

YOU ASKED IT

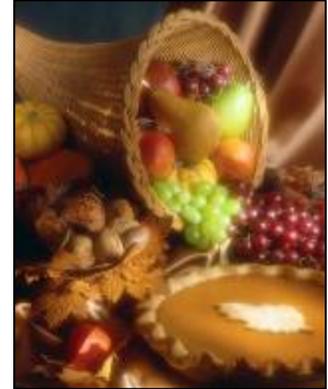
TIPS FROM THE
RAPID RESPONSE CENTER

Also in November

- Men Make Dinner Day - Nov. 4
- National Peanut Butter Lovers Month
- Family Week - week of Thanksgiving
- National Split Pea Soup week - Nov 7-13

Happy Thanksgiving! About two-thirds of the turkeys for Thanksgiving are grown in North Carolina, Arkansas, Missouri, Indiana, and Virginia. There are potentially 117 million households that will be the gathering places to celebrate Thanksgiving. Have a safe and thankful holiday!

Source: <http://bit.ly/cDBke9>



American Diabetes Month

The numbers are staggering. Since last November, 1,503,360 people have been diagnosed with diabetes. According to the American Diabetes Association (ADA), one out of every three children born today will get diabetes at some point in their life. Drastic changes must be made.

higher than those without diabetes. The costs of diabetes are also growing. The ADA estimates the total national cost of those with diabetes in the U.S. is \$174 billion.

For more information on diabetes and awareness see:

- www.diabetes.org
- www.ksre.ksu.edu/humannutrition/diabetespub.htm
- www.ksre.ksu.edu/humannutrition/nutlink/pages/diabetes.htm

The risk of death from diabetes has increased 45 percent since 1987. Diabetes has now become the leading cause of blindness in adults and the leading cause of kidney failure. The disease can cause pain in the feet or hands, reduce digestion, cause nerve damage, and cause sexual dysfunction. The risk of amputation is 10 times

Culinary Boo-boos

Any cook has had their fair share of kitchen blunders. We are all human and mistakes happen. Here are some of the most common mistakes compiled by Cooking Light Magazine.

1. Not reading the whole recipe before starting to cook. Make sure you have all the ingredients you need.
2. Making unwise ingredient substitutions. While making recipes healthier can be beneficial, the results may not be the best. It is both a science and an art.
3. Using too soft sticks of butter or margarine. In baking, this can cause too much spread and improper creaming. Simply let sit at room temperature 30-45 minutes for the right consistency.
4. Not knowing your oven. Use an oven thermometer to know the real temperature inside the oven. Look for hot spots so burning does not occur.
5. Improper measuring can lead to many mishaps. Lightly measure dry ingredients into measuring cups and level with a knife.

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

Also In This Issue:

Holidays	2
Relish	2
Osteoporosis Drugs	2
Fire and Food	3
Let's Move! Apps	3
Serve Fare with Care	4
Celiac Disease	4
Split Peas	4





The Holidays are Coming!

It's here once again! The Holiday season is gearing up to help family and friends celebrate. Make your holiday meals safe with good food handling practices. Making a plan ahead of time can reduce the stress that typically accompanies the season.

Many resources for food safety information can be found on the KSRE Food Safety web site at <http://bit.ly/bkeobk>.

To help survive multiple holiday parties, here are some tips:

- Think first - "Do I really like this?" "Is this on my list of favorites?"

- Taste next - Ask yourself, "Is it as good as I thought it would be?" If not, don't eat it.
- Eat a small meal before the party to curb hunger.
- Don't forget to exercise to reduce stress and burn calories.
- Practice moderation, not deprivation.
- Concentrate on the non-food features of the party, like music and conversation.
- Be realistic and work to maintain weight, not weight loss.

Source: <http://bit.ly/cE847f>



Did You Know?

A condiment is a small addition to compliment foods. It could be savory, piquant, spicy or salty. Ketchup and mustard are the most popular.

Different Kinds of Relish

There are a variety of vegetable and fruit relishes. Do you know the difference between them? Here are some definitions.

Chow Chow - A combination of pickles or other vegetables. This dates back to 1785 when Chinese laborers built the railroad lines in the developing West. The word may be from the Mandarin Chinese word "cha" which means "mixed."

Relish - A pickled, spicy mixture served as a side dish or spread. The word dates back to 1798 from the Middle English word "taste" and from the

French as "something remaining." The British consider it a thin sauce with a vinegar base. In the U.S., it may have fruit or vegetables, sugar, salt, and vinegar.

Piccalilli - A vegetable relish that can include tomatoes, sweet peppers, onions, zucchini, cucumber, cauliflower, beans, or other vegetables.

Chutney - This originates from the East Indian word "chatni." It is spicy with fruit, vinegar, sugar and spices. It can be chunky or smooth.

Sources: www.epicurious.com, Encyclopedia of American Food and Drink

Fracture Risk with Osteoporosis Drugs

The Food and Drug Administration (FDA) is warning there is a possible risk of a rare type of thigh bone (femoral) fracture in people who take drugs known as bisphosphonates to treat osteoporosis.

