

NUTRITION NEWS By: Amy Juneau, FCS Agent, LSU AgCenter

FRUITTY FACTS ABOUT BLUEBERRIES!!!

Blueberries contain antioxidant flavonoids that is known to scavenge harmful oxygen radicals. The natural antioxidant's present in blueberries also enhance red blood cell resistance to oxidative stress. What does all of this mean? Blueberries are another super food, meaning they have anti-aging and anti-chronic disease fighting properties that are beneficial to our health. A study done on animals at Tufts University indicate for the first time that it may be possible to overcome some genetic predispositions of Alzheimer's disease through a diet rich in blueberries. An excellent source of Vitamin C and a good source of fiber, blueberries contain only 83 calories per cup. Blueberries rank as one of the most popular berry types in the U.S. Remember serving sizes are 1/2 cup canned or frozen berries, 3/4 cup of juice, 1/4 cup dried and 1/2 cup fresh.

SUMMER FOOD SAFETY FACTS

As the weather gets warmer, we usually do not want to spend much time inside. Most of us become very active and enjoy the outdoors in the summer. We may even picnic from time to time, especially for Memorial Day. Picnic foods like all foods need to be handled safely, so no one gets ill. Why can picnic foods be dangerous?

Picnic foods have lots of handlers.

Proper storage facilities are not available sometimes.

Foods are not cooled rapidly after cooking.

The temperatures outside are warmer and food tends to stay out longer thus giving bacteria prime growing conditions.

Following the tips below can help you have a safe and food spoilage free picnic.

Wash hands with warm, soapy water before handling food, and use clean utensils and containers.

Do not prepare foods more than 1 day before your picnic unless its to be frozen.

Keep cold foods cold and hot foods hot. If it is possible, choose foods that do not need to be heated or refrigerated.

Pack plenty of utensils, dishes, and disposable wipes.

When cooking at a picnic, keep raw meats away from other foods.

Do not use the marinade that had raw meat in it for a sauce over cooked meat.

Never use the same container that held raw foods for cooked foods unless it has been washed.

Ensure foods are cooked thoroughly and to the correct temperature.

Keep foods covered to prevent contamination by insects.

Try not to serve potato salad, its highly perishable.

Source: National Food Safety Institute