

HEALTHY, WEALTHY, & WISE

The Family & Consumer Sciences Newsletter

Manatee County Extension Service | 1303 17th Street West · Palmetto, FL 34221 | (941) 722-4524

Too Much of a Good Thing?

Sure, caffeine can give you a little boost of energy when you need it the most, but did you know there is such a thing as too much caffeine?

No way, you say? Think again.

Most people can drink 200 to 300 mg of caffeine a day (about 2-3 cups of regular coffee) without suffering any harmful side effects. However, doubling those amounts can adversely affect your health.

Some of these ill effects include restlessness, anxiety, irritability, insomnia, muscle tremors, headaches, stomach problems, and abnormal heart rhythms.

Read food labels to determine how much caffeine you're consuming. Cut back gradually to avoid withdrawal headaches. Switch from coffee to tea, which has less caffeine. Steep your tea for a shorter time to decrease the amount of caffeine per cup.

Agent's Corner



Feeling hot and sticky? Welcome to summer!

We live in Florida for the warm climate, yet even we sometimes have a hard time coping with the oppressive summer heat. Just remember, the sun can be a dangerous thing, so be careful when spending time outdoors this summer.

Wear loose, light-colored clothing, sunglasses, and a hat. Apply sunscreen (minimum SPF 15) often, at least every two hours. And drink plenty of water or non-caffeinated beverages.

Samantha Kennedy

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Family & Consumer Sciences Agent

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Simply Florida:
A Taste of Flavors from
the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Samantha at (941) 722-4524 or by visiting <http://www.simplyflorida.org>.

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Food Allergies: Nothing to Sneeze At

In the nutrition world, there are what's known as "The Big Eight" - the eight most common food allergens.

The symptoms of an allergy are the results of auto-immune responses to proteins - in this case, proteins from foods. Allergic reactions can range from mild (itching, swelling, hives) to severe (trouble breathing, asphyxiation, death), so it is very important to know which foods contain potential allergens and which don't.

It's not always obvious. Some foods you might consider safe may contain allergens. So always read the label.

To help you in your quest for allergy triggers in foods, here's a list of "The Big eight" food allergens and some possible "hidden sources":

Milk. Avoid cow's milk and all foods made from it, deli meats, hot dogs, veggie burgers, sorbet, canned tuna, chocolate, nondairy creamers, commercial breads and rolls, salad dressings, and mayonnaise.

Egg. Avoid eggs, ice creams, egg substitutes, pastas, candies, hot dogs, meatballs, breads, rolls and other based goods, mayonnaise, meringues, marshmallows, nougat, and marzipan.

Peanut. Avoid peanut butter, mixed nuts, beers nuts, peanut oil, sauces used in ethnic (Asian, Africa, and Mexican) meals (e.g. mole), candy,

chocolate, sunflower seeds and nut butters, and some artificial flavors.

Tree nuts. Avoid tree nuts (walnuts, almonds, cashews, pistachios, pecans, Brazil nuts, hazelnuts, chestnuts, macadamia nuts, pine nuts, etc.), cereals, chocolate, candy, marzipan, nougat, mortadella, pesto, and some artificial flavors.

Fish. Avoid fish (tuna, salmon, catfish, etc.), Caesar salad dressings, Worcestershire sauce, fish sauce, caponata, and imitation crab meat.

Shellfish. Avoid shellfish (shrimp, crab, lobster, crawfish, etc.), fish stocks, and many flavorings.

Soy. Avoid soymilk, tofu, tempeh, edamame, soybeans, soy protein isolate, soy sauce, soy nuts, textured vegetable protein, tamari, miso, tuna, deli meats, hot dogs, vegetable broth, vegetable starch, cereals, infant formulas, sauces, soups, and many vegetarian products.

Wheat. Avoid wheat-based pastas, cereals, breads, bran, wheat germ, wheat berries, semolina, kamut, bulgur, seitan, ice creams, bouillon cubes, potato chips, deli meats, French fries, soy sauce, many processed snacks, breadcrumbs, couscous, spelt, and hot dogs.

Remember...ALWAYS READ THE LABEL!

Taken from *Eating Well*, October 2007.

"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

Flavor of the Month: Tomato Spinach Dip

Ingredients:

1 (10 oz.) pkg. frozen spinach, thawed and drained
8 oz. cream cheese, softened
1/3 c. milk
1/4 tsp. salt
1/4 tsp. cayenne pepper
2 fully ripened tomatoes, chopped
1 small onion, finely chopped

Directions:

Press the excess moisture from the spinach. Beat the cream cheese, milk, salt, and cayenne pepper in a bowl until smooth. Stir in the spinach, tomatoes, and onion.

Spoon into an ungreased baking dish. Bake in a preheated 375 degree oven until hot and bubbly. Serve immediately with assorted party crackers or garlic bread.

Taken from the *Simply Florida* cookbook.

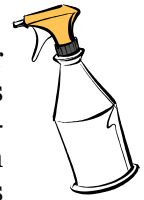


Love Fresh-Squeezed? Get More for Your Money!

