

# **JUNE & JULY 2002**

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## **Ten Healthy Foods for Men**

Men are different.

And while that is hardly earth-shattering news, men's nutritional needs are quite a bit different than women's nutritional needs... and I found that to be quite interesting. Foods for dudes run the gamut although you'll probably notice the protein foods are a little more pronounced for men than women. Did I mention that men are different?

Just like women need certain nutrients to protect themselves from osteoporosis, men need certain nutrients for prostate health. There are different foods that may help sex-specific health issues. That's great news when you're trying to eat healthy for life!

Guys are also susceptible to suffering high levels of stress more so than women because they have a tendency to keep stress inside. And like women, poor diet is a factor in heart disease, too. However on average, men show signs of heart disease 10 to 20 years earlier than women. The good news? My 10 Healthy Foods for Men that will help all you men get healthier!

### 10. You Say Tomato...

Lycopene, the antioxidant plentiful in tomatoes, is especially good in the prevention of prostate cancer. Even better doses of lycopene are found in cooked tomatoes, such as tomato sauce. More lycopene equals more protection. So the eating of spaghetti and pizza should be encouraged in the name of good health. Extra sauce please!

9. Get into The Swim of Seafood! Seafood is high in protein and zinc. Zinc is important for immune function and (once again) prostate health. Research shows that if a man lives long enough, chances are he will develop prostate cancer. Keep that little piece of information tucked in the back of your head and you'll realize the importance of eating to improve prostate health all through life.

### 8. Bring on the Broccoli!

Boy, those cruciferous vegetables are healthy for everyone, aren't they? For men, broccoli is very helpful in the prevention of heart disease and cancer, the number one and number two killers for men over 35 years of age.

### 7. There's Something Fishy Here!

It may not sport a manly color, but that lovely pink salmon is filled to overflow with omega 3 fatty acids. Those fatty acids are effective in lowering the risk for prostate cancer. It's also helpful for heart health, too. Besides all that, salmon is on the women's list as well. Now you know what to order when you take that special someone out to dinner!

### 6. A Breath of Fresh Air!

If you really like garlic, make sure you share or you'll end up alone in your odiferous state! According to a study in Penn State's College of Health and Human Development, deodorized garlic capsules help bring down blood cholesterol levels of men. The guys' cholesterol levels dropped 7 percent over 5 months, but remained unchanged in men downing placebos. But instead of swallowing pills, why not eat garlic in the food you love with the one you love?

### 5. Sow Your Oats!

Oatmeal's got it goin' on for guys. Consider that it's full of fiber, chock full of B vitamins (for stress) and lots of zinc for the prostate, you need to stir the pot a little and get cool with the gruel. If a hot bowl of oatmeal isn't your thing, muffins can rescue your oatmeal from the reject list.

### 4. Rice is Nice!

But don't chow down on just any style rice — make it brown rice. Not only is it high in fiber, but it also has a good sampling of B vitamins, magnesium, potassium and zinc: all the stuff guys need.

### 3. Toss the Greens!

This is the stuff you loved to hate as a kid, but gotta eat as an adult. The experts say a whopping 35 percent of cancer deaths may be attributed to diet. (In my opinion, it might even be more.) Dark, leafy greens are nutrient rich foods that are just packed with nutrition: beta-carotene, vitamin E, vitamin C, and important minerals such as calcium, magnesium and potassium. Get over the fear of greens and toss some down.

### 2. Go Nuts for Fruit... and Nuts!

Eaten raw, nuts are a great source of vitamin E and adequate vitamin E helps with heart health. Nuts are also filling and satisfying. Try a little raw almond butter on a piece of whole wheat bread with a half of a banana sliced up on top. It's delicious! Bananas are a great portable fruit for everyone, men included, and they're a wonderful source for potassium, also important for heart health.

### 1. Take Water, Water Everywhere!

It is estimated that as many as three out of four Americans are dehydrated! Water may not contain nutrition, but it is considered a nutrient because of the powerful effect it has on the body and bodily function. Don't forget to chug-a-lug at the water cooler.

Healthy Foods

May 10, 2002

## **Get Ready for a Hurricane!**

You need to stock six basic supplies in your home in case of a disaster.

