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Geary County

K-State Research and Extension News

*Knowledge
for Life*

Ask the Agent

Q: How long will my Thanksgiving leftovers store safely in the refrigerator? If I want to freeze them, what is the recommended storage time in the freezer?

A: First, make sure you handle the leftovers properly as you prepare them for storage. Don't leave them out for more than two hours. If you plan to feast all day—you still need to transfer the first round of meals to shallow refrigerator safe containers for the time between meals. Food will store safely in the refrigerator for no more than four days. If you won't get the food consumed within those days, pack leftovers in freezer-safe containers and use for a later date. For optimal quality and taste, use frozen leftovers within 1—2 months.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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Too Much Sugar?

My oldest son asked me why I only buy a certain cold cereal for our breakfast option at home. I told him it's because we don't need all the sugar that comes in most breakfast cereals. I am sure my 13 year old could care less about the sugar content of frosted or brown sugared cereal, but I know the long range impact that too much sugar in the diet can have on their bodies. Right now, they can burn it off, but when they get my age, it seems the sugars just help adults go the opposite direction with excess sugar.

November 2016



Harvard Medical School sponsors a health blog that reported on a 15-year study that found participants who took in 25% or more of their daily calories as sugar were more than 2x as likely to die from heart disease than those whose diets included less than 10% added sugar (Harvard Health Blog, Dec. 1, 2015). Perhaps it doesn't seem likely that Americans actually



eat that much sugar but the truth is the average American consumes enough added sugar that it accounts for 10% of their total daily calorie intake. A shocking one in 10 people get 25% of their total daily calorie intake from added sugars! We Americans certainly have a sweet tooth and ready-to-eat cereals contribute to that unhealthy tendency.

The cold cereal industry capitalizes its marketing toward this sweet tooth. It also targets a younger audience. The cereal my kids are drawn to have colorful boxes, fun cartoon-like characters, and even "free" toys inside their boxes. These same products have anywhere from 10 – 16g of sugar per serving (servings range from ¾ to 1 cup – which can make reading labels tricky!) When you look at the amount of sugar in these cereals, some of them are as high as 55+% sugar by weight. Add the fact that many of them are made from refined flours instead of whole grains and you have a case for calling many cereals "empty calorie" foods. This means they are foods that have added sugars and saturated fats that add to total calories, but provide no vitamins or minerals. Allowing too many of these types of foods can fill your child up without supplying the nutrients they need. They can also add more calories than a child (or adult) needs in a day.

How do you know if cereal is high in sugar? There are two key facts listed on the federally regulated food label that is required by the U.S. Food and Drug Administration for most prepared foods, including cereal, that explain the sugar content in the cereal: in the Nutrition Facts section and in the Ingredients section of the label.

(continued on next page)

Too Much Sugar?

Nutrition Facts

Serving Size 30 g

Amount Per Serving

Calories 118 Calories from Fat 11

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 141mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 10% • Vitamin C 23%	
Calcium 2% • Iron 24%	

1) Under the Total Carbohydrates section it will tell you the amount of total carbohydrates in grams then tell you what the percent daily value is. This percent expresses how the amount of carbohydrates in one serving of the cereal will contribute to your total daily diet.

In the example provided at the left, a serving size is 30g (or about 1 cup of cereal.) That single serving makes up 9% of your total carbohydrates recommended for a 2,000 calorie per day diet.

2) Another way you can tell if the food is high in sugar is by the placement of that ingredient in the list of ingredients. When you read through the ingredient list below, what is the first

ingredient listed? Sugar! Ingredients are listed in order of the percent weight it has for a total serving. In the example above, the cereal I researched (which I am intentionally not mentioning by brand name) is 48.3% sugar by weight. Still more

challenging is the wide variety of forms sugar can come in that may be misleading consumers when then are trying to determine if a food has too much sugar. Examples of other forms of sugar that are often "hidden" in the ingredient list include: anhydrous dextrose, corn syrup, honey, lactose, molasses, and sucrose to name a few.

I guess you could say I am a bit picky about what my kids eat and drink. There is always room for foods with some added sugars now and then – that's probably why my kids love to eat the continental breakfast when we stay in a hotel! But most daily food choices need to be made with an awareness of the ingredients they contain as a way to moderate sugar and fat intake and help us prevent chronic diseases as we get older. My awareness may just help my kids avoid unwanted cavities as they grow, encourage them to eat healthy foods that provide nutrient -packed vitamins and enjoy a long and healthier life.

Ingredients: Sugar, corn flour blend (whole grain yellow corn flour, degerminated yellow corn flour), wheat flour, whole grain oat flour, oat fiber, modified food starch, soluble corn fiber, contains 2% or less of hydrogenated vegetable oil (coconut, soybean and/or cottonseed), salt, natural flavor, red 40, turmeric extract color, yellow 6, blue 1, annatto extract color, BHT for freshness.

