

Community Health Newsletter

Week Nine



I: Irradiation of Iceberg



Irradiation is a food safety technology. Like pasteurization of milk and the pressure-cooking of canned foods, treating food with ionizing radiation can kill bacteria and parasites that would otherwise cause foodborne illnesses.

The Food and Drug Administration (FDA) allows the use of irradiation to make fresh

iceberg lettuce and fresh spinach safer, last longer, and help protect consumers from disease-causing bacteria such as *Salmonella* and *Escherichia coli* O157:H7 (*E. coli*). The FDA requires that irradiated foods bear the Radura logo along with the statement, "Treated with radiation" or "Treated by irradiation."

Irradiation is a complement, not a replacement for proper food handling. Thoroughly wash and dry salad greens before consumption.

Ethylene producing items (apples, avocados, bananas, melons, peaches, pears, and tomatoes) should be stored separately from ethylene-sensitive ones (broccoli, cabbage, cauliflower, leafy greens, and lettuce). For example, iceberg lettuce should not be stored near tomatoes because ethylene gas increases brown spots on the lettuce leaves as well as increases spoilage.

Food Of The Week:

Lettuce is a delicate vegetable that originated as a weed around the Mediterranean more than 4,500 years ago. Christopher Columbus introduced lettuce to the new world.

Iceberg lettuce used to be the most popular lettuce variety, because it keeps the best, lasting around two weeks. While known for having a crispy texture,

ACTIVITY TIP

Sit on an exercise or stability ball while watching television or sitting at the computer. Sitting on a stability ball helps with core stability and increases the amount of calories you burn compared to sitting on a chair or couch.

Before buying one of these relatively inexpensive balls, make certain it is the right size and can support your weight. When you sit on the ball, make sure your hips are level or just slightly higher than your knees:

55 cm - 4'11" - 5'4"

65 cm - 5'5" - 5'11"

75 cm - 6'0" - 6'7"

it is the least nutritious of the salad greens.

Darker greens are generally more nutritious. They are a good source of vitamin A and C.

Recipe: Sweet and Sour Leafy Green Salad

Serves 4

5 cups Romaine lettuce leaves, torn and lightly packed

3 cups spinach leaves, lightly packed

2 cups mushrooms, sliced

2 oranges, peeled and sliced

1 cup pitted prunes, halved

½ cup red onion, sliced
½ cup nonfat honey-mustard dressing
¼ to ½ tsp black pepper, coarsely ground

Toss all ingredients in a large bowl

Nutritional analysis per serving: Calories 200, Fat 1g, Calories from Fat 3%, Cholesterol 0mg, Fiber 7g, Sodium 365g.

