

# The Home Extension Line

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## Stroke is an Emergency:

### F.A.S.T. Action Saves Lives

A new National Stroke Association study shows most Americans do not treat stroke as an emergency. When a stroke – or brain attack – first hits, many people don't even recognize the symptoms and do not immediately call 9-1-1.

Every minute counts for stroke patients and acting F.A.S.T. can lead patients to the stroke treatments they desperately need. The most effective stroke treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms.

Common stroke symptoms seen in both men and women:

- Sudden numbness or weakness of face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Women may report unique stroke symptoms:

- Sudden face and limb pain
- Sudden hiccups
- Sudden nausea
- Sudden general weakness
- Sudden chest pain
- Sudden shortness of breath
- Sudden palpitations

Use the following tool to help you recognize stroke symptoms and act F.A.S.T.:

<b>Act F.A.S.T.</b>	
<b>F</b> ACE	Ask the person to smile. Does one side of the face droop?
<b>A</b> RRMS	Ask the person to raise both arms. Does one arm drift downward?
<b>S</b> PEECH	Are the words slurred? Can he/she repeat the sentence correctly?
<b>T</b> IME	If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast. Brain cells are dying.

Source: National Stroke Association

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## Keeping White Clothes White

### How to maximize the cleaning power of bleach

Chlorine bleach is key to keeping white clothes their whitest and brightest, says The Soap and Detergent Association. The rules are simple; the results can be dazzling.

#### Bleach Basics

- Check the care label to be sure chlorine bleach is safe for the fabric.
- Use the correct amount of bleach for your load size and washer. Read and follow the instructions on the bleach bottle.

#### Whitest and Brightest

For the brightest results:

- If your machine has a bleach dispenser, pour the bleach directly into it.
- No dispenser? Add detergent as the washer fills up with water. Add the clothes. Let the machine agitate for about five minutes so that the clothes are thoroughly wet. This time also allows the detergent enzymes to work. Dilute bleach in one quart of water and then add it to the wash water. Be careful not to spill any undiluted bleach directly on the clothes.

Source: The Soap and Detergent Association

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## Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high 100°F to 102°F; occasionally higher, lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>Prevention</b>	Wash your hands often  Avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines – see your doctor

Source: U.S. Department of Health and Human Services, [www.niaid.nih.gov](http://www.niaid.nih.gov)

## Staying Safe Whether Eating Out or Staying In

Following these tips for staying safe whether eating out or staying in.

- Choose menu items that are thoroughly cooked. If it appears that any food, such as beef, pork, chicken, eggs, or fish is undercooked, send it back for additional cooking.
- If you take home a “doggie bag” – refrigerate it within 2 hours of serving. Reheat leftovers to 165 degrees F.
- Getting take-out to take home to your sweetie? Eat it within 2 hours – and don’t let food sit out at room temperature while you’re leisurely sharing news of your day!

Source: **USDA Food Safety and Inspection Service – USDA Meat and Poultry Hotline**

## Be Snack-Wise ...

*These ideas work at home or “on the go.”*

### Snacks from the Grain Group

- Cracker snacks – wheat crackers spread with low fat cheese spread
- Ready-to-eat cereals, unsweetened, whole grain
- Flavored mini rice cakes or popcorn cakes
- Breads of all kinds such as multi-grain, rye, wheat
- Gingersnaps or fig bars
- Popcorn
- Trail mix ...ready-to-eat cereals mixed with raisins or other dried fruit
- Graham crackers

### Snacks from the Vegetable Group

- Vegetable sticks such as carrot, celery, green pepper, cucumber, or squash
- Celery stuffed with peanut butter
- Cherry tomatoes cut in small pies
- Steamed broccoli, green beans, or sugar peas with low fat dip

### Snacks from the Fruit Group

- Apple ring sandwiches...peanut butter on apple rings
- Tangerine sections
- Chunks of banana or pineapple
- Canned fruits packed in juice
- Juice box (100% juice)

### Snacks from the Milk Group

- Milk shakes – made with fruit and low fat or fat free milk
- Cheese slices with thin apple wedges
- String cheese or individually wrapped slices
- Mini yogurt cups

### Snacks from the Meat Group

- Hard cooked eggs (wedges or slices)
- Peanut butter spread thin on crackers
- Bean dip spread thin on crackers

**Source: Adapted from Color Me Healthy**

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## 15 Ways to Make a Difference

Everybody wants to make a difference in the world – but many aren't sure how to get started. Use this list as inspiration to start today.