Citrus fruits that you intend to juice should be kept at room temperature to maximize their juice yield. To get even more juice from your citrus, microwave the fruit for a few seconds or firmly roll the fruit between your palm and work surface several times before juicing. All of these methods help you extract more juice from the pulp.

Kitchen Cleanliness

If you think simply wiping your countertops with a damp towel is good enough to ensure a germ-free surface, think again! You can easily sanitize your countertops and cutting boards by spraying them down with a mild bleach solution (3/4 c. bleach per gallon water) after each use. Allow to sit for at least 30 seconds before rinsing with clean water, then air dry. It's that simple!



"IF I ONLY HAD A LITTLE HUMILITY, I'D BE PERFECT." - TED TURNER

Pump Up Your Power Nap! Just like breaking up your exercise routine is just as effective as one lump sum of exercise, breaking up your sleep is also effective. If you lost a little sleep the night before, you can "make it up" by squeezing in a few winks during the day. The most effective length? 15 - 30 minutes.

Get the Lowdown on Oils

Oils. There are so many kinds, it seems like nearly an entire grocery store aisle is dedicated to them. Olive. Vegetable. Sunflower. Corn. Safflower. Canola. Peanut. Sesame. Too many to name.

However, not all oils are created equal. They each have a unique flavor and unique properties that make them suitable (or not) for various uses. Some have a low smoking point and burn easily. Some have an overwhelming flavor and are not suitable for delicate salad dressings.

Here are five popular oils and what they're best for:

Extra virgin olive oil. This oil is one of the most popular oils out there. It has a rich range of flavors from bold to buttery. It also ranges in color from pale golden to deep emerald. The flavor can diminish with heat, however, so it's generally used to finish a dish or blended into a vinaigrette. Why *extra* virgin? Well, in the United States, that simply means the oil has been minimally processed.

Regular olive oil. Also known as "pure" or "light" olive oil, this oil is a blend of refined and extra virgin oils. It costs less than extra virgin and has a milder flavor. Use this oil when you want the flavor of the food to shine through, such as in sautés and stir-fries.

Canola oil. This oil gets its name from an anagram of the words "Canadian Oil Low Acid." It's derived from a strain of Canadian rapeseed that yields oil with lower acidity than traditional rapeseed. It is high in both mono- and polyunsaturated fats and very low in saturated fat. Its neutral flavor makes it a perfect choice for light foods and salad dressings.

Sesame oil. This oil is derived from crushed sesame seeds. The lighter oil comes from raw seeds and has a mild, neutral taste; the darker oil comes from roasted seeds and has a rich, nutty flavor. Its best uses are in Asian foods such as salads, noodle dishes, and stir-fries.

Walnut oil. Unrefined walnut oil tastes just like the nut. It has a rich flavor and is perfect as a finishing drizzle on salads, rice, pasta, or desserts such as rice pudding.

Taken from *Cooking Light*, August 2007.



July is UV Safety Month



Sunscreen Myths: Don't Get Burned

Myth #1: Sunscreen is all you need to stay safe.

The Truth: Sunscreen is only one part of a bigger picture. If all you do is slather it on and do nothing, you still have up to a 50% chance of getting burned. You should also wear a hat and sunglasses and seek the shade between peak daylight hours, 10am to 4pm.

Myth #2: SPF measures levels of protection against both UVB and UVA rays.

The Truth: The SPF only measures the level of protection against UVB rays, but many of the 16 active ingredients approved by the Food and Drug Administration (FDA) for use in sunscreens also block or absorb UVA rays. Check the front label to see if the sunscreen protects against both types of UV rays or look for one of these ingredients: avobenzone, octocrylene, titanium dioxide, or zinc oxide.

Myth #3: Some sunscreens can protect all day.

The Truth: Regardless of how high the SPF, sunscreens need to be reapplied every two hours. Many of the active ingredients begin to break down upon exposure to the sun.

Myth #4: Some sunscreens are waterproof.

The Truth: The term "waterproof" is not recognized by the FDA, so don't count on that sunscreen lasting through hours of swimming. To be safe, always reapply sunscreen after swimming or excessive sweating.

Myth #5: A sunscreen can provide "total sunblock."

The Truth: There is no such thing as a sunscreen that can block 100% of UV rays. An SPF 15 protects against 93% of UV rays, SPF 30 protects against 97%, and SPF 50 protects against 98%. You should apply two tablespoons of sunscreen to your skin at least a half hour before going into the sun to give the product a chance to absorb into your skin.

Taken from *Health*, May 2007.

Important Dates

July 4	Independence Day Extension Office CLOSED
July 7	Guild Birthday Lunch 1:00 - 3:00pm
July 14, 21, & 28	Guild Meeting 1:00 - 3:00pm
August 4	Guild Birthday Lunch 1:00 - 3:00pm
August 11, 18, & 25	Guild Meeting 1:00 - 3:00pm



Solutions for Your Life.

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