1. **Water:** It is the most important item to have. A normally active person needs at least two quarts of water each day. Store water in plastic containers such as soft drink bottles and avoid using containers that will decompose or break, such as milk cartons or glass bottles. You will also need water for washing dishes, preparing food and keeping clean.
2. **Food:** A two week supply of non-perishable food is needed. Select food that requires no or little preparation or cooking, no refrigeration and little or no water.
3. **Clothing and Bedding:** Include at least one complete change of clothing if you have to go to a shelter. Blankets or sleeping bags would also be needed.

4. **First Aid Kit:** Make a kit that is ready to go, in case of an emergency. Don't forget aspirin, anti-diarrhea medication, antacid and syrup of ipecac.
5. **Tools and Supplies:** Your kit should include a battery-operated radio, flashlight and extra batteries and more.
6. **Special Items for Adults, Babies and Personal Sanitation:** Don't forget prescription drugs, formulas, deodorant, etc.

### **Important Family Documents:**

Records are difficult to replace, so be sure to keep them in a water-proof, fire-proof and portable container.

Clay County Contact  
June–July 2002

### **Tea FAQs**

#### **Why should I drink tea?**

Tea is good for your heart. Research suggests that 4 to 5 cups of coffee per day, particularly with added cream and sugar, may increase the risk for cardiovascular disease from 30-50%. By contrast, a recent study found that drinking 2 or more cups of tea per day reduced the risk of fatal heart attacks by 70%.

Tea is good for your bones, too. A recent epidemiological study, published May 13<sup>th</sup> in the Archives of Internal Medicine (2002;162:1001-6) by C-H Wu, et al, compared tea drinkers with those who don't drink tea. They found that those who drank tea for 10 or more years had the strongest bones. The

habit of drinking tea regularly over a long period of time was a very strong predictor of bone mineral density, even after correcting for age, body weight, exercise, smoking and other risk factors. Tea is a good source of fluoride, and also contains phytochemicals that may promote stronger bones.

Tea is good for your teeth. It is a great natural source of fluoride and the tannins in tea may suppress the growth of plaque bacteria. Stronger teeth and less plaque are the key to keeping your teeth into old age.

Many studies in animals have found that black and green teas contain phytochemicals that seem to help prevent a variety of cancers. More research is needed but epidemiological studies do suggest that it is likely to prove beneficial.

#### **Which is better, green or black tea?**

Green tea or black tea? They are about the same - they both contain about the same amount of flavonoids and caffeine. You'll likely be healthier if you replace drinking any type of coffee with any type of tea. For people who are very sensitive to caffeine, decaffeinated tea may be a good choice. But most regular teas only contain 30-40 mg of caffeine per cup, far less than a cup of coffee, which is around 135 mg per 8-ounce cup.

Communicating Food for  
Health – June 2002

### **Signs You Live In 2002**

1. You just tried to enter your password on the microwave.

2. You have a list of 15 phone numbers to reach your family of three.
3. You call your son's beeper to let him know it's time to eat. He emails you back from his bedroom, "What's for dinner?"
4. Your daughter sells Girl Scout Cookies via her web site.
5. You chat several times a day with a stranger from South Africa, but you haven't spoken with your next door neighbor this year.
6. You check the ingredients on a can of chicken noodle soup to see if it contains Echinacea.
7. Your grandmother asks you to send her a JPEG file of your newborn so she can create a screen saver.
8. You pull up in your own driveway and use your cell phone to see if anyone is home.
9. Every commercial on television has a website address at the bottom of the screen.
10. You buy a computer, and 6 months later it is out of date and now sells for half the price you paid.
11. Leaving the house without your cell phone, which you didn't have the first 20 or 30 years of your life, is cause for panic and turning around to go get it.
12. Using real money (instead of credit or debit) to make a purchase would be a hassle and take planning.
13. Cleaning up the dining room means getting the fast food bags out of the back seat of your car.
14. Your reason for not staying in touch with family is that they do not have e-mail addresses.
15. You consider second-day air delivery painfully slow.
16. Your dining room table is now your flat filing cabinet.
17. Your idea of being organized is multiple-colored Post-it notes.
18. You hear most of your jokes via e-mail instead of in person.
19. You get an extra phone line (or a ADSL/cable modem) so you can get phone calls.
20. You disconnect from the Internet and get this awful feeling, as if you just pulled the plug on a loved one.
21. You get up in the morning and go online before getting your coffee.
22. You wake up at 2 a.m. to go to the bathroom and check your e-mail on your way back to bed.
23. You start tilting your head sideways to smile. :)
24. You're reading this.

