MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY
BOARD OF COMMISSIONERS

Healthy Bites

Information To Improve the Selection and Use Of Foods In Your Home

Fruits of the Season

Summer 2007 ~ Volume XXXV

Summer is a great time to enjoy fresh fruit. Throughout the summer different fruits are readily available at the grocery store, farmer's market or in our own backyards. Fruits are good sources of antioxidants and Vitamin C. Antioxidants help to reduce the risk of cancer by preventing DNA damage. Fruits are also high in fiber, which helps to regulate bowel movements, and may reduce the risk of colon cancer.

July is National Blueberry month and a great time to enjoy this colorful, flavorful fruit. Blueberries taste good, and are healthy and convenient. Blueberries are low in fat, sodium free and a good source of fiber and vitamin C. One cup of fresh blueberries at 80 calories provides 5 grams of fiber and 15% of the vitamin C you need for the day. Blueberries are easy to prepare and serve. There is no peeling, pitting, coring or cutting. Just rinse in clean, cool water, eat and enjoy!

Summer fruits grown in Michigan include apples, apricots, blackberries, blueberries, cantaloupe, cherries, grapes, melons (watermelon, cantaloupe), nectarines, peaches, pears, and plums.

Sources: http://www.urbanext.uiuc.edu/yourhealth/default.cfm?IssueID=12 and http://www.usda.gov

CHECK THE LABEL

Fiber

Fiber helps keep your digestive system healthy and is crucial to maintaining bowel regularity. Fiber may lower the risk of diabetes and heart disease by reducing cholesterol levels as well as the risk for colon cancer. Best of all, fiber has no calories and it can help you feel full!! So check the label and pick foods that have at least 3 grams of fiber per serving.

Nutrition Facts
Serving Size 1 oz. (28g)
Servings Per Container 16

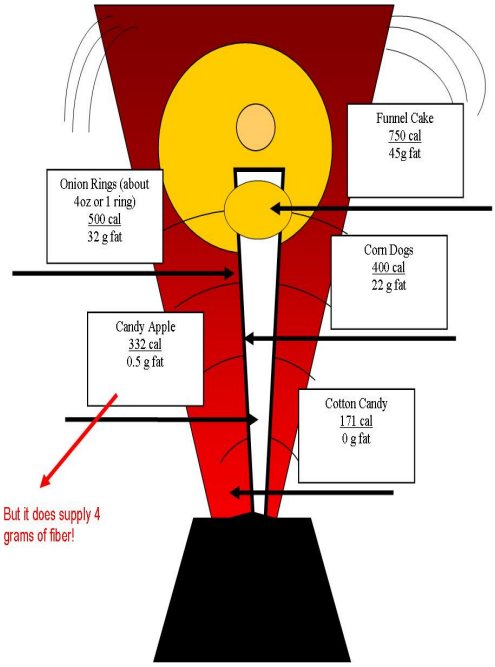
Amount Per Serving	
Calories 190 Calories from Fat 150	
	% Daily Value*
Total Fat 17g	25%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	13%
Sugars 1g	
Protein 7g	

Good sources of fiber include fruits, vegetables, and grain products.

The minimum recommended amount of dietary fiber per day for adults is **20-35 grams**.

NUTRITION TRIVIA

How do Fair Foods Measure up?



Everyone loves a county fair: the games, the rides, and the yummy jumbo-sized "snacks"! Before you step in line for your favorite food, see how much these popular items will effect our daily calorie totals.

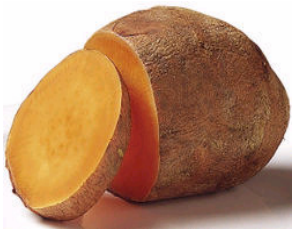
Source: Eating-Well, August 2007

As Food and Nutrition Extension Educator I welcome your thoughts and ideas for upcoming issues of *Healthy Bites*.
Contact me at 586-469-6432 or haramin2@msu.edu. Thank you. —Eileen Haraminac

PHYTONUTRIENT

The top 8 Phytonutrient rich foods and what they are used for

Food	Potential benefit to the body
Soy	Treat infection from viruses, reduce cholesterol
Tomato	Antioxidant (from vitamin C), may help prevent prostate cancer (lycopene), other cancers, heart disease, and other serious diseases
Broccoli	Antioxidant (from vitamin C), cancer prevention, reduces cholesterol
Garlic	Anti-inflammatory, may improve cholesterol, may help to prevent and fight the common cold, may help lower blood sugars, and may help to protect against cancer
Citrus Fruits	Antioxidant to prevent free radical damage to cells and DNA, anti-cancer
Blueberries	Antioxidant to prevent oxidative stress, anti-inflammatory and relieve tired eyes
Sweet Potatoes	Antioxidant to prevent free radical damage to cells and DNA
Legumes	Promote a healthy heart and prevent cognitive decline (omega fatty acids), control cholesterol, antioxidant to help protect the skin from UV radiation-induced damage and tumor formation, anti-inflammatory, and may prevent: cancer, heart disease, cataracts, allergies/inflammations, and respiratory diseases such as bronchitis and asthma



Word Wise

Phytochemicals?

Phytochemicals are sometimes referred to as **phytonutrients**. Phytochemicals are compounds in plant-derived foods that have biological activity in the body. Phytochemicals naturally occur in vegetables and fruit. They are usually used to refer to compounds found in plants that are not required for normal functioning of the body but that nonetheless have a beneficial effect on health or an active role in the improving the outcome of a disease. Thus, they differ from what are traditionally termed nutrients in that they are *not* a necessity for normal metabolism, and their absence will not result in a deficiency disease.

