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### Resources for Lowering Cholesterol:

- [National Heart Lung and Blood Institute](#)
- [American Heart Association](#)
- [MedlinePlus](#)
- [Centers for Disease Control and Prevention](#)

## An Apple a Day...



Caption describing picture or graphic.

The old saying "An apple a day keeps the doctor away" may have some validity. Eating an apple each day could lower LDL cholesterol in the blood.



Researchers at The Ohio State University compared eating apples with taking a capsule of polyphenol extract which are present in apples. The recruited non

-smoking adults aged 40-60 years old. They had no history of eating apples more than twice a month prior to participating in the study. They also had no prior cardiovascular issues and did not consume phytochemical supplements.

Participants were divided into three groups. One group ate an apple each day, the second group took a polyphenol capsule, and the third took a placebo.

Results showed the apples and the polyphenol capsules decrease LDL cholesterol levels. The apples, however, gave a larger decrease in LDL cholesterol. Apples prevent the oxidation of LDL cholesterol that leads to atherosclerosis or hardening of the arteries.

Source: <http://bit.ly/OQeeN0>

## New Report on Obesity

Think about this. By 2030, 13 states may have obesity rates above 60%, 39 states may be above 50%, and all 50 states may be above 44%.

If obesity rates continue

on this pace, cases of type 2 diabetes, heart disease, stroke, hypertension, and arthritis may increase 10 times by 2020. That is only eight years away.

See how this is impacting and changing consumers in the study "F as in Fat: How Obesity Threatens America's Future 2012" at <http://bit.ly/V8jv5Z>.



## Time to Talk Turkey!

It's hard to believe the holidays are almost here. Food safety should be emphasized so to not give the gift of foodborne illness.

The USDA Food Safety and Inspection Service has many resources on turkey preparation and seasonal food safety. Here are a few:

- Let's Talk Turkey—A Consumer Guide to Safely Roasting Turkey
- Turkey Basics
- Turkey: Alternate Routes to the Table
- Is Pink Turkey Meat Safe?
- Turkey from Farm to Table
- Turkey Raised by the Rules
- Cooking for Groups
- Holiday Food Safety Tips
- Holiday or Party Buffets

<http://1.usa.gov/Q79JNp>

<http://1.usa.gov/qrTFY7>



## Mrs. Wages™ Educator Kit



Mrs. Wages™ is offering a special for Extension educators to support home food preservation education.

The special includes coupons, pickle mix, pectin,

salsa mix, pie filling mix, spiced apple mix, and a canning guide. The offer expires December 31, 2012 or while supplies last.

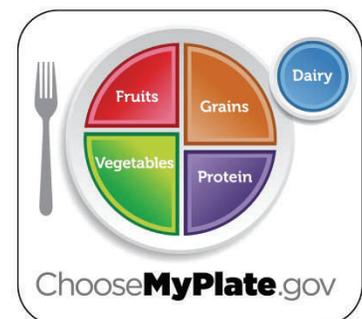
Order online: <http://store.mrswagesstore.com/w815-x1425.html>

Phone orders: call their toll free number at 1-800-647-8170.

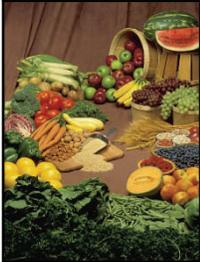
## New Resources from MyPlate

New videos, recipes, tips and more are now available from MyPlate. You can find these at the following links:

- Whole grain tips and videos—<http://1.usa.gov/SQBkXQ>
- Recipes and healthy choices—<http://1.usa.gov/vAYu72>
- Choosing Whole-Grain Foods— <http://1.usa.gov/RODMJx>
- Make Half Your Grains Whole—<http://1.usa.gov/yImzG3>
- Whole Grain Activities for Kids—<http://1.usa.gov/Qi0sV1> and <http://1.usa.gov/QWej4X>



## Organic vs. Conventional Food Debate Continues



A Stanford University review of published literature for the nutritional value of organic and conventionally grown foods shows a continued lack of strong evidence that organic foods are significantly more nutritious than conventional foods. There is, however, evidence that organic foods are lower in pesticide residues and antibiotic-resistant bacteria.

Phosphorus was the only nutrient that was notably higher in organic foods. It is not, however, clinically significant to make those organic foods a better choice.

Food safety implications were not reduced in organic foods. Bacterial contamination occurs in both types of foods so it is not related to a particular farming method. Conventional food did have higher levels of antibiotic-resistant bacteria, but these are easily destroyed using proper cooking practices.

Sources: Annals of Internal Medicine, September 4, 2012  
Organic Trade Association



## GMO Labeling in California

While voting for a President is important in this year's election, Californians will also be voting on stricter food labels for foods made with genetically modified ingredients.

If passed, this will give more information to consumers about what they are buying and eating. This would go into effect in 2014.

The U.S. Food and Drug

Administration states that GMO foods are no riskier to consume than traditional foods. It can also confuse consumers and raise food costs.

Source: IFT The Weekly, June 2012

**If passed, fruits, vegetables and processed foods will be labeled. Meat and dairy products, organic foods, restaurant meals and alcohol will be exempt.**

## Ongoing Peanut and Peanut Butter Recall



Peanuts are once again in the news. They are linked to a *Salmonella bredeney* outbreak that has affected 35 people in 19 states. The peanut butter was made at Sunland Inc. in Portales, New Mexico. The recall has expanded to include raw and roasted shelled and in-shell peanuts.

This recall has also prompted the recall of foods that contain peanuts from this facility. This includes foods such as ice cream, cookies, granola bars, crackers and more.

For a complete update and list of foods in this recall, see the U.S. Food and Drug Administration website at [www.fda.gov/Food/FoodSafety/CORENetwork/ucm320413.htm](http://www.fda.gov/Food/FoodSafety/CORENetwork/ucm320413.htm).



**Kansas State University Agricultural  
Experiment Station and Cooperative  
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## Saving Fall Tomatoes



Tomatoes are one fruit where there is special concern regarding the quality of the fruit that is harvested. As tomatoes become overly ripe, they can become dramatically lower in acid and higher in pH. Damaged areas on tomatoes



caused by bruises, cracks, blossom end rot or insects can also lower acid content. Tomatoes exposed to frost or tomatoes harvested from dead vines may also be lower in acid.

Do not attempt to can or process tomatoes that are overly ripe or damaged, and do not harvest tomatoes from dead or frost-killed vines. Do not ripen green tomatoes indoors for canning, the proper acidity may not develop. Instead, harvest green tomatoes from late season or frost-damaged vines and use these green tomatoes in a relish or salsa.

Source: Univ. of Wisconsin-Madison



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On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## The FUNdamentals of Thanksgiving

Gobble gobble! Thanksgiving is almost here. To help make the meal less traumatic, here are



some tips from the USDA Meat and Poultry Hotline.

- Buy enough turkey. Figure one pound per person for a whole turkey.

- Plan thawing time. The rule of thumb is 24 hours per 4-5 pounds of turkey in the refrigerator.
- A safely roasted turkey is done when cooked to 165°F measured with a food thermometer. The minimum oven temperature is 325°F.

Sources: <http://www.foodsafety.gov/blog/thanksgiving.html>

[http://www.foodsafety.gov/blog/thanksgiving\\_plan.html](http://www.foodsafety.gov/blog/thanksgiving_plan.html)