

F A C T S

FOR TULARE COUNTY CONSUMERS

Fall 2000

Herbs and Kids Don't Mix

The number of children given herbal remedies is not really known, but data from a mail survey suggest that about 11% of U.S. children take some form of alternative medicine. With increasing levels of education, parents are more likely to give their children alternative, as well as traditional, medicine. For anyone who has recently walked through a pharmacy, the projection that herbal therapies will outpace vitamin sales in 5 years and create a \$7 billion-annual market by 2003 should come as no surprise.

One of the main concerns about herbal remedies is that very few well-controlled clinical trials have been conducted in children. Even for herbal therapies that seem to be tolerated in children, rigorous scientific testing is lacking. Another concern is lack of product uniformity and purity. In some cases, aspirin or other medications, herbs other than the desired ingredient, or pesticides have been found in the products. This means that it is

hard to predict if the remedy will have a beneficial effect or be toxic to the child and do harm.

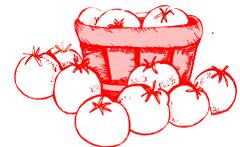
A recent article in the *Journal of Pediatrics* recommends that children under 3 years of age not be given any herbal therapies, with the possible exception of chamomile tea for colic. The list of herbal products potentially associated with toxicity in children is long and includes the following: black alder, black cohosh, blessed thistle, buckthorn bark, pokeweed or pokeroot, aconite, bitterroot, blue cohosh, chickweed (in infants), ginseng, hawthorn, khat, licorice, *Logelia spp*, ma huang, yohimbe, borage, chaparral, coltsfoot, comfrey, germander, *Heliotropium spp*, *Pau d' Arco*, *Petasites hybridus*, *Senecio spp*, *Sophora flavescens*, *Acorus calamus*, *Aristolochia spp*, *Germanium spp*, pennyroyal, rue, podophyllum, kava, willow bark, bearberry, birch bark asafetida, life root, skullcap, and kombucha. Before giving your child any herbal remedy, tell your child's doctor. Herbal remedies can interact with other medications and cause serious problems.

Source: *Maternal and Infant Nutrition Briefs*, University of California, Cooperative Extension, Department of Nutrition, May/June 2000.

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Tomatoes and Prostate Cancer



Eating a lot of tomato-based food products may lower a man's risk of contracting prostate cancer. Researchers from the University of Auckland in New Zealand studied 317 prostate cancer patients aged 40 to 80 and 480 cancer-free participants. They noted that men who consumed the highest

amount of tomato-based food products had an 18 percent reduction in prostate cancer risk. The men reported eating cooked tomatoes, tomato soup or puree, tomato juice, ketchup, and pasta sauce. Lycopene, an antioxidant found in cooked tomato products, may have caused the lowered risk, researchers concluded. Vegetables rich in beta-carotene, such as carrots and broccoli, had no impact on risk reduction. Other studies, however, have found that beta-carotene could help reduce the risk.

Source: Nutrition Week XXX(13), March 31, 2000; p.7.

Physical Activity Reduces Stroke Risk in Women

It is well known that physical activity reduces the risk of heart disease. Data from the Nurses' Health Study suggests that physical activity's benefits extend to stroke risk as well.

Women who were more physically active tended to be leaner and less likely to smoke cigarettes. Physical activity was associated with lower risk for ischemic stroke. However, physical activity was not associated with reduced risk for hemorrhagic stroke. These findings provide yet another reason to be physically active to improve heart **and** brain health.

Source: Journal Watch; July 15, 2000, p. 11.

The Truth About "Morning Sickness"

Although myths about "morning sickness" abound, very little is actually documented about patterns of nausea and vomiting during pregnancy. This information is needed before remedies can be designed.

The results from a Canadian study showed that 74% of the women experienced some nausea and

37% reported vomiting. Although nausea first occurred on the average at 6 weeks of pregnancy, some women reported nausea as early as the first week after conception. Nausea and vomiting peaked around 11 weeks and had ended by 14 weeks for 50% of the women. However, morning sickness continued beyond 22 weeks for about 10% of the women. About 80% of the women reported that "morning sickness" occurred throughout the entire day. Patterns of nausea and vomiting were not associated with sex of the baby or birth weight. The researchers concluded that the intensity of nausea experienced by these women was the same as that of cancer patients taking moderately nausea-producing medications. The most effective remedies for nausea and vomiting included dry foods (63.5%), rest (60%), and clear liquids or carbonated beverages (52%).

Source: Maternal and Infant Nutritional Briefs

Fruits & Vegetables: By Popular Demand



From coast to coast, Americans are requesting fruits and vegetables: by popular demand. This is a call to eat 5 or more servings of fruits and vegetables every day for better health.

