kiwi fruit, or pears

Combine cottage cheese, sugar, vanilla, and berries in a blender. Process until smooth. Transfer to a small serving bowl and place on a large plate with fruit around the bowl. Chill until ready to serve.

Preparation time: 20 minutes
Makes 4 servings (1/2 cup each)
Fat: 2 grams per 1/2 cup serving of dip
Fruits/Vegetables Serving: 1 serving per 1/2 cup fruit eaten

Recipe from All-American Low-Fat Meals in Minutes by M.J. Smith, M.A., R.D./L.D., 1990. Published by CHRONIMED Publishing, Minneapolis, MN
Mother Knows Best

WHI participant Judy Dimock thought about joining WHI after seeing ads for the study in a newspaper. However, she didn't act until her mother, Julia Carvalho, called and said, 'Well, I've joined this—why don't you?' Her mother's call sprang Judy into action. Today, mother and daughter are both Dietary Change participants, and Julia participates in the Hormone program, too.

Julia needed no urging to join: "I have five daughters and I felt that if anybody could learn anything from my health history, it would benefit them. Plus, my mother died in her early 50s of heart trouble."

Judy attends Dietary Change classes in Phoenix, Arizona, while her mother does the same at the Davis Clinical Center in Sacramento, California. The two share notes during their frequent phone calls. "Every time we talk to one another, we ask each other how we're doing [in the program]," says Julia. "We give each other words of encouragement or suggestions from what each of us has learned." The family support has helped with concerns: "Both of us were having a problem at one point with getting enough grains, so we talked about that," explains Judy.

Both of them enjoyed sharing the same eating habits during their last visit. With her mother staying with her, Judy said, "It made it kind of fun to be sure that we both stayed on it." "And then we watched all of these other people who eat all of this high-fat stuff, and we thought, 'How could you?'" adds Julia, laughingly.

Julia resides in Sacramento with her husband of 53 years. They enjoy traveling throughout the United States, and have taken cruises, as well. Julia is actively involved in a group called the Women's Cultural and Social League. She has five daughters and twin sons. Her seven children and 13 grandchildren live in California, Arizona, Washington and Florida.

At 52, Judy is the oldest of Julia's daughters. She is a California native who lived in San Jose, California, until about four years ago, when she and her second husband moved to Arizona. For 18 years, Judy worked as a travel agent, and was able to take many trips to places like Europe, Hong Kong, the Caribbean, and Mexico. Recently, she and her husband opened a music store together in Phoenix. They are presently working at the store at least eight hours per day, six days per week. Judy is also active in the local chamber of commerce, and is the mother of two grown sons.

Though she's very busy, Judy has enjoyed her participation in the Dietary Change program: "I think it's a way of life that is really easy; more people

Julia Carvalho (left) with her daughter, Judy Dimock

should and could do it. It takes a little while to get used to new flavors, but once you get used to them, you don't want to go back to the old."

Julia agrees with her daughter. "You just start with it and work at it until it becomes routine, and then it's easy," she says.

Across state and generational lines, Julia and Judy are making a difference for women everywhere.
Food For Thought

- Summer is here and you may have travel plans. Be sure to plan ahead for unfamiliar restaurants, family reunions and “boring” drives. Take another look at some of the strategies listed at the end of Session 12 in your participant manual (pages 13 and 14, and Resources, page 42).

- To keep the vitamin and mineral content of your fresh fruits and vegetables:
  - Don’t peel or cut your vegetables until shortly before you’re ready to use them.
  - Eat your fruit with the skin left on, or cut away as little as possible (for fruits with edible skins).

- Did you know that fresh herbs can be dried in the microwave oven for use later? Place a layer of herbs on a paper towel and microwave on high for about one minute. Flip the herbs over and microwave for about one more minute, or until dry. Store in a cool, dark place for up to six months.

- Remember to ease your way into a healthier life with some positive thinking (see Session 11, page 14). Concentrate on the fruits, vegetables, grains and beans you are adding instead of focusing on the high-fat foods you are subtracting.

- How soon should canned foods be used? Most keep their quality for two years or more, says the Canned Food Information Council.

- When storing potatoes and onions, place them in a cool, dark, and dry spot, like a paper bag, but not together—onions will cause potatoes to spoil.

- Don’t be discouraged if you get a little off track on your fat gram goal. Summertime slips may happen during busy vacations. As you unpack suitcases or say good-bye to company, just slip back into your dietary plan and move forward.

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Editor: Colleen Steelquist
Assistant Editor: Sona Mulye
Design: Teri Platt
Scientific Advisors: Beth Burrows, MS, RD
Lesley Tinker, PhD, RD