

Twin Falls County

University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.

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Supermarket cereal aisle

A Virtual Supermarket Tour

(Continued from last newsletter)

Rhea Lanting, Extension Educator

If you remember, in the May newsletter we started traveling the aisles of a supermarket looking for healthy foods. As promised in this newsletter, we will tour the Cereal aisle – one of the most interesting in the store!

The cereal aisle has many different brands and they are all saying, “Buy Me.” Do you wonder which cereals are the healthiest? Usually the high sugar kid’s cereals with the surprise inside are on the middle two shelves where youth can clearly see them. The healthier choices are on the top shelf.

What to look for in this aisle –

Whole Grain (whole oats, whole wheat, etc.) should be listed as the first ingredient on the ingredient statement. Look for the Whole Grain Stamp. The whole grain stamp signifies a good (8 grams) or excellent (16 grams) source.

Excellent Source of Fiber or High Fiber means greater than 5 grams of fiber per serving or 20% Daily Value or above. Good Source of Fiber means 2.5 to 5 grams of fiber per serving or between 10% and 20% Daily Value. Grits, Cream of Wheat, and Cream of

Rice are refined grains with little fiber.

Low Fat signifies 3 grams or less of fat per serving.

No Added Sugars - Sugar terms to look for are sucrose, honey, corn syrup, fructose, molasses, fruit juice sweeteners, or malt syrup. A sugar term should not be one of the first three ingredients. Select those cereals with less than 10 grams of sugar, unless the cereal contains fruit.

Low Sodium is a cereal with 140 mg or less per serving.

What you should know -

Most cereals are good sources of many vitamins and minerals, containing around 25% Daily Value. Some cereals are fortified to contain 100% Daily Value making them comparable to a multi-vitamin and minerals supplement. You need to decide if you need these added nutrients. Added nutrients may be sprayed on, so be sure to drink all the milk in your bowl.

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Twin Falls County Extension Calendar

Pressure Canner Lid Testing

Twin Falls, every first and third Wednesday of the month, 1:00 p.m. to 4:00 p.m., Cost: \$4.00.

Jerome, every second and fourth Wednesday of the month, 9 a.m. to 4:00 p.m., Cost: \$4.00

Home Food Preservation

Lincoln County, September 7, 14, 21, 28, 2010, (total of 4 classes) from 6:00-8:00 p.m., Cost: \$40.00.

For more information or pre-registration call: 208-734-9590

Pre-registration is required.

A Virtual Supermarket Tour

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A teaspoon of sugar contains 4 grams of sugar. If you would normally sprinkle on a teaspoon or more of sugar on your cereal, then the pre-sweetened cereals may be a good choice. Sugar Check – Divide the number of grams of sugar by 4 to see how many teaspoons of sugar are in a cereal.

Cereal can be eaten anytime and used in many recipes as a substitute for bread or cracker crumbs. Cereal makes a crispy topping for casseroles, filler in meatloaf, a coating for baked chicken, and a great snack.

Serving sizes for cereals can vary from ¼ cup to 1 1/3 cup. To get the nutrients specified on the Nutrition Facts Box, remember that you must eat the amount specified for one serving. Let's Compare 2 labels – Fiber One and Raisin Bran Crunch. The first thing to look at is the portion size: Fiber One is ½ cup and the Raisin Bran Crunch is 1 cup. The difference is the density of the cereal. High fiber cereals with more than 28 grams of fiber in 100 grams of cereal base their serving size on 30 grams which for Fiber One is ½ cup. Cereals that weigh more than 43 grams per cup use a serving size of 55 grams which for the Raisin Bran Crunch is 1 cup.

This results in a big difference in calories, 60 calories for Fiber One vs. 190 calories for Raisin Bran Crunch. The fat grams are not different, but the total carbohydrate in the Raisin Bran Crunch (45 grams) is much higher than the Fiber One carbohydrates (25 grams). The fiber in the Fiber One (14 grams) is higher than the Raisin Bran Crunch (4 grams). The Fiber One with less calories and more fiber would be the best choice, however the Raisin Bran Crunch probably tastes better since it has more sugar, 20 grams in 1 cup – about 4 teaspoons. Why not combine them for nutrition and taste?

If the product says “0” grams of sugar, this usually means that the cereal is artificially sweetened. The Fiber One is sweetened with aspartame, an artificial sweetener. So, look for the following cereal label recommendations per serving:

Total Fat: 3 grams or less
Saturated Fat: 1 gram or less
Sugar: 10 grams or less
Sodium: 140 milligrams or less
Dietary Fiber: 5 grams or more



In the next newsletter we will tour the Dairy Products aisle, looking at milk, yogurt, butter and cheese. These items are important because they supply us with most of our calcium, an important nutrient for healthy bones.

Nutrition Tip – Potatoes Are Good For You

Cammie Jayo, Coordinator Extension Nutrition Program (ENP)



The appeal of the potato is rather impressive. One of Mother Nature's best-kept secrets; the potato is quite the nutrient-rich vegetable, not to mention an extremely filling part of any healthy diet.

This makes them not only good to eat, but good for you and your family. This darling of the dinner table is one of the greatest nutritional values in the produce department. At just 25 cents per serving, a medium potato (5.3 oz) eaten with its skin on:

- Has just 110 calories
- Has nearly half your Daily Value of vitamin C (45%)
- Is one of the best sources of potassium (614 mg) and fiber (2g) in the produce section
- Is naturally fat-free and sodium-free.

While many people feel that potatoes are bland in flavor, adding butter, sour cream, cheese and bacon are not the solution when nutrition is considered. However, adding salsa, herbs, chili beans and low fat cheeses are not only delicious alternatives but healthy choices as well. When eaten in their natural state, jacket and all, the potato is deemed to be a healthy dietary choice. It is only when they are immersed in mounds of butter, creams, cheeses and bacon that the calories and fat count begin to rise dramatically. And it is important to note that even packed

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UNIVERSITY OF IDAHO EXTENSION UPDATE

Twin Falls County

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Nutrition Tip — Potatoes Are Good For You

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with all of the additives, it still is not the potato itself that imparts the high calories. It is in the toppings that the calories and fat are found. Consider topping off your potato with:

- Broccoli spears
- Sea salt
- Salsa and fresh cilantro
- Nonfat yogurt
- Crumbled turkey bacon
- Grilled veggies
- Chipotle peppers
- Wasabi paste



Baked Potato with toppings

Fried potatoes are undoubtedly delicious, but are far from being healthy. While everyone loves French fries, the same effect can be achieved in a healthier version which is coated in protein rich egg white, seasoned well and baked in the oven until golden brown and crisp.

Source: United States Potato Board

Pestilence in the Valley

Steve Hines, Extension Educator

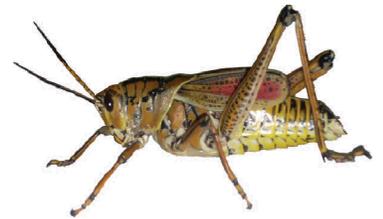
With voles and grasshoppers both building populations this summer, I am waiting for locust and frogs next. It seems like we are being overrun with vermin intent on eating crops. By the time this newsletter goes out, grain harvest will be in full swing and those pests will be moving from grain fields to other surrounding crops, pastures, and lawns. In the past week (week of July 25th) I have seen lots of dead voles. It appears as though disease may be moving into the population. I don't see nearly as many on the roads and they aren't in my pasture and lawn like they were. Voles are one of those species that build and crash fairly quickly and seemingly without much notice. I wonder if we are seeing more voles because we have done away with so much flood irrigation. There are not too many options to control voles in crops. I wish I had a magic bullet because this summer I could have become wealthy based on the calls I have received. This cycle will swing back but it may take another year for it to happen.



Vole

Grasshoppers are another issue. The population has been building at least two years. A year ago I told producers to start looking for areas of high populations in the late summer because those areas would likely be the breeding areas in the summer and hatching beds for the next year. This year this advice is even more important.

Grasshoppers are becoming more prevalent as the summer progresses. It is important that land owners find those areas where the grasshoppers congregate heavily in the month of August. The reason is that those areas will most likely be where the nymphs emerge next summer. If you can identify those and spray those areas when the young are hatching, it is easy to control thousands of grasshoppers quickly. If they are allowed to hatch and spread out, then control is more difficult, and expensive. The preferred product since its introduction has been Dimilin. It is not labeled for use on our crops, but is safer than other products such as malathion, carbaryl, or orthene. Dimilin is also safer for pollinator populations. Regardless of the controls you chose, it is easier to get them earlier rather than later and the only way to do that is to scout your fields and border areas and know where they will come from next summer. Those whose land borders public land have an additional concern



because the grasshoppers can hatch on public ground and move onto private ground. Watch for those areas and be ready to control the grasshoppers at the border before they move into crops. With some coordination and communications the public agencies will work with landowners to spray those border areas to help control nuisance populations. Grasshopper populations are considered high when they reach eight per square yard.

Taking Some of the Mystery Out of the Meat and Poultry Labeling Terms

Tianna Fife, Extension Educator

Many claims are made in marketing various products such as organic, natural, grass fed, no hormones, no antibiotics, free range, and on and on. But what does it all mean?

To make it a little clearer, below is a brief list of a few labeling terms and their definitions according to USDA's Food Safety and Inspection Service (FSIS) and Agricultural Marketing Service (AMS). The FSIS is the agency responsible for ensuring the truthfulness and accuracy in labeling of meat and poultry products. Knowing the meaning of labeling terms can make purchasing these products less confusing.

Free range or free roaming: Producers must demonstrate to FSIS that the animal has been allowed access to the outside.

Grass (Forage) fed: Grass and forage shall be the feed source for the lifetime of the ruminant animal, with the exception of milk prior to weaning.

Natural: Product contains no artificial ingredient or added color and is only minimally processed. The use of the term natural must be explained on the label (for example, no artificial ingredients).

No hormones: The claim of no hormones added cannot be used on labels for pork or poultry unless followed by "Federal regulations prohibit the use of hormones." This is because hormones are not allowed in raising hogs or poultry. However, no hormones administered may be approved for use on labels for beef if sufficient documentation is provided to FSIS showing no hormones have been used in raising the animal.

No antibiotics: No antibiotics added can be used on labels for meat or poultry if sufficient documentation is provided to FSIS demonstrating no antibiotics were used in raising the animals.

Organic: Organic crops are grown without using most conventional pesticides, petroleum-based fertilizers, or sewage sludge-based fertilizers. Animals raised on an organic farm must be fed organic feed and given access to the outdoors. Antibiotics and growth hormones are prohibited. The use of genetic engineering, ionizing radiation, and sewage sludge in organic production and handling are prohibited. The farm or company where organic food is produced, handled, or processed has to be certified before it can be labeled organic. There are also different standards required for labeling:

-100% Organic (may display the USDA Organic seal)-must contain all organically produced ingredients and processing aids.

-Organic (may display the USDA Organic seal)-must contain at least 95% organically produced ingredients.

-Made with Organic Ingredients (USDA Organic seal cannot be used)-must contain at least 70% organic ingredients.

-Less than 70% Organic Ingredients (USDA Organic seal cannot be used)-cannot use the term organic other than specifying specific ingredients that are organically on the ingredient statement.

While the above definitions describe standards and certifications for raising animals and the respective marketing labels, they do not address nutrition, food safety, or guarantee the product is more "environmentally friendly". Some believe the various labels mean the same thing and can be used interchangeably. This is not true. As you can see above each label has its own definition and regulations.

For more details and information on labeling terms and regulations visit these resources: <http://www.ams.usda.gov> under Grading, Certification, and Verification and under the National Organic Program <http://www.fsis.usda.gov/factsheets> under Food Labeling.

It is all about marketing and giving consumers choices. However, the marketing labels and claims have made it more confusing for consumers to make choices and understand exactly what they are purchasing. Therefore, it is important that consumers make informed decisions and know the facts when they purchase a product.

2010 Dietary Guidelines Advisory Committee Recommends Americans Eat More Seafood

Gary Fornshell, Extension Educator

Every five years the Dietary Guidelines for Americans are released by the US Department of Agriculture. It is expected that the 2010 Dietary Guidelines for Americans will be released by November.

An advisory committee is established to develop the Guidelines. The 2010 Dietary Guidelines Advisory Committee (DGAC) was established jointly by the Secretaries of US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS). The Committee's task was to advise the Secretaries of USDA and HHS on whether revisions to the 2005 Dietary Guidelines were warranted, and if so, to recommend updates to the Guidelines. The Committee's report is available at <http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>. The 2010 Guidelines may differ from the Advisory Committee report due to the public hearing process.

According to the report, on average, Americans of all ages consume too few vegetables, fruits, high-fiber whole grains, low-fat milk and milk products, and seafood and they eat too much added sugars, solid fats, refined

grains, and sodium. Beneficial changes in the American diet include consuming two servings of seafood per week (4 oz. cooked, edible seafood per serving) that provide an average of 250 mg/day of omega-3 fatty acids (i.e., docosahexaenoic acid [DHA] and eicosapentaenoic acid [EPA]). Ensuring maternal dietary intake of long chain omega-3 fatty acids, in particular DHA, during pregnancy and lactation through two or more servings of seafood per week also has benefits for the infant, especially when women emphasize types of seafood high in omega-3 fatty acids and with low methyl mercury content, such as farmed and wild salmon, rainbow trout, Pacific oysters, herring, and sardines.

An increase in seafood intake to two servings per week at 4 oz per serving, is advised for high-risk (those with cardiovascular disease) and average-risk persons, especially as the first presentation of CVD (myocardial infarction, stroke) is frequently fatal or disabling. The quantity and frequency of seafood consumption is important, but the type of seafood (those providing at least 250 mg of long-chain omega-3 fatty acids per day) also is critical.

Amount of EPA+DHA in Seafood

Seafood	Grams of EPA+DHA per 100 g raw portion	Ounces of seafood that provide 250 mg EPA+DHA	Number of servings (4 oz raw) per week to meet 250 mg/day
Mackerel, Atlantic	2.3	0.4	0.67
Atlantic Salmon, farmed	1.9	0.5	0.81
Herring, Pacific	1.8	0.5	0.86
Salmon, Pink, canned	1.7	0.5	0.91
Atlantic Salmon, wild	1.4	0.6	1.10
Rainbow Trout, farmed	1.0	0.9	1.55
Sardine, Atlantic, canned in oil	1.0	0.9	1.55
Tuna, White, canned in water	0.8	1.1	1.92
Rainbow Trout, wild	0.6	1.5	2.57
Pacific Oyster	0.6	1.5	2.57
Shrimp, Mixed species	0.5	1.8	3.07
Crab, Blue	0.4	2.2	3.89
Channel Catfish, farmed	0.2	4.4	7.61
Tilapia, farmed	0.12	7.3	12.50
Cod, Atlantic & Pacific	0.1	8.8	15.91

According to an Institutes of Medicine report in 2002, the median adult daily intake of EPA+DHA ranges from 56 to 100 mg, far short of the recommended amount.

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