You can join in the fight against cancer, heart disease, stroke, diabetes, obesity, and other health risks. The key to fighting these diseases is encouraging each other to eat 5 or more servings of fruits and vegetables every day.

By striving to eat 5 a day, and demanding access to fruits and vegetables at school, work, restaurants, and in vending machines, you can improve the way America eats and create a change in your community that can benefit others as well.

At the Supermarket

Add one new fruit or vegetable to your shopping cart each week.

Be adventurous. Try a different kind of lettuce or a packaged salad mix. Offer salads more often with your lunch or evening meals. Make a main dish salad entree for a change of pace.

Pick brightly colored fruits and vegetables in dark greens, oranges, yellows, reds, and purples. These tend to have more antioxidants and other good-for-you nutrients than their less colorful counterparts.

Stock your freezer with assorted frozen vegetables, in plain and mixed packages, for those hectic days when you have to pull together dinner in a hurry.

At Work

Keep dried fruit and nuts in your desk or file drawer for quick and easy mid-morning or mid-afternoon snacks.

Ask your company to stock the vending machines with 100 percent fruit or vegetable juices, fresh oranges, apples, and boxes of raisins and other dried fruits. (Go to www.5aday.com for a list of suggested vending suppliers.)

Encourage your company to participate in the 5 A Day National Excellence Awards. Challenge your co-workers and businesses to bring 5 A Day to work. Have your corporate wellness coordinator call the Produce for Better Health Foundation for more information or go to www.5aday.com.

Bring a brown bag lunch that includes at least one fruit and one vegetable serving.

Eating Out

Just ask for it! Many times restaurants will make substitutions...so simply ask for raw or steamed vegetables instead of high calorie, nutrition-poor foods.

Request a baked potato or sweet potato in place of French fries.

Ask for an extra side dish of cooked vegetables with your dinner.

For dessert, ask your server for fresh fruit, such as fresh strawberries, cutup melon, or raspberries.

Take advantage of salad bars. Fill your plate with greens, spinach, and raw vegetables. Go easy on the pasta and creamy salads and regular salad dressings.

At Home

Drink 100 percent fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or 3/4 of a cup.

Add raisins, berries, and other fresh or dried fruits to your cereal.

Include a mixed green salad or a vegetable soup with your lunch or dinner.

Fill half of your plate with vegetables first, then add the other foods.

Snack on the perfect grab-n-go foods: fresh apples, ripe plums and pears, carrots, and celery. Have these foods washed and ready for eating on your refrigerator shelf.

Want more ideas? Log on to www.5aday.com.

What Is a Serving?

1 medium-size fruit
3/4 cup (6 oz) of 100 percent fruit or vegetable juice
1/2 cup cooked or canned vegetables or fruit
1 cup of raw leafy vegetables
1/2 cup cooked dry peas or beans
1/4 cup dried fruit

Source: Produce for Better Health Foundation

Refrigerator and Freezer Storage Times

Food	Refrigerator at or below 40°F	Freezer at or below 0°F
Eggs		
Fresh, in shell	3 weeks	Do not freeze
Raw yolks, whites	2-4 days	1 year
Hard-cooked	1 week	Do not freeze well
Mayonnaise, Commercial		
Refrigerate after opening	2 months	Do not freeze
TV Dinners and Frozen Casseroles		
Keep frozen until ready to serve		3-4 months
Deli and Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3-5 days	All of these products do not freeze well
Store-cooked convenience meals	1-2 days	
Commercial brand vacuum-packed dinners with USDA seal	2 weeks, unopened	
Hot Dogs and Lunch Meats		
Hot dogs, opened package	1 week	All of these products 1-2 months
Hot dogs, unopened package	2 weeks	
Lunch meats, opened	3-5 days	
Lunch meats, unopened	2 weeks	
Bacon and Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, turkey	1-2 days	All of these products 1-2 months
Smoked breakfast links, patties	7 days	
Hard sausage-pepperoni, jerky sticks	2-3 weeks	
Ham and Corned Beef		
Ham, canned - label says: "Keep refrigerated"	6-9 months	Do not freeze
Ham, fully cooked - whole	7 days	1-2 months
Ham, fully cooked - slices	3-4 days	

Food	Refrigerator at or below 40°F	Freezer at or below 0°F
Soups and Stews		
Vegetable or meat-added	3-4 days	2-3 months
Meats		
Fresh hamburger and stew meats; ground turkey, veal, pork, and lamb	1-2 days	3-4 months
Fresh beef steaks and roasts	3-5 days	6-12 months
Fresh pork chops; pork and veal roasts	3-5 days	4-6 months
Fresh lamb chops and roasts