1. Donate your old clothing or toys to a local homeless or women's shelter.
2. Clean up the litter in a local playground or along a river.
3. Write a letter or send a card to a soldier serving overseas.
4. Volunteer at the library or at an adult education center.
5. Rake leaves or shovel snow for an elderly neighbor or single parent.
6. Recycle.
7. Donate a bag of groceries to a food bank.
8. Participate in a charitable event, such as a 3K walk for a cause you believe in.
9. Become an organ donor. (Remember to tell your family members about your wishes.)
10. Take a care package to a shut-in neighbor.
11. "Adopt a family" during the holidays, donating gifts or providing the makings of a sit-down dinner.
12. Write a thank-you letter to a teacher or coach who made a difference in your life.
13. Donate your used computer to a local school.
14. Volunteer for an organization you believe in, such as an animal shelter or children's hospital.
15. Write a letter to the editor or notify your local political representative about an issue you believe in.

**Source: Mayo Clinic Health Quest**

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## Wooden Cutting Board vs. Plastic One?

Either one is fine – as long as you make sure they are properly cleaned. Wash cutting boards thoroughly after every use with hot, soapy water. The hotter the better. Once cutting boards become excessively worn or develop hard-to-clean grooves, discard them.

**Source: USDA Food Safety and Inspection Service – USDA Meat and Poultry Hotline**

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## Culinary Tips Dress Up Vegetables

Vegetables can play an important role in helping control kids' weight gains while supplying important nutrients they need for growth and development.

But getting kids to eat them can sometimes be a challenge.

"To get kids to eat vegetables, they must be available when and where kids tend to eat, be very easy-to-eat, and taste good," said Joan Carter, R.D., an instructor in the department of pediatrics at Baylor College of Medicine and a cordon-bleu trained chef.

To make vegetables more tempting to kids, Carter offers these tips:

- Offer the new vegetable at the beginning of the meal when small children are the hungriest. Serve vegetables in new combinations. Children tend to favor peas, potatoes, carrots, beans and corn. Mix these vegetables with others they are less likely to eat, such as broccoli and cauliflower.
- Use a little fat, sugar, and salt to make the healthy foods 'taste good' to kids. Cook carrots with a little sugar and chicken stock; make carrot 'slaw' with raisins; top broccoli with low-fat cheese sauce; add grated vegetables like carrots or squash to home-baked muffins. "Kids are born liking sweet tastes, so use this to your advantage," Carter said.
- Prepare vegetables in new ways. Try a stir-fry or 'fortify' prepared soup with extra fresh or frozen vegetables. Mix a vegetable in with a favorite food, such as peas in macaroni and cheese or blend soft cooked carrots into mashed potatoes. Add vegetables to pizza toppings or sauté minced veggies like broccoli and red pepper and add to spaghetti and pizza sauces, meat loaf, and pureed soups. Make oven-baked sweet potato 'fries' or bake this high-fiber, vitamin-A rich alternative to white potatoes with a touch of sugar, cinnamon and cloves.
- Make eating veggies fun and easy. For kids over the age of 4, keep veggie 'kabobs' with cherry tomatoes and cucumber slices or 'grab bags' with baby carrots, broccoli 'trees,' and celery sticks near low-fat dips or salsa on a child-level shelf in the refrigerator. Use cut-up pieces of vegetables to make a "smiley face" on mashed potatoes. Offer an edible spoon, such as a stalk of celery, to scoop up chili or stew.
- Enlist kids to help scour magazines for new veggie recipes that the family could try. Engage kids in an "ingredient-list scavenger hunt" at the grocery store and later let them assist in preparing the new recipe at home.
- Become a family of Farmers' Market 'explorers' who stop and ask growers about their produce, their farms, and how they cook their vegetables for themselves. Grow a family vegetable garden.

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- Be a good role model. Eat your vegetables, and show your excitement about finding and trying new ones.

But, what if despite your best efforts, your children still turn up their noses at anything yellow, green or leafy?

"Don't give up," Carter said. Young children tend to be 'neophobic,' which literally means they are 'afraid' of new foods. "It may take some time before kids try a vegetable and it might take a lot of tries before they begin to like it," she said.

Carter's advice: Continue to offer vegetables at each meal and encourage children to try one bite. If they don't like it, that's fine. Allowing young kids to stop at one bite can make trying new foods less scary, while forcing them to eat something they truly don't like will only make the situation worse.

**Source: USDA/ARS Children's Nutrition Research Center**

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## **The Health Consequences of Smoking:**

### **A Report of the Surgeon General Impact on Unborn Babies, Infants, Children, and Adolescents**

- Research has shown that women's smoking during pregnancy increases the risk of pregnancy complications, premature delivery, low-birth-weight infants, stillbirth, and sudden infant death syndrome (SIDS).
- The nicotine in cigarettes may cause constrictions in the blood vessels of the umbilical cord and uterus, thereby decreasing the amount of oxygen available to the fetus. Nicotine also may reduce the amount of blood in the fetal cardiovascular system.
- Nicotine is found in breast milk.
- Babies of mothers who smoked during pregnancy have lower birth weights. Low birth weight is a leading cause of infant deaths, resulting in more than 300,000 deaths annually among newborns in the United States.
- In general, pregnant smokers eat more than pregnant nonsmokers, yet their babies weigh less than babies of nonsmokers. This weight deficit is smaller if smokers quit early in their pregnancy.
- Smoking by the mother causes SIDS. Compared with unexposed infants, babies exposed to secondhand smoke after birth are at twice the risk for SIDS, and infants whose mothers smoked before and after birth are at three to four times greater risk.
- Mother's smoking during pregnancy reduces their babies' lung function.

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- In 2001, 17.5% of teenaged mothers smoked during pregnancy. Only 18% to 25% of all women quit smoking once they become pregnant.
- Children and adolescents who smoke are less physically fit and have more respiratory illnesses than their nonsmoking peers. In general, smokers' lung function declines faster than that of nonsmokers.
- Smoking by children and adolescents hastens the onset of lung function decline during late adolescence and early adulthood.
- Smoking by children and adolescents is related to impaired lung growth, chronic coughing, and wheezing.

Smoking remains the leading cause of preventable death and has negative health impacts on people at all stages of life. It harms unborn babies, infants, children, adolescents, adults, and seniors.

**Source:** <http://www.cdc.gov/tobacco>

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## Aerate Your Faucets

According to statistics in Home Energy Magazine, we would save over 250 million gallons of water and hot water energy annually if every American home installed faucet aerators.

With a simple device that you can attach easily to the water faucets in your home, you will save an amazing amount of water and hot water energy.

### **Faucet Facts:**

The normal faucet flow is 3-5 gallons of water per minute. By attaching a **low-flow faucet aerator**, you can reduce the flow by 50%. Incredibly, although the flow is reduced, it will seem stronger because air is mixed into the water as it leaves the tap.

Installing low-flow aerators on kitchen and bathroom sink faucets will save hot water. It will also cut water use by as much as 280 gallons a month for a typical family of 4. That's over 3,300 gallons a year for one family.

**Source:** Florida Power Corporation, **30 Simple Energy Things You Can Do to Save the Earth.**

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## Travel Smart!

Sellers of travel come in many forms -- from small, local offices to large, national and international franchises. Most of them are sincerely concerned with providing their clients with professional service and enjoyable experiences. The few sellers of travel who cheat the public create problems for everyone -- travelers and law-abiding travel agencies alike. In many cases, there is a limit to what the law can do to assure consumers that they will get their money's worth in their dealings with travel agents. But the wise traveler can do much to keep from becoming a victim of fly-by-night or unethical sellers of travel. Follow these quick tips to ensure your travel experience is what you planned on:

**Request Information.** Before contracting with a travel business, call the Florida Department of Agriculture and Consumer Services at 1-800-HELP-FLA (435-7352) to determine whether the travel business is registered and if any complaints have been filed against them. Look for the seller of travel's current registration certificate posted in its place of business. The registration number also must appear in all of their advertisements.

**Verify Arrangements.** Get the details of your vacation in writing and a copy of the cancellation and refund policies before making a purchase. Ask if the business has insurance and whether you should buy cancellation insurance. Get the names, addresses and telephone numbers for the lodgings, airlines and cruise ships you'll be using. Don't accept vague terms such as "major hotels" or "luxury cruise ships." Call to verify specific reservations, too.