**Experts Define "Pre-Diabetes" –  
and Call for Screening**

**IF YOUR** doctor told you that you had "impaired glucose tolerance" or "impaired fasting glucose," such medical lingo might float in one ear and out the

other. But if the doctor said that you had "pre-diabetes," chances are you'd listen up. After all, you're probably familiar with the long-term complications of diabetes: blindness, kidney failure, lower limb amputation, heart disease, and stroke.

That's why the American Diabetes Association and the US Department of Health and Human Services have dropped the scientific jargon and are now using the term "pre-diabetes" to describe blood sugar levels that are higher than normal but not yet indicative of full-blown diabetes. They're also urging that more people be screened for the condition in doctor's offices.

Left untreated, most people with pre-diabetes will go on to develop diabetes within 10 years. But simple lifestyle measure — losing 5 to 10 percent of body weight and exercising 30 minutes a day — can delay or prevent the disease and even return blood sugar to normal.

Anyone who's 45 or older and overweight should be tested for pre-diabetes. Younger people who are overweight and have one or more other diabetes risk factors, such as high blood pressure, a history of gestational diabetes, or a family history of diabetes, should also consider testing.

Either of two tests will do the job: the fasting blood glucose test, in which blood-sugar levels are measured before eating breakfast, or an oral glucose tolerance test, which measures the body's reaction to a sugary drink. In the fasting blood glucose test, normal is below 110 (milligrams per tenth of a liter of blood); pre-diabetes is 100 to 125; and diabetes is 126 or above. In

the oral glucose tolerance test, normal is below 140; pre-diabetes is 140 to 199; and diabetes is 200 or above.

Family and Consumer  
Sciences Hotline —  
June-July 2002

### **Wash Produce Before Eating**

Food borne illnesses associated with fresh produce have been on the rise over the last few years.

While people often think of E. coli and salmonella as causes of these illnesses, they are really just two of many potential causes of foodborne illness.

But people can take some easy steps to reduce the chance of contracting a foodborne illness from fresh produce.

- Clean your refrigerator with warm soapy water. Rinse completely with plain water and then sanitize it with a combination of chlorine bleach and water. This ensures a clean storage area for your produce and limits the potential for contamination at home. Throw away any produce that has soft or moldy parts.
- Wash all fresh produce thoroughly in clean water as the first part of your preparation process.
- Wash individual leaves of lettuces and other greens instead of just rinsing the entire head. Soil and other contaminants are better removed this way.

- Don't cross-contaminate your clean produce when you prepare it. Reserve one cutting board for vegetables and use another for meat and poultry. This helps avoid the possibility of transferring pathogens from the meat to produce. Always wash cutting boards with warm soapy water and sanitize regularly with a chlorine bleach and water solution.
- By following these easy steps, you and your family can continue to enjoy nature's bounty and stay well too.

Home Economics Notes  
Brewton, Alabama  
May 2002

### **Homemade "Swiffer®"?**

Have you seen or heard of any "homemade" Swiffer® cloths similar to those now being marketed for dusting? These cloths are quite remarkably effective, however expensive. What's their secret, I wonder?

#### **Just Add Water**

Use a very slightly damp dust cloth. Buy a bunch of cotton cloth diapers. Wash them once before initial use. Dampen ever so slightly, a little water in a plastic bag, add several diapers, let sit a while to distribute dampness. You can safely dust anything with these cloths. They aren't wet or even very damp, just "humid." Switch cloths as they become soiled. Drape over a floor mop to get the "swiffer®" effect. Wash them with your laundry when you have a lot of them. Reuse.

No extra agents except water is needed. They trap dust, hair, little particles like a dream. Will last for years. Very basic. Very cheap.

#### **Dryer Sheets**

Believe it or not, you probably have a version of these in your home already—dryer sheets! The electrostatic that makes these Swiffer® cloths so great is what helps the dryer sheets eliminate static cling. I always use these for dusting, and they leave a nice fresh smell too! When the Swiffer® first came out, all they were doing is marketing an already available item under a new name, and for a lot more!

I use dryer sheets, as I said, for dusting everything, especially computer monitors and other really cling-y things like blinds. Stick them with some tape on the end of a ruler or broom/sponge mop, and you have an extendable version for higher spots. When you're finished, though, don't throw the dirty sheet away--put it in the bottom of your garbage can to help eliminate odors.

#### **Facial Tissue**

For years I've used facial tissue with aloe during cold and flu season for sore noses, but because of the oils in the tissues, they're great for dusting, too!

