



WELLNEWS

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A Guide to What Food Goes Where

You've heard that bread gets stale faster in the fridge, but molds more quickly outside of it. And fruit goes in the crisper drawer—except when it doesn't.

If you're confused by all the conflicting rules about what foods go where, don't worry, read below to learn more.

Countertop or in the pantry:

Honey is very shelf-stable—it's one of the few foods that never spoil. Also, if you chill honey it becomes hard to pour, so keep it in your pantry.

Tomatoes fare better when kept out of the fridge, where they can become mealy. It's true that they spoil faster when stored on the counter. If you won't be eating them quickly enough that spoilage isn't an issue, store ripe tomatoes in the refrigerator for 2 or 3 days. However, keep in mind that once you cut into a tomato (or any fruit or vegetable), it needs to be refrigerated to slow the growth of harmful bacteria.



Potatoes' starch turns to sugar when refrigerated—and refrigerating potatoes can also cause them to sprout faster—so store them in a cool, dry place like your pantry.



Bread can stale quickly in the fridge due to the dry circulating air. If you're afraid your bread will go moldy because your kitchen is hot or humid, or because you won't be eating it quickly, it's better to keep it—well

wrapped—in the freezer for up to 3 months. You can remove only what you need and thaw it on the counter or in the toaster on the "defrost" setting.

Peanut butter becomes difficult to spread when it's cold, so store it in your pantry if you will use it within 2 to 3 months. Store in the refrigerator for 4 to 6 months. However, if you buy natural peanut butter, check the label; some brands recommend refrigeration to keep the natural oils from separating.

Foods that do better in the refrigerator:

Olive oil and nut oils go rancid quickly when exposed to light and heat, which puts the kibosh on their healthful qualities. Refrigeration may cause these oils to become cloudy, but they'll clear up when they return to room temperature.



Cheese may be best served at room temperature—but it, like all animal-derived food, still needs to be stored in the fridge. Take it out an hour or so before serving for the best flavor.

Butter should be kept cold. Your grandma may have kept her butter in a crock on the counter to keep it nice and spreadable—but Beauvais recommends avoiding the risk of bacterial contamination by keeping butter in the fridge and removing it a little while before serving to let it soften.

Healthy Holiday Eating – Remakes Of Favorite Recipes



It can be a challenging time of year to make healthy choices. But healthy holiday eating is possible. Here are some tips for making favorite recipes healthier:

Cut the sweetness. When making desserts or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit of citrus, more vanilla, nutmeg or cinnamon. Try turbinado sugar, honey or molasses — their flavor means you can use less. If recipes call for sugary toppings like frosting, jams and syrup, use fresh or unsweetened frozen fruit instead.

Shake the salt out. You can reduce salt by half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower-sodium versions of packaged foods when available. In recipes, substitute fresh herbs and flavored vinegars for salt.

Trim the fat. In baked goods you can cut the fat by about half and replace it with unsweetened applesauce, prune puree or mashed banana. Instead of full-fat condensed milk, use condensed skim in drinks, desserts and, yes, even in fudge. For gravy, heat fat-free, low-sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking.

Source: www.mayoclinic.com

Source: www.eatright.org

Safe Toys, Gifts & Tips for the Holidays

As families gather for the holidays, the U.S. Consumer Product Safety Commission (CPSC) is warning consumers that dangerous children's products may still be in their homes. Grandparents dust off old playpens; older children often share their toys with younger relatives; and keepsakes are stored in old cedar chests. The CPSC (and MedicineNet.com) wants to prevent these holiday traditions from becoming tragedies. Despite recall notices and public warnings, CPSC has found that many products with the potential to seriously injure or kill are still being used by consumers. Families should check whether old products have been recalled and place them out of the reach of children. Manufacturers will usually offer a free repair kit or replacement product.

The following tips will help consumers choose appropriate toys:

- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts which could pose a fatal choking hazard.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- For all children under age 8, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age recommendation and use that information as a guide.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys, which can cause suffocation, before they become deadly playthings.

Source: www.medicinenet.com



Maple-Pecan Sweet Potatoes



Ingredients

- 2 3/4 pounds sweet potatoes
- 1/4 cup half-and-half
- 3 tablespoons butter, melted
- 3 tablespoons maple syrup
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1 large egg, lightly beaten
- Cooking spray
- 1/2 cup mini-marshmallows
- 2 tablespoons chopped pecans

Preparation

1. Preheat oven to 400°.
2. Pierce potatoes several times with a fork; place on a foil-lined baking sheet. Bake at 400° for 1 hour or until tender. Cool slightly; peel and mash in a large bowl.
3. Reduce oven temperature to 350°.
4. Stir half-and-half and the next 8 ingredients (through egg) into sweet potatoes. Spoon mixture into a 2-quart baking dish coated with cooking spray. Bake at 350° for 15 minutes. Sprinkle the top with mini-marshmallows and chopped pecans; bake 12 minutes or until the mini-marshmallows are slightly melted. Serve immediately.

Nutrition Information

Calories: 185
Fat: 7.3g
Saturated fat: 3.6g
Protein: 3.2g
Carbohydrate: 28g
Cholesterol: 41mg
Calcium: 57mg

Source: www.cookinglight.com

Healthy Family Activities in your community:

<http://search.active.com/?tab=events>