**Get the Details.** Do not accept vague statements like "all major airlines" or "all major hotels." Get specifics and check the details yourself. If accommodations are included, call the hotel and confirm the reservations personally. Also, ask the hotel personnel about their knowledge of and relationship with the travel company.

**It's Never Free.** Be skeptical of postcards or telephone calls announcing that you have been selected to receive a vacation. Airlines and other well-known companies sometimes operate contests for travel prizes. However, there are also companies that offer "free" trips to try to lure people into buying their products or services. It's never "free" if you have to pay something.

**Use a Credit Card.** If you don't get what you paid for, you may be able to dispute the charges with your credit card company. Some travel businesses may claim they need your account information for identification or verification. They don't. Your account number should be used only to bill you for goods and services. Never give credit card or checking account numbers over the telephone unless you initiated the call and you are certain of the credentials of the company.

**Know the Lingo.** "You have been specially selected to receive our SPECTACULAR LUXURY DREAM VACATION offer" doesn't mean you'll get a free vacation. It means you'll be offered an opportunity to pay for a trip that may fit your idea of luxury - or not. "Subject to availability" means you may not get the accommodations you want when you want them. "Blackout periods" are blocks of dates, usually around holidays or peak season, when no discount travel is available.

**Take Your Time.** Beware of high-pressure sales tactics and pitches that require immediate payment; do not make hasty decisions. Be especially wary if a business offers to have someone pick up your money.

**Vacation Certificates.** A vacation certificate is an arrangement whereby you pay in advance for the use of travel accommodations or facilities at some later date, and no specific dates for traveling or

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use of the accommodations or facilities are designated. Vacation certificates can be canceled within 30 days from the date of purchase, or when accommodations or facilities are not available when requested for use as provided in the contract. Make sure you receive all the exclusions in writing.

**Ask Friends for Referrals.** Dealing with reputable local travel businesses is probably the best way to protect your vacation investment. And remember: If a travel offer sounds too good to be true, it probably is.

**Source:** Florida Consumer E-Newsletter, <http://www.800helpfla.com/newsletter.html>

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## Buffet Table Tips for People With Diabetes

Barbecues, picnics and family reunions are gatherings to enjoy and treasure. If you have diabetes, these events can pose special challenges. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it. If you choose wisely and watch how much you eat, you can have a delicious meal and feel good too. So, grab your plate and head for the buffet table.

Look for the high-fiber, low-fat dishes. Great choices are beans, peas and lentils, and dark green vegetables such as broccoli, cabbage, spinach and kale. Go for the green bean, three-bean, black bean and black-eyed pea dishes or pasta salads mixed with summer vegetables. Choose whole grain foods such as brown rice, couscous, whole wheat bread and pasta. Everyone benefits from eating these foods, not just people with diabetes.

Watch out for dishes loaded with mayonnaise, sour cream and butter. Choose veggies that are light on salad dressing, cheese or cream sauce. If you can, make your own dressing with a little olive oil and vinegar.

Vegetables and grains should fill up most of your plate, but leave room for some lean meat, poultry or fish. Be sure to choose grilled chicken and remove the skin – instead of the fried variety. If you're going to make a sandwich, use whole wheat bread with mustard or salsa, rather than mayonnaise.

What's for dessert? Summer means terrific fruits. It's hard to beat a fresh peach, fruit salad, cantaloupe or watermelon. Fruit is an excellent source of fiber, vitamins and minerals, and has zero fat. Everyone, including people with diabetes, should eat three to four servings of fruit a day. Pies, cakes and cookies are high in fat and cholesterol. If you can't resist, have a small serving.

It's best to drink water, unsweetened tea or diet soda. Add a wedge of lemon for flavor. If you choose to drink alcoholic beverages, limit your intake to no more than one drink a day for women, two for men, and drink only with a meal.

Eating the right foods to control your blood sugar means being prepared and planning ahead.

Source: [www.ndep.hih.gov](http://www.ndep.hih.gov) or [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

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# Preparing Healthful Ethnic Foods

Eating a variety of foods is the best way to get all the nutrients you need to look and feel your best. One tasty way to increase variety in your food choices is to include ethnic foods like Chinese, Mexican, Italian, Greek, and others. But how do you know that you are making healthful choices?

