



Wellness Tip

Steps to Fight the Risk of Cancer

You can drop your risk of developing any type of cancer by 10 to 15% by simply staying active. Research has found that people who keep their bodies busy throughout the day were able to reduce their chances of several different types of cancer.

This doesn't just mean exercise - any daily activity like cleaning the house or walking to work can help.

If you serve it, they will eat it

If you're served a portion of food that looks much too large, do you eat all of it anyway? A new research study says that's what children are doing.

The study, published in the *University of California Wellness Letter*, reported that when children ages 3 to 5 were served double the size of a standard lunch entrée, they ate 25 percent more food than when they were served a "normal" portion. In addition, the children did not compensate by eating less of other foods served at the same meal.

Researchers also reported that when the children were allowed to serve themselves, the amount of food they ate was closer to a typical serving size.

This study is a good example of how portion sizes can affect the health of children. Overeating leads to excess calories, fat, saturated fat, cholesterol, sodium and added sugars. This approach to eating can lead to excess weight gain and increase diet-related health risks.



Don't let uninvited guests spoil your picnic

Tips for Safe Outdoor Eating

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also a time of increased risk of food poisoning. While most Americans realize that May through September poses the biggest threat of foodborne illness, a survey conducted by the American Dietetic Association shows that consumers are not practicing correct outdoor food safety procedures.

So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

Wash Hands Often

- Bring moist towelettes or soap and water to clean your hands and surfaces often.

Keep Raw Meats and Ready-to-Eat Foods Separate

- Bring extra plates - one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Marinate foods in the refrigerator. Don't reuse marinade used on raw meat or poultry unless boiled.

Cook to Proper Temperatures

- Cook your favorite foods to the right temperature by using a meat thermometer; hamburger to at least 160° F and chicken breasts to 165° F.
- Never partially grill meat or poultry to finish cooking later.

Refrigerate Promptly below 40° F

- Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40° F.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.
- Remove from the cooler only the amount of raw meat that will fit on the grill.
- Defrost meat, poultry and seafood in the refrigerator before taking them to the grill.
- Don't leave food outside in hot weather (90° F or above) for more than one hour.

www.homefoodsafety.org

Three Bean Salad



Ingredients:

- 1 (15 ounce) can green beans
- 1 pound wax beans
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 onion, sliced into thin rings
- 3/4 cup white sugar
- 2/3 cup distilled white vinegar
- 1/3 cup vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon celery seed

Instructions:

Mix all the ingredients together in a bowl. Let set in refrigerator for at least 12 hours.