Bisphosphonates are a class of drugs that slow or inhibit the loss of bone

mass. They have been used successfully since 1995 to prevent and treat osteoporosis and similar diseases. Osteoporosis is a disease in which the bones become weak and are more likely to break.

Learn more at <http://bit.ly/d6uyk0>.





After the Fire is Out

Each year, two million American homes and families experience losses from wildfires or flames sparked by accidental fires.

During times of emergency, food safety is a critical public health issue. In the aftermath of fire, whether it's the whole house or a kitchen fire, people try to save what they can - including food. Generally, saving food that's been in a fire is never a good idea.

Tips to follow after a fire in your home or business:

- Heat from a fire, smoke fumes and chemicals used to fight fire can compromise food.
- Food in cans or jars may appear to be unaffected, but if they've been close to the heat of a fire, they may no longer be safe. Heat from a fire can activate food spoilage bacteria. If a can ruptures as a result of a blaze, the food inside will be unsafe.
- Toxic fumes, released from burning materials, can kill and they can also contaminate food. Any type of food stored in permeable packaging - cardboard, plastic wrap, etc. -

should be thrown away. Surprisingly, food stored in refrigerators or freezers can also become contaminated by fumes. The refrigerator seal isn't airtight and fumes can get inside. If food from your refrigerator has an off-flavor or odor, throw it away.

- Chemicals used to fight fires contain toxic materials and can contaminate food and cookware. The chemicals cannot be washed off of food. Foods that are exposed to firefighting chemicals should be thrown away. This includes food stored at room temperature, as well as foods stored in permeable containers like cardboard and screw-topped jars and bottles.
- Canned goods and cookware exposed to chemicals can be decontaminated by washing items in a strong detergent and then dipping them in a bleach solution composed of 1 tablespoon unscented, liquid chlorine bleach per gallon of water for 15 minutes.
- **When in doubt, throw it out!**

Source: www.fsis.usda.gov



Apps for Healthy Kids

The *Let's Move!* campaign to get kids moving and exercising has a new tool to help in this effort.

First Lady Michelle Obama challenged software designers, game designers, students and other innovators to develop fun software games to get kids to eat better and be more physically active.

The winners have been announced! The first place winner created Pick Chow! It allows kids to create meals, learn the nutritional value, and then a nutritious meal can be shared with parents. Learn more at this tool and others at www.appsforhealthykids.com/application-gallery.





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Serve Your Fare with Extra Care

The International Food Information Council Foundation recently presented a webinar based on the results of the 2010 Food and Health Survey.

The survey revealed that medical professionals are considered a reliable source for health and medical information. Unfortunately, they are the least educated in this area and consider it a low priority. Consumers also rely on the media for food safety

information. Therefore, it is important to have accurate information to help consumers better their food safety practices.

To review the slides from this webinar, see <http://bit.ly/dAF43z>.

For more information, see <http://bit.ly/aBHqLD>.

Increased Diagnosis of Celiac Disease

Since 1997, testing for Celiac Disease in children under age 18 has more than tripled. The incidence of the disease in children between ages 2 to 9 years has quadrupled.

The increase is due to testing for immunoglobulin A endomysial antibody (IgA-EMA). Another factor is improved

physician awareness through education and medical literature.

Classic symptoms included diarrhea, weight loss greater than 10 percent, vomiting, abdominal pain, constipation without weight loss, anemia, family history, and type 1 diabetes.

Source: <http://bit.ly/9RMP07>

Enjoy some Split Peas

The origin of peas is said to have started in northwest Asia. In Thailand, peas have been found in 11,000 year old caves. Peas are naturally dried by the late summer sun. They are most commonly split, which speeds cooking time. How are they split? During processing, peas are sorted. Then they are bombarded against a baffler, which causes them to split in two. Americans are most familiar with green peas. Yellow peas are also grown in the Washington Palouse region of the U.S. They are most commonly consumed in Scandinavia and taste slightly different than green peas.

To prepare split peas, they do not require soaking. For every cup of split peas, use 2 ½ cups of water. Bring water to a boil and cook for about 30-40 minutes. Do not add any acidic ingredients, such as tomatoes, until after the peas are cooked. Acidic ingredients prevent the softening of the pea during cooking. Cooking times vary by the variety of pea. High altitude, hard water and salt also increase cooking times. Do not use aluminum or

cast-iron pans when cooking split peas. The metal can hinder cooking and change the color of the peas.

Storing dry split peas is easy. They will keep indefinitely in a sealed container in a cool, dry, dark location. Long storage may cause the green color to change some, but the taste will be the same. Long storage can also increase cooking time.

To save time, precook split peas and refrigerate up to 4 days. They can also be frozen for longer storage. Use them in soups, salads, casseroles, purées, or in baking. When using precooked split peas, reduce the liquid in the recipe by a third or half.

Split peas, and other legumes, are high in fiber, protein, and folate. They also contain beneficial antioxidants and are low on the glycemic index.

For more information on dry peas and other legumes, see the USA Dry Pea and Lentil Council at www.pea-lentil.com.