For example, they may promote the function of the immune system, act directly against bacteria and viruses, reduce inflammation, and be associated with the treatment and/or prevention of cancer, cardiovascular disease, and any other malady affecting the health or well-being of an individual.

CAROUSEL FRUIT SALAD

Makes about 8 servings

Ingredients

2 cups thick watermelon chunks

2 cups cantaloupe chunks

1 cup grapes or blueberries

10 strawberries sliced in half

Honey-Orange dressing

8 oz plain yogurt

2 tablespoons honey **

2 teaspoons orange juice

¼ teaspoon cinnamon or nutmeg

****Warning- DO NOT feed honey or products made with honey to infants under 12 months of age. Eating foods containing honey causes an illness called Infant botulism. Infant botulism affects the nervous system and may also lead to death.**

Food Safety- From the grocery store to your refrigerator

In the summertime foods can quickly reach the "Danger Zone" (temperatures between 40°F and 140° F where bacteria rapidly multiply), so it is more important to be sure foods are handled properly.

When you plan your grocery shopping trip keep in mind the items on your list. Foods that are to be kept frozen or cold should be purchased at the end of your shopping trip in order to keep the items cold for as long as possible. When shopping for raw and cooked foods in the summertime, be sure the store is displaying food at the proper temperature. Display cases may need to be kept at a lower temperature during the summertime. When ordering from the deli department, be sure the clerk observes good sanitary practices. Do not buy cooked items touching raw items in the display case. Once you purchase your meats, to prevent cross contamination, put raw meat and poultry packages into a plastic bag so meat juices do not leak onto other foods such as vegetables or fruits.

At checkout time, ask the bagger to put raw foods in bags separate from cooked foods and produce. When loading your car, keep perishable items inside the air-conditioned car- not in the trunk. Drive immediately home from the grocery store. If you live farther than 30 minutes away, bring a cooler with ice or cold packs from home and place foods that need to be kept cold or frozen in it. If you are running a series of errands, grocery shopping should be your last stop to ensure foods remain at safe temperatures to prevent the growth of bacteria.

Once you arrive home, unload cold or frozen foods from the car first and immediately refrigerate or freeze them. When refrigerating or freezing, don't stack foods- the cold air needs to reach the center to chill them fast! Wash your hands before and after you touch packages of raw meat and poultry.

Remember- Keep cold foods cold and hot foods hot!

Source: USDA

Check our Web site:
macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.

Copy cats permitted!

For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition
21885 Dunham Road, Suite 12
Clinton Township, Michigan 48036
Phone: 586-469-6432

Michigan State University Extension Programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status. MSU, U.S. Dept. of Agriculture, and Macomb County Board of Commissioners cooperating. MSU is an affirmative action equal opportunity institution.

MICHIGAN STATE UNIVERSITY EXTENSION
MACOMB COUNTY BOARD OF COMMISSIONERS

MSU EXTENSION FAMILY PROGRAMS

July ~ September 2007

Alternatives to Anger

4 Sessions, Mondays
August 6, 13, 20 & 27
6:30 ~ 8:30 p.m.

Clinton-Macomb Public Library-South Branch
35891 Gratiot
Clinton Township, MI 48035

Call (586) 469-5180, option #5, for more information and to register

ABC, 123 @ Home With Me

** In-home free literacy program **

that provides free books to single family low income households with children ages 0 ~ 3 years old.

Call (586) 469-7609 for more information on this program

Who Get's Grandmas Yellow Pie Plate

Monday, July 23
10:00 am ~ Noon

Macomb MSU Extension
21885 Dunham
Entrance E, Assembly Room B
Clinton Township, MI 48036

Money Management

7 Sessions, Tuesdays
September 11, 18, 25 and
October 2, 9, 16 & 23, 2007

Macomb MSU Extension
21885 Dunham Road
Clinton Township, MI 48036

Call (586) 469-6430 to register

Macomb Homebuyers Affordable Housing Seminar

Thursday, July 12
Thursday, August 23

Home Ownership Seminar

Monday July 23 & 30
Monday, August 20 & 27
Various Locations

Call (586) 469-6430 for more information

Facing Foreclosure.. What Can You Do?

If you are worried about losing your home, learn all you can as soon as you can.

Face Reality with Hope

Thursday, August 2
Wednesday, September 5
Various Locations

Call (586) 469-6430 to register

Expanded Food & Nutrition Program

for low-income families with children – 6 sessions

- One-On-One Teaching
- Menu Planning
- Group Presentation
- Stretch Food Dollars
- Label Reading
- Free Cookbook (Call 586-469-6432)

Parenting Views/Healthy Bites

Free Newsletters

Check our website:
www.msue.msu.edu/macomb for:

- Calendar of upcoming events
- Program descriptions
- Volunteer opportunities
- Past issues

Volunteer Opportunities

Youth Mentor Program

Positive role modeling to at risk youth 11 – 15
4H
Activities for families with children 5–19

Call (586) 469-6431 for more information

Extension also offer programs on gardening, environment, recycling, composting, tourism local government and so much more. Visit our website: www.msue.msu.edu/macomb or call (586) 469-5180.

Michigan State University Extension Programs and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status, or family status. MSU, U.S. Dept. of Agriculture, and Macomb County Board of Commissioners cooperating. MSU is an affirmative action equal opportunity employer.