

Food & Fitness

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Focus on Food



Alice Henneman, RD, LMNT
Extension Educator

Q. Is it true that you should "feed a cold and starve a fever?"

A. It's actually best to maintain good nutrition as much as possible during both types of illnesses according to Pat Kendall, R.D., Ph.D., Food Science and Human Nutrition Specialist, Colorado State University Cooperative Extension. It is especially important to get plenty of fluids.

One reason not to starve a fever, according to Kendall, is that fever elevates basal metabolic rate, or the number of calories burned in the resting state. For every degree Fahrenheit rise in body temperature, metabolic rate rises 7 percent. This means that an average sized adult with a temperature of 103 degrees F will burn an additional 400 to 500 calories each day. Also, as a fever will increase water loss, it's important to take in plenty of fluids. (AH)



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Serving a prime rib for your dinner is an easy and delicious choice. Plus, it makes a beautiful centerpiece for your table! Most consumers are not aware that prime rib is a rib eye roast. This may help you when reviewing recipes. Below is a recipe for a rib eye roast from Ann Marie Bosshamer, Nebraska Beef Council, that you might enjoy. Featuring Nebraska beef at your dinner will make a lasting impression, especially on those out-of-town guests.

The Nebraska Beef Council offers a free roast packet with a variety of recipes, food safety information, nutritional information, entertaining ideas, etc. If you would like to receive one, call 800-421-LEAN (5326) and the Beef Council will gladly send you a packet at no charge.

Rib Eye Roast (Prime Rib)

(Makes 6 to 8 servings)

Total Preparation & Cooking Time: 1-3/4 to 2 hours

4 lb. well-trimmed beef rib eye roast, small end
1 teaspoon dried rosemary leaves, crushed
2 cloves garlic, crushed
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper

- (1) Heat oven to 350 degrees F. Combine seasonings and press evenly into surface of beef roast.
- (2) Place roast, fat side up, on rack in shallow pan. Insert meat thermometer into thickest part, not touching bone or fat.
- (3) Do not add water or cover roast. Place in oven until the thermometer reaches desired doneness (140 degrees for medium rare or 155 degrees for medium). This is 5 to 10 degrees below final desired doneness. Cover roast loosely with aluminum foil. Let stand 15 minutes; this allows the temperature of the roast to continue to rise about 5 to 10 degrees to desired doneness and will be easier to carve.
- (4) Carve across the grain and serve! (AH)

Diabetes Home Study Course
Call Alice Henneman (441-7180)
for more information

Indulging without bulging

"The discovery of a new dish does more for human happiness than the discovery of a new star."

—Jean-Anthelme Brillat-Savarin, French culinary philosopher, 1825

You know people who agree with Brillat-Savarin. Perhaps you're one of them. Here are some of their traits:

- discovering a new restaurant is a major event;
- trying new recipes is a favorite recreational activity;
- sampling different cuisines is a travel highlight;
- talking about food "finds" is a favorite topic; and
- shopping for food is like going on a treasure hunt!

While some people eat to live, they're the people who live to eat!

Unfortunately with food, you can get too much of a good

thing. Add pleasure, not pounds, by following these seven guidelines for "indulging without bulging."

Guideline 1: PUT LESS ON YOUR PLATE

"Less" can mean smaller amounts. "Less" also can mean fewer foods. The latter is sometimes a more successful strategy.

For example, if you make only two dips for a party, you'll probably do less sampling during preparation and at the party. At a restaurant, if you order just the entree without the rolls, salad, etc., there will be fewer foods to "just taste." And if you bake holiday cookies, the more types you bake, the more cookies you'll likely eat!

Guideline 2: TAKE A BITE - COUNT TO 8

It takes about 20 minutes after food enters your mouth before the brain starts perceiving that you're filling up. Slow down to slim down.

"Count to 8" is no special number—it just rhymes with Guideline 1, Put Less on Your Plate. It does stress, however, that you allow time to savor the flavor of foods. At least wait until you've swallowed one bite before you take the next one!

Guideline 3: DIVIDE WITH YOUR MATE

Or friend, or family member, etc. Great tasting foods sometimes come in large servings. Consider making that "death-by-chocolate" dessert a group project!

Guideline 4: DON'T EAT IT ALL — WAIT

When dining out, divide large

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A safe kitchen

Kitchens are one of the busiest rooms in the house. Some activities may include: peeling and slicing foods, cooking and baking at high temperatures, preventing harmful bacterial growth in foods and preparing nutritious foods. Even though these activities are routine, they are also dangerous. To keep you and your family safe, remember:

Heating elements can reach 1000 degrees F. Keep stove tops clean, as grease and food may catch fire. If a grease fire starts, do not use water. Have a lid, or a fire extinguisher handy to smother the flames.

Have a special place to store knives. Cut food on a cutting board. Always cut away or straight down from you. Wear shoes to protect against a dropped knife.

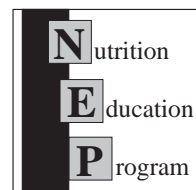
Dry your hands completely before operating an electrical

appliance. Unplug items when not in use. Check to make sure that your appliances have an Underwriters Laboratory (UL) designation. This means it has passed a safety inspection.

Keep flammable materials such as dish towels and curtains away from stove. Use pot holders to prevent burns.

Wear short sleeves while cooking or roll up long sleeves. Shield yourself from scalding steam when lifting a lid. Turn handles away from the front of the stove but not over another burner.

Keep the kitchen clean. Wipe up spilled water, grease or food immediately. This prevents falls and discourages insects and rodents that can carry disease. Use dish towels and rags only for dishes and wash them frequently. Wash hands before and during food preparation to prevent bacterial contamination.



Nutrition Education Program

for Limited Resource Families

Mary Abbott,
Extension Assistant

Microwave ovens can produce food that is very hot! Use microwave safe containers. Most burns occur on hands so use an oven mitt or hot pad.

Store household cleaners, disinfectants and insecticides in original containers. Keep them separate from food and away from children to prevent poisoning. (MA)

Fast, fun & effective food safety programs for adult & youth groups

Looking for a new program idea for your group? In less than 30 minutes, receive training and materials so you can do one or both of these food safety activities with your group. We'll meet with you individually at your convenience. Schedule an appointment with Extension Educator Alice Henneman at 441-7180.

• **"Don't Get Bugged by a Foodborne Illness."** This award-winning bingo-type game teaches basic home food safety. **Please call at least a month before your program date.**

• **"Clean Hands Campaign!"** Improperly washed hands are one of the major carriers of foodborne illness. Have fun using "glo-germ" to teach handwashing! (AH)



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FREE FoodTalk e-mail newsletter

"FoodTalk" provides a short "how-to" message on food, nutrition or food safety for health professionals, educators and consumers. To be added to the mailing list, e-mail Alice Henneman at cnty5028@unlvm.unl.edu