NEWS You Can Use

July 2015

NUTRITION EDUCATION WITH SENIORS

What is UHT milk? UHT stands for "ultra-high temperature", meaning the milk is heated to higher temperatures than the pasteurized milk that is found in the dairy section of the grocery store. This process kills harmful bacteria just like pasteurization. Afterwards, the milk is packaged into specially layered cartons that keep out light. UHT milk still comes fresh from a cow, but since it is treated and packaged this way, the milk can be stored (unopened) at room temperature.

Milk is linked to bone health and lower the risk of heart disease, type 2 diabetes, and high blood pressure.

UHT milk can be found at most stores and supermarkets. It does not need to be refrigerated, so look for it on shelves in cardboard cartons. UHT milk comes in a number of varieties including fat-free, 1%, 2%, and even chocolate!

Same Milk, Same Nutrition!

Selection:

* Choose cartons that are free from damage (e.g., dents).

Storage:

* Unopened cartons can be stored in a cool, dry place such as a pantry for up to six months.
* Once opened, keep UHT milk in the refrigerator just as you would pasteurized milk, for up to seven days.
* Milk can be kept frozen for up to 6 weeks. Freeze in a container with 1 inch of space below the top, as milk expands when it freezes. To thaw, place in refrigerator for 2-3 days. Be sure to shake well before serving or using in cooking.

Nutrition: 1 cup of 1% UHT milk:

* Provides 100 calories, 8g protein
* The protein helps keep you feeling fuller, longer while calcium in milk is great for strong bones!
* Counts as one cup from the MyPlate dairy group

Uses:

* Have a glass of milk with each of your meals—this could give you up to 24g of protein daily!
* Use in any meal or baking recipes that call for milk
* Blend with your favorite fruit and ice to make a smoothie
* Use in a low-fat, low-sugar pudding recipe

Grilling Food Safety 101

Summer is a time for enjoying the outdoors and cookouts with family and friends. Be sure your food stays safe while enjoying the great outdoors by following these tips :

- Wash your hands before and after handling different foods.
- Cook meats to the proper internal temperature and check with a food thermometer. Remember, color is not a good indicator of doneness
  - Chicken: 165°F
  - Hamburger: 160°F
  - Pork chop: 145°F
- Do not place cooked meat on the platters that were used for raw meats unless they were washed thoroughly after the raw meat was removed.
- Keep hot foods hot (above 140°F) and cold foods cold (below 40 °F).
- Do not let food sit out for longer than two hours. It can allow the bad food bugs to grow very quickly

Adapted from "Food Facts" of the U.S. Food and Drug Administration

Double Berry Popsicles

Serves: 8
Serving Size: 1 pop

Ingredients:
1/2 cup strawberries
1/2 cup blueberries
1 1/2 cups UHT milk

Supplies:
8 Small paper or plastic cups
8 plastic spoons or wooden sticks

Instructions:
1. Rinse berries, if fresh
2. Cut tops from strawberries.
3. Place berries in a blender or food processor. Add milk. Blend until smooth.
4. Pour into 8 small paper cups and place in freezer.
5. After 30 minutes, stand a wooden stick or plastic spoon in the pops.
6. Let freeze for an additional 3-4 hours or until pops are solid.
7. Place bottom of cup under warm running water for 20 seconds. Peel off paper cup and serve.

Nutritional analysis (1 pop): 30 calories, 1g fat, .5g saturated, 0 g trans, 20 mg sodium, 4 g carbohydrates, 0 g fiber, 4 g sugar, 2 g protein

This recipe is adapted from ISU Extension and Outreach's Spend Smart Eat Smart website, www.extension.iastate.edu/foodsavings and www.yummly.com/recipe/Double-Berry-Popsicles-1025830?columns=4&position=16%2F42

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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Prepared for Polk County Congregate Meal Sites and Supplemental Foods Program.