



NUTRITION NEWS

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NOVEMBER 2018



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Happy Thanksgiving!

The holiday season is here! And with the holiday season comes celebrating with decadent, rich foods. Of course, November means turkey. After the roast turkey dinner, turkey casseroles, turkey salads, and turkey sandwiches abound! Cooking a moist turkey will help all the leftovers go down easier as well!



There are a few basic tips for roasting a turkey. Brining a turkey keeps it moist and flavorful. Typically, brining a turkey involves a solution that contains water, salt, sugar, and spices. Another tip to retaining moisture in the bird is to keep the stuffing cooked on the side. Not only can cooking the stuffing inside the turkey provide a better chance for bacteria to thrive, it can also dry out your turkey as you may be inclined to cook it longer. Instead, loosely fill the turkey with aromatics such as onions and herbs and leave the stuffing on the side.

Before putting the turkey in the oven, make sure the skin of the turkey is as dry as possible. Then, rub it all over with either butter or oil. For an even moister turkey, place pats of butter directly under the skin. Most people continually baste the turkey while it is cooking, but some experts recommend skipping that step. Because basting involves opening and closing the oven door, it also involves temperature fluctuations which can dry out the bird. Make sure that you have a quality meat thermometer on hand. Check for doneness by inserting it into the thickest part of the turkey around the thigh, but avoiding the bone. At 165°F, the turkey is done! The turkey will continue to cook as it rests, so the temperature should rise another 10° out of the oven. Lastly, to lock in the juices, tent your turkey with aluminum foil and let it rest for about 15 to 20 minutes before carving it. Don't cover it too tightly since you don't want the bird to steam under the foil.

Monthly Exercise

Stepping up a step

Improves stability on steps, paths & uneven surfaces.

1. Holding onto a rail, go up and down a single step
2. Repeat 5 times.



Remember that cooking your turkey thoroughly to an internal temperature of 165° will help prevent foodborne illness.



Common bacteria that may be present in turkey include salmonella, E. coli, staphylococcus, and campylobacter. What signs and symptoms should you be aware of? It does become tricky diagnosing a food borne illness as the holiday seasons often coincide with the onset of the cold and flu season. Prevention of a foodborne illness really is the best medicine!

This past summer, the Centers for Disease Control (CDC) issued a warning as there was a salmonella outbreak that was eventually linked to raw turkey. The outbreak affected victims in 26 different states. The first illness was reported in November 2017 and the latest ones were reported this summer. The outbreak was linked to a variety of turkey products, including turkey burgers, turkey breasts, and whole turkeys. Symptoms included diarrhea, fever, and stomach cramps. The symptoms usually start 12 to 72 hours after exposure and last up to a week.

Keep in mind that the symptoms of foodborne illnesses generally last longer and are more severe than symptoms caused by a seasonal virus. Foodborne illness symptoms also tend to come on very fast and very strong, usually within just a few hours of eating the contaminated food.

How can you prevent foodborne illness? The easiest answer to that questions is to simply wash your hands often and thoroughly. Other tips include the following:

- ♦ Keep raw meats and ready to eat foods separate— bring extra plates if necessary to prevent cross contamination. Also, marinate your foods in the refrigerator— not sitting out at room temperature where bacteria can thrive. Never reuse marinade on raw meat or poultry unless it was boiled. Another preventative tip that you may not be aware of is to NEVER wash raw poultry or meat. The benefit is far outweighed by the risk of splashing unsanitary germs around and possibly brining them into contact with ready to eat foods.
- ♦ Refrigerate your foods promptly to below 40°: If you cook in deep pans, transfer the product to shallower pans to augment cooling. Defrost meats and poultry in the refrigerator instead of on the counter.
- ♦ Carefully wash all fresh fruits and vegetables under running water to remove dirt and bacteria that may be clinging to the surface.
- ♦ Make sure that all counters, cutting boards, dishes, and other kitchen equipment is thoroughly cleaned and rinsed before use.



Remembering these few simple tips can help prevent a serious illness that could take weeks to resolve!

November is also Pancreatic Cancer Awareness Month. Unfortunately, pancreatic cancer is rarely detected in its early stages.



Because of this, it has a very high mortality rate associated with it. Typically, it isn't diagnosed until it has spread to neighboring organs. Since the pancreas is located horizontally behind your stomach, it isn't easy to visualize even in medical imaging.

Even though many of the commonly associated symptoms of pancreatic cancer don't present themselves until the cancer is advanced, it is beneficial to be aware of them. Symptoms include:

- * Pain in the upper abdomen that radiates to your back
- * Loss of appetite or unintended weight loss
- * Depression
- * New-onset diabetes
- * Blood clots
- * Fatigue
- * Yellowing of your skin and the whites of your eyes (jaundice)



There are also certain risk factors that are associated with the development of pancreatic cancer. These include:

- * Chronic inflammation of the pancreas (pancreatitis)
- * Diabetes

- * Family history of genetic syndromes that can increase cancer risk, including a BRCA2 gene mutation, Lynch syndrome, and familial atypical mole-malignant melanoma (FAMMM) syndrome
- * Family history of pancreatic cancer
- * Smoking
- * Obesity
- * Older age, as most people are diagnosed after age 65



A large study demonstrated that the combination of smoking, long-standing diabetes, and a poor diet increases the risk of pancreatic cancer beyond the risk of any of these factors alone.

It is clear that diet and lifestyle play a role in the development of pancreatic cancer. Strive for a diet rich in fresh fruits and vegetables, lean proteins, and whole grains, while limiting salt, added sugars, and fats. Loading up on fruits and vegetable that are loaded with antioxidants may also help. Go for those that are rich in color, including blueberries, pomegranate, cranberries, pumpkins, and blackberries. You can incorporate them into baked goods, smoothies, or salads. Or just enjoy them fresh! Frozen fruits and vegetables are also healthy options. When possible, try to get your vitamins and minerals from foods such as these as opposed to a pill or supplement.



A tasty recipe to help you use your leftover turkey!



Turkey Pot Pie

4 (9 inch) frozen pie crusts, thawed

1 cup frozen corn

1 cup frozen peas

1 cup frozen diced carrots

2 cups diced cooked turkey

1 cup gravy

1 cup diced leftover green beans

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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Funding for this newsletter is from the NYS
Office for the Aging & Herkimer County

1 tbs bacon bits

1 tsp dried parsley

1 tsp dried thyme

1 tsp dried sage

1 egg, beaten

Ground black pepper to taste 1 tsp water

Preheat oven to 400°. Line 2 pie dishes with prepared pie crusts. Stir corn, peas, and carrots together in a microwave safe glass or ceramic bowl and cover the bowl with plastic wrap. Cook in the microwave until tender, 2 to 6 minutes.

Stir corn mixture, turkey, gravy, green beans, bacon bits, parsley, sage, thyme and pepper together in a large bowl. Divide turkey mixture evenly between the two prepared pie dishes. Place remaining crusts over the top of each pie, trim pastry to fit, crimp and pinch the edges together to seal. Cut 4 slits in the top of each pie.

Whisk egg and water together in a small bowl. Brush egg mixture over the top of each pie. Fold a strip of aluminum foil around the outer edges of each pie crust.

Bake in the preheated oven until browned and heated through, about 45 minutes. Cool for 5 to 10 minutes before serving.



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