Honey of a Pumpkin Bar

<https://www.whatscooking.fns.usda.gov>

Big Taste - Little Fat, Sodium, and Sugar

Ingredients

- 1/3 cup dry milk, non-fat
- 2 cups flour (all purpose)
- 1 teaspoon baking soda
- 2 1/2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/3 cup vegetable oil
- 2/3 cup honey
- 1/2 cup orange juice
- 2 tablespoons orange peel (grated)
- 2 egg
- 1 cup pumpkin (mashed)

Directions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Makes 30 servings

Nutrition Information – per serving

Total Calories – 90; Total Fat – 3g; Protein - 2g; Total Carbohydrates - 14g; Total Sugars—7g; Dietary Fiber - 1 g; Sodium— 50mg



Grappling with Gravy Choices

It's Just Not Thanksgiving Without Gravy!

By the time this newsletter reaches you, we will be knocking on the door for our Thanksgiving feasts. Many of those feasts include these traditional favorites: turkey, dressing, mashed potatoes, sweet (or candied) potatoes, green bean casserole, and likely, GRAVY.

I sure miss the homemade turkey gravy my dad would make for our Thanksgiving meal. He did it the old fashioned way – with the stock from our roasted turkey. However, there are a variety of ways you can make gravy for your

Thanksgiving feast but that may come at a cost – a nutritional cost. I have seen recipes that use chicken bouillon cubes and water, canned chicken broth, powdered turkey gravy mix, and stock from baked turkey. Which one is the best? With most of these variations, if the high sodium content doesn't doom the nutritional value, the high fat content will. Check out this comparison chart I created to give you a quick look at the gravy options most consumers choose from:

Per Serving as noted	Calories	Fat	Sodium	Carbohydrates	Other Nutritional Notes
Heat and Serve Turkey Gravy – ¼ c. serving Source: Campells Food Service.com	25	0	290	3	1g protein, No Vitamin A, C, Calcium, Iron
Chicken Bouillon Cube (1) – makes 1 cup of broth Wylers Chicken Bouillon Source: foodfacts.com	5	0g	900g	1g	No protein, Vit. A, C, Calcium, or Iron; 1 st ingredient listed: salt, 2 nd ingredient listed: sugar This doesn't include the nutritional information for the thickener (flour, cornstarch, etc.) the directions require
Canned Chicken Broth – 1 cup Swanson's brand Source: Campbells.com	10	.5g	860	1g	1g protein; No Vit. A, D, Calcium, or Iron This doesn't include the nutritional information for the thickener (flour, cornstarch, etc.) the directions require
Powdered Turkey Gravy Mix – prepared ¼ c. serving Source: McCormick.com	52	4g	190mg	4g	4mg cholesterol; no other nutrients noted The directions for this option require that you add flour and other ingredients to the mix – which are reflected in the nutrition facts noted.
Gravy from Unsalted Turkey Stock – ½ c. serving Source: MayoClinic.org see recipe below	25	trace	14mg	5g	1g protein, no other nutrients noted

The method of preparation can make or break the nutritional value of most of the foods we prepare at home. Being aware of how our culinary decisions impact our diet is the first step to healthier eating. Now that you have the basic nutritional facts for a variety of methods for making turkey gravy, you can make the choice that best fits your nutritional (or diet-related) goals.

LOW-FAT AND LOW SODIUM TURKEY GRAVY

Ingredients

- 4 cups (32 fluid ounces) unsalted turkey stock, divided
- 2 tablespoons fresh sage, remove from stem and finely chop
- 2 tablespoons fresh thyme, remove from stem and finely chop
- 1 cup (8 fluid ounces) skim milk
- 1/4 cup cornstarch

Directions

After you roast the turkey, place the roasting pan on the stove top over medium heat. Add 2 cups of turkey stock to the pan and stir about 5 minutes or until the drippings and browned bits from bottom dissolve. Place a strainer over a fat separator cup. Pour pan drippings through strainer. Add enough stock to the drippings to make 4 cups total.

If you don't have a fat separator cup, you can remove fat from drippings by adding several ice cubes to the liquid and placing it in the freezer for 10 minutes. Remove hardened fat with spoon and place stock into a saucepan. You should still have about 4 cups of liquid.

Place the saucepan on the stove top over medium heat and bring to a simmer. Add sage and thyme to the simmering stock. Continue to simmer until the stock is reduced by 1/4, or until about 3 cups of stock remain.

Pour milk into a small bowl. Add cornstarch and stir to mix evenly. Slowly pour milk mixture into the simmering stock, stirring slowly. Bring sauce to a boil and continue to stir until stock thickens and has a nice shine, about 3 to 5 minutes. Pour gravy into warmed gravy boat and serve. Source: <http://www.mayoclinic.org/healthy-lifestyle/recipes/turkey-gravy/rcp-20049921>



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Upcoming Geary County Extension Programs
**Requires pre-registration.

November

24-25 Thanksgiving and County Holidays — Office Closed

December

1 Knowledge at Noon** — **Keys to Embracing Aging: Know Your Health Numbers**, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Certain health numbers can save and extend your life. These numbers are associated with cholesterol, triglycerides, blood pressure, blood sugar, body mass index (BMI), and waist circumference. This program looks at how these numbers can tell you more about your health. This free program begins at noon and is open to the public. Call the Extension Office by November 28, 2016 to reserve your seat. 785-238-4161.

7 Medicare Open Enrollment—Part D Ends. There are still appointment times available but call soon to look at your prescription plan!

23 & 26 County Designated Holidays—Office Closed

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