#### **Diaper Liners**

Diaper liners are made of material similar to the "Swiffer®" cloths, but MUCH cheaper! They are also sized nicely to fit on the Swiffer® tool.

#### **Military Secret**

When I was in the military we had to sweep our hall over and over and over again. The military, of course, doesn't supply one with any sort of specialty

floor cleaner, so what we used was a pair of old pantyhose wrapped around a big industrial broom like you'd find in most people's garages. It picked up dirt when you didn't think there was anything there. We used to then throw the pantyhose away (no time allowed for cleaning unauthorized materials!), but I imagine you could easily wash and re-use them. When I saw the commercial for the Swiffer®, I thought, well isn't that just special — I used to do the same thing with my old pantyhose!

### **Mom's Trick**

I showed my husband the ad for the "Swiffer®" and he told me that it was nothing new, his Mom used to spray "handi-wipes" with "Pledge" for the same effect.

The Dollar Stretcher  
May 2002

### **Memorial Service for Ann Pollock**

Our deepest sympathy is extended to the family of Ann Pollock. There will be a memorial service at the Holiday Inn at Navarre on June 15 from 5:00-9:00 p.m. FCE members are invited to share in this celebration of Ann's life. We have been asked to bring desserts. If you can attend, please RSVP at 623-5555.



### **Gardener's Corner**

Things really start happening in the lawn and landscape this month. Increased heat, and hopefully some rain, speeds up plant growth and development and pest populations increase too.

### **Irrigated Vegetables Looking Good!**

Your chances of obtaining some high quality fresh vegetables this month are good. The squash, cucumber and green bean harvest began in mid-May. The first ripe cantaloupe that I saw was picked on May 24, with more to follow. The watermelon crop has the most potential that I have seen in years, with harvest to begin in early June. The lima bean acreage is up, and harvest should begin in late June or early July.

These and other fresh market vegetables are being grown by some 30 producers in the county. Theresa and I are working on a producers' directory so that the public will know where and when fresh fruits and vegetables are available locally. Though not available yet, until the directory is finished, just call the Extension office for this information.

### **Where is the Summer Gardening Course?**

We will not be offering the annual summer gardening for newcomer's course this year. The increase in workload due to a rapidly growing population and associated responsibilities are having their effects.

Budget reductions experienced by the University of Florida over the past 3 years have caused all Extension offices to make some tough decisions.

Under normal conditions, Santa Rosa would have had a second horticulture agent 2 years ago, but positions have been frozen. Until the budget is more favorable we will have fewer programs, yet strive to maintain the quality of those that we have.

### June Tips

- Check the lawn weekly in order to head off insect pest problems. Look for spittlebugs in centipedegrass lawns and chinch bugs in St. Augustine.
- Find bedding plants and establish these for color this summer: Pentas, Celosia, Coleus, Crossandra, Exacum, Impatiens, Nicotiana, ornamental pepper, Salvia, Zinnia, Gaillardia and shrimp plant.
- Sidedress the vegetable garden by applying a fertilizer grade such as 15-0-15. Using only 1 to 2 cupfuls per 100 feet of row, sprinkle the fertilizer on the soil surface, just beyond the outside leaves. Irrigate promptly to activate the product and prevent burn.
- There is still time to plant certain vegetables. Plant seeds of lima beans, okra and southern peas. Set out transplants of peppers, eggplant and sweet potato.
- The tomato picking season can be extended by the regular application of an approved fungicide. Look for one that controls early and late blight, as well as fruit rots. Follow the label recommendations closely.

Dan Mullins  
Horticulture Agent

## Recipes

### Margarita Pork Kabobs

- 1 c. margarita drink mix *or* 1 cup lime juice, 4 tsp. sugar and ½ tsp. salt
- 1 tsp. ground coriander
- 1 clove garlic, minced
- 1 lb. pork tenderloin, cut into 1-inch cubes
- 2 Tbsp. margarine, softened
- 2 tsp. lime juice
- 1 Tbsp. minced fresh parsley
- ⅛ tsp. sugar
- 1 large green or red bell pepper, cut into 1-inch cubes
- 2 ears corn, cut into 8 pieces

For marinade, combine margarita mix, coriander and garlic in small bowl. Place pork cubes in large resealable plastic food storage bag; pour marinade over pork. Close bag securely; turn to coat. Marinate for at least 30 minutes. Combine margarine, lime juice, parsley and sugar in small bowl; set aside. Thread pork cubes onto four skewers, alternating with pieces of bell pepper and corn. (If using bamboo skewers, soak in water 20 to 30 minutes before using to prevent them from burning.) Grill over hot coals for 15 to 20 minutes or until barely pink in center, basting with margarine mixture and turning frequently.