## Making Ethnic Choices

Whether you're eating out, or cooking at home, keep the Food Guide Pyramid in mind for balancing your diet. The Pyramid emphasizes plant foods, and includes only moderate amounts of dairy products and meat/meat alternates.

Grains are the foundation of a healthful diet, and ethnic choices such as rice and pasta are familiar to most Americans. But have you tried Indian basmati rice or Asian noodles? Pita bread or bagels can be sandwich alternatives and barley or bulgur can be used for a tasty "starch" side dish. For fiber choose whole grains more often.

Many cultures use fruits and vegetables liberally. Try an unfamiliar fruit, perhaps a tropical variety like starfruit, guava, or papaya. What about a stir-fry with Chinese cabbage, snow peas, and water chestnuts? Add a small amount of chicken or beef, or use tofu instead, for protein needed for growth and development.

## Finding and Trying New Recipes

When you're ready to expand your horizons, spend time in the cookbook section of your local library. Choose one from each of several cuisines, and start looking through them. Try something that sounds good, and also looks simple to prepare. When you start reading the ingredients, you may find that many of them are already in your kitchen, but with different mixes of herbs and spices.

Some styles of cooking can be made more healthful by making a few simple changes. Try frying in a non-stick pan or wok with only a small amount of oil. Cut salt seasonings in half, or eliminate them altogether if other flavors are present. Many recipes with added butter, margarine or oil can be made with less fat without losing any flavor. Mixed dishes can be just as tasty with less meat and more vegetables, a change that lowers fat and increases fiber and nutrients.

**Source: Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida**

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# Florida Food Fare

By Mary King

## Strawberries

**Description:** The strawberry is a most unique fruit because it is the only one with seeds on the outside. This brightly colored, delicious little berry belongs to the Rosaceae family. In Florida, strawberries have been popular for many years. The first carload shipment was sent north by railroad in the 1800s. Today Florida, one of the top strawberry producers in the nation, harvests over 5000 acres annually. Hillsborough County is the hub of strawberry production in Florida. They are also grown in adjacent Pasco, Polk and Manatee Counties. Popular varieties of strawberries produced in Florida include; Oso Grande, Selva, Camarosa, Sweet Charlie and Rosa Linda.

**Availability:** Florida is the nations' No. 2 producer of fresh strawberries. They are produced in three major areas of the state: north Florida, the west central region, and along the lower east coast. Production begins in December and continues through winter with the peak season in March and a gradual decline following in April. The strawberry plant grows all year. It grows runners during summer months and depends on a cold snap in the weather to stimulate blossoms. This causes berry production dates to vary throughout the state depending on climate. Strawberries are available in the supermarket almost all year round. California produces 80% of the nation's strawberry supply beginning in January and continuing through November.

**Nutritional Value:** Strawberries are low in calories, fat free, and provide an excellent source of potassium, vitamin C, folic acid and fiber. One cup fresh, sliced strawberries is about 50 calories and yields: 3.8g dietary fiber, 23 mg calcium, 275 mg potassium, 94 mg vitamin C, 29 mcg folate and 44 IU vitamin A. Strawberries also contain a group of plant chemicals known as "phytochemicals". They have been shown to act as antioxidants and may decrease the risk of certain cancers and heart disease.

**Selection and Care:** Strawberries do not ripen after they have been picked, so look for bright red, plump berries with fresh green caps. Berries should be dry, clean and firm. Avoid berries with large uncolored areas or soft dark areas. Mold spreads rapidly from one berry to another so sort out defective fruit. Strawberries are very perishable and should be stored, unwashed, loosely covered in the refrigerator until ready to use. For optimum quality, they should be used within 3 or 4 days. Just before serving, remove caps and rinse berries with cool water. Strawberries can also be frozen for longer storage.

### Recipe

#### Strawberry Spinach Salad

6 cups fresh spinach leaves, torn	1/8 teaspoon onion powder
2 cups fresh strawberries, washed, hulled and halved	1/4 cup olive oil
1/2 teaspoon toasted sesame seeds	1/8 teaspoon garlic powder
1 1/2 tablespoons sugar	2 tablespoons red wine vinegar
1/2 teaspoon dried dill weed	1/8 teaspoon dry mustard

Divide spinach leaves among four salad plates. Gently toss sesame seeds with strawberries and place on spinach. Whisk together remaining ingredients for dressing, or combine in a small jar and shake well. Pour over strawberries and spinach just before serving. Serves 4.