



Vegetables Important Additions (0:25)

The University of Minnesota home economists recommend vegetables as important additions to summer menus. Vegetables offer vital minerals and vitamins and provide roughage. They also stimulate the appetite by adding color and flavor.

Dark green vegetables, like beet tops, spinach or kale contain calcium and Vitamin A. The bright yellow vegetables, such as squash and carrots are also high in Vitamin A.

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Enjoy Pork on Grill (0:25)

Be sure to use a meat thermometer on fresh pork. The "done" temperature should be 170 degrees Fahrenheit. For cured pork, "done" is 130 to 155 degrees Fahrenheit. The meat specialist at the University of Minnesota suggests that you not overcook pork. The main thing to remember when grilling pork is to use a medium to slow fire. Enjoy pork often on the outdoor grill.

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Select Moderately Marbled Meat (0:40)

For the tastiest eating, select well marbled meat. For the most nutritious eating, select meat with low amounts of marbling. Sound like a riddle? Well, Richard Epley, extension specialist in meats, indicates that as the percentage of fat in the lean goes down, the percentage of protein goes up. As a solution to the good eating riddle, Epley says to pick cuts with small to modest amounts of marbling. You'll get the most satisfaction from both flavor and nutrition. And, if you wonder what marbling is to begin with it's the specs of fat within the lean muscle of meat.

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Avoid Picnic Food Blunders

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During hot weather picnics, the incidence of food poisoning increases. Mary Darling, University of Minnesota nutritionist, recommends safe foods which can be substituted for those prone to cause illness.

She says to avoid potato salad. Food mixtures with mayonnaise, milk and eggs frequently combine into stomach upsets. That's why creamed pies and custards are taboo. Instead serve raw vegetables, three-bean salads, coleslaw made with vinegar and pickles. Use fruit juice drinks instead of milk on a picnic. Cheese sandwiches are preferred to egg, ham or tuna salad. Deviled eggs and fried chicken are especially susceptible to contaminations.

The Extension Service nutritionist warns against handling food too much or trying to save picnic leftovers. Freeze foods and carry in insulated containers or thick layers of newspapers. If this isn't possible, consider buying canned food or perishables enroute.

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Why Risk Food Poisoning?

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"When in doubt, throw it out!" That's the safest rule of thumb if you have questions concerning food safety. The University of Minnesota indicates that you can't see or smell some food borne diseases. So, rather than risk getting sick, it's better to dispose of questionable food.

Extension nutritionist Mary Darling warns that warming or cooling food takes it through the danger zone between 40 degrees and 140 degrees. Everytime this is done, bacterial growth is increased. The specialist suggests rapid cooling of foods. To do this, she suggests spreading the food in shallow pans. And, never keep foods in warming ovens for any period of time.

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