



# INDIANA'S EMERGENCY FOOD RESOURCE NETWORK

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A NEWSLETTER FOR THE  
STAFF AND VOLUNTEERS  
OF EMERGENCY  
FEEDING PROGRAMS

## What beverages are best for a healthy diet?



Are you aware of how many calories you drink each day? Over consumption of calorie-dense, sugar-sweetened beverages can increase your risk of nutrient shortcomings by displacing nutritious foods or beverages. Making appropriate beverage choices is important to a healthy diet.

The American Heart Association recommends consuming no more than 450 calories, or 36 ounces per week, from sugar-sweetened beverages. One 12 fluid ounce can of cola provides about 140 calories, 40 grams of sugar, and is about one third of this weekly amount. Besides cola, beverages such as sports drinks, sweetened juices and teas, smoothies, and specialty coffee beverages contribute to total calorie and sugar intake.

Serving size is also important when making beverage selections. Read the nutrition facts labels on beverages to find the serving size. The calorie and nutrient information may need to be doubled or tripled to account for the entire quantity of calories or nutrients contained in the drink. For example, energy

drinks may contain two servings per container. The label may read 100 calories and 30 grams of sugar, but if there are two servings, drinking the entire can will be equal to consuming 200 calories and 60 grams of sugar.

According to the CDC, Americans from 2005-2010 consumed 13% of their daily calories from added sugar, a high proportion considering that the 2010 Dietary Guidelines for Americans recommends consuming no more than 5-15% of daily calories from solid fats and added sugars combined.

Sugar may be called other names in the ingredient list, making it difficult to identify. Some examples are high-fructose corn syrup, fructose, honey, sucrose, dextrose, cane juice, nectar, and molasses. Reduce extra calories and sugar from your diet by:

- Choosing 100% fruit juice with no added sugars. (Note: "fruit juice concentrate" is sugar!)
- Choosing diet beverages.
- Treating sweetened, flavored milks as an occasional indulgence.

- Choosing unsweetened tea and personally sweeten the tea with sugar substitute if desired.
- Choosing water or unsweetened sparkling water with natural flavors.

Remember that a healthy diet includes healthy beverages too!

**Sources:** [http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm\\_441212.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_441212.pdf); <http://www.cdc.gov/nchs/data/databriefs/db122.htm>; [http://www.cdc.gov/nccdpnp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdpnp/dnpa/nutrition/pdf/rethink_your_drink.pdf); [http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Lifes-Simple-7-Eat-Better\\_UCM\\_449577\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/More/MyHeartandStrokeNews/Lifes-Simple-7-Eat-Better_UCM_449577_Article.jsp)

**Photo source:** [www.pixabay.com](http://www.pixabay.com)

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# Food Safety: Microwave Cooking

Microwave ovens, or microwaves, are useful kitchen appliances that can be used for reheating, defrosting, and cooking. Take special precautions to handle food when using a microwave to keep food and food preparation areas safe.



## Reheating

Be sure food is properly handled before reheating. Only use microwave-safe equipment. Here is a list of some microwave-safe items:

- Any utensil labeled safe for microwave use
- Heatproof glass (ie. Pyrex)
- Glass-ceramic (ie. Corning Ware)
- Most paper towels, plates, bags, and napkins. The best options are white, unprinted materials
- Wax and parchment paper, and heavy plastic wrap. Do not allow plastic wrap to touch food and vent to allow steam to escape

Do not reheat cold storage containers in the microwave. These may include margarine tubs, cottage cheese, and yogurt containers. Brown paper bags, foam insulated products, Chinese “take-out” containers with metal handles, metal “twist-ties,” and food completely wrapped in aluminum foil are also not acceptable.

Cover foods to hold in moisture, but allow the steam to vent. Reheated foods should be steaming hot to the touch, or at least 165°F. To avoid “hot” or “cold spots,” arrange the food evenly in the container and stir or rotate the food. Never reheat baby food and formula in the microwave due to the possibility of hot spots, which could burn the baby’s mouth.

## Defrosting

Unless otherwise specified, remove food packaging before defrosting. Select “defrost” or set the microwave to 30% power level to thaw foods. Rotate and flip the food when possible to promote even defrosting. When defrosting ground meats, scrape off or remove the thawed portion and continue defrosting the remaining portion. Cook foods immediately after defrosting; do not reserve the partially cooked food.

## Cooking

Stir, rotate, or flip the food to encourage even cooking and thorough heating. Just as with other cooking methods, use a food thermometer to test the internal temperature. Measure temperature in multiple locations, including the thickest part of the meat away from bone. Since bone can shield the meat from being cooked, it is best to debone the meat before cooking in the microwave. If you are partially cooking a food in the microwave and plan to finish cooking the food on another heat source such as the grill or oven, be sure to do it immediately. Do not leave the thermometer in the meat during cooking unless it is microwave safe.

Foods with high moisture content, like ground beef, poultry, vegetables, and fruit, should be cooked on high power. Eggs, cheese, and solid meat should be cooked on low power. These foods will toughen when cooked on high power. Large cuts of meat should be cooked on medium power for longer time, which allows the center to be heated without overcooking the outer areas. Be sure to follow the suggested standing times (the time the food remains untouched after preparation) and internal temperatures. Check the internal temperature after the standing time has passed.

# Ultra High Temperature Milk

Ultra high temperature (UHT) milk is fresh milk that can be kept in a cool, clean, dry place for up to 6 months with no refrigeration until opened. Once opened, UHT milk can be stored in the refrigerator for up to 1 week. UHT milk has been processed at a higher temperature which destroys bacteria while still preserving the flavor, taste, and nutritional value of the milk.

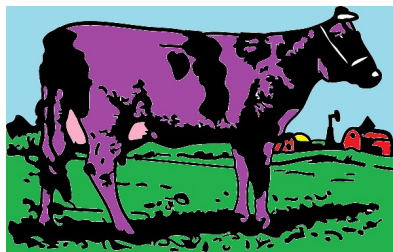
Milk supports a healthy diet by contributing valuable nutrients. Calcium, potassium, phosphorus, protein, vitamins A, D, and B12, riboflavin, and niacin (niacin equivalents), and magnesium are essential nutrients found in milk. The 2010 Dietary Guidelines for Americans recommend 3 cups of low-fat or fat-free dairy products for those 9 years and older, 2.5 servings for those 4-8 years old, and 2 servings for those 2-3 years old per day. Consumption of dairy products is associated with bone health, especially during childhood and adolescence, a reduced risk of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults.

UHT milk can be used as a stand-alone beverage, or in place of fresh milk in any recipe. Below are beverage recipes using UHT milk.

## Fruit Smoothie

### Ingredients

- 1 small, ripe banana
- 1 cup frozen or fresh fruit
- 1/2 cup plain, low-fat or non-fat yogurt
- 3/4 cup UHT milk



### Directions

1. Place all ingredients in blender or food processor and blend until smooth. Serve immediately.

\*If you prefer a sweeter smoothie, try using a sugar-free sweetener.

**Recipe source:** [http://healthymeals.nal.usda.gov/school-meals/Recipes/recipefinder.php?rec\\_id=864&mode=show\\_recipe&term=&search\\_type=power](http://healthymeals.nal.usda.gov/school-meals/Recipes/recipefinder.php?rec_id=864&mode=show_recipe&term=&search_type=power)



## Tea Latte

### Ingredients

- 1 cup hot, strong, brewed Earl Grey tea, or other similar type
- 1/2 cup steamed UHT milk (can be done by heating in the microwave and whisking until frothy)
- 1 teaspoon vanilla extract
- 1 teaspoon sugar-free sweetener, if desired

### Directions

1. Place all ingredients in a cup and stir. Serve immediately.

**Sources:** [http://www.fns.usda.gov/fdd/facts/hhpfacts/New\\_HHPFacts/WBSCM/HHFS\\_MILK\\_UHT\\_LOWFAT100050Oct2012.pdf](http://www.fns.usda.gov/fdd/facts/hhpfacts/New_HHPFacts/WBSCM/HHFS_MILK_UHT_LOWFAT100050Oct2012.pdf), <http://www.choosemyplate.gov/food-groups/dairy-why.html>

**Photos:** [www.pixabay.com](http://www.pixabay.com)

\*Underlining denotes a TEFAP commodity food ingredient.

## Purple Cow

### Ingredients

- 1 can frozen grape juice (6 ounces)
- 2 cups water (cold)
- 1/3 cup UHT milk (or nonfat, dry)
- 1 teaspoon vanilla extract
- 1 cup ice (or more)

### Directions

1. Place all ingredients in blender or food processor and blend until smooth. Serve immediately.

\*For an "orange cow," replace grape juice with orange juice.

**Recipe source:** <http://recipefinder.nal.usda.gov/recipes/purple-cow>

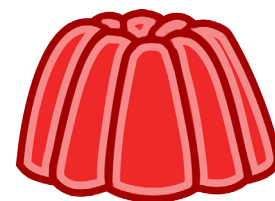
## Super Jello Drink

### Ingredients

- 2 cups prepared, sugar-free, flavored gelatin (jello)
- 1 cup UHT milk

### Directions

1. Place all ingredients in a cup and stir. Drink immediately or place in refrigerator for nutrient-fortified jello.



Tasty ways to enjoy milk, especially for kids!



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IN THE NEWS

## IEFRN releases new feature, “Google Map”

Indiana's Emergency Food Resource Network has released a new feature to better assist with finding emergency food providers in Indiana. It is called the “Google Map” feature and can be accessed from the Food Assistance Directory page (<https://www.purdue.edu/indianasefrnetwork/search.aspx>) by clicking on **“View with Google Maps.”** We encourage you to use this feature to identify emergency food providers in your area.