*Makes 4 servings*

**Nutrients per Serving:** Calories: 240, Calories from Fat: 37%, Total Fat: 10 g, Saturated Fat: 3 g, Protein: 25 g, Carbohydrate: 13 g, Cholesterol: 66 mg, Sodium: 129 mg, Fiber: 1 g, Iron: 2 mg, Calcium: 12 mg, Vitamin A: 82 RE, Vitamin C: 21 mg, Sugar: 5 g  
**Dietary Exchanges:** 1 Starch, 3 Meat

### Hawaiian Fish Packets

4 sheets (12x18 in. each) aluminum heavy duty Foil  
 Nonstick cooking spray  
 4 fish fillets (4 to 6 oz. each)  
 1 can (15¼ oz.) pineapple chunks, drained, reserve juice  
 1 medium green bell pepper, cut in strips  
 3 Tbsp. teriyaki sauce  
 1 Tbsp. packed brown sugar  
 ¼ tsp. ground ginger

**Preheat** oven to 450 degrees or preheat grill to medium-high. Spray foil with nonstick cooking spray.

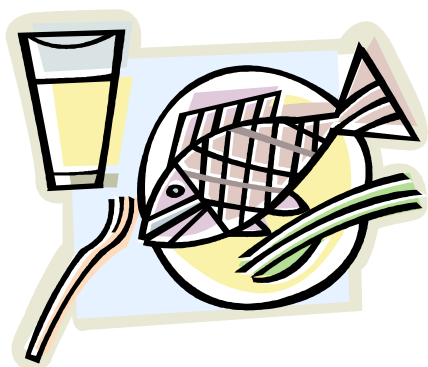
**Center** on fish fillet on each sheet of foil. Top with pineapple and green pepper. Combine 1 Tbsp. reserved pineapple juice, teriyaki sauce, brown sugar and ginger; spoon over fish, pineapple and peppers.

**Bring** up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets.

**Bake** 12 to 14 minutes on a cookie sheet in oven OR

**Grill** 12 to 14 minutes in covered grill.

*Makes 4 servings.*



### Low-Calorie Eggplant Parmigiana

126 Calories per serving

1 Lg. eggplant cut into ¼" slices  
 1 tsp. crumbled leaf oregano  
 1 Tbsp. olive oil  
 1 8 oz. can tomato sauce  
 3 Tbsp. grated Parmesan cheese  
 3 oz. mozzarella cheese, thinly sliced  
 ½ tsp. salt  
 ¼ tsp. pepper  
 ¼ c. Italian seasoned bread crumbs  
 Pinch of garlic powder

Boil large kettle of water. Remove from heat. Drop in eggplant slices and let stand for 5 minutes. Drain slices. Blot dry with paper toweling. Heat oil in nonstick skillet. Add eggplant to oil and brown on both sides. Combine Parmesan cheese, salt, pepper, garlic powder and oregano with tomato sauce mixture and spread over bottom of 9" square, shallow baking dish. Arrange eggplant in layers with mozzarella cheese. Pour remaining sauce over all and top with bread crumbs. Bake at 350 degrees until bubbly.

### Zucchini Bake

2 c. thinly sliced zucchini  
 1 large tomato thinly sliced  
 1 large onion thinly sliced  
 1 tsp. thyme  
 2 Tbsp. Parmesan cheese  
 1 Tbsp. margarine

Layer zucchini, tomato, onion, thyme and cheese ½ at a time in greased 1½ quart glass dish. Dot with margarine.

Bake at 350 degrees for 30 minutes or until vegetables are tender crisp.  
 Yield 4 servings.

Calories 66    Fat 4 g



# Dining With Diabetes

## A Cooking School Program For People With Diabetes & Their Families

**Date:** Tuesdays, July 9, 16 & 23

**Time:** 6:00 P.M.—8:30 P.M.

**Place:** Escambia County Extension Office

**Cost:** \$10.00 per person

**Sponsors:** Escambia & Santa Rosa County  
Extension Services

To register, call Escambia County Extension Office at  
(850) 475-5230 by July 5<sup>th</sup>.

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Sincerely,

Linda K. Bowman, R.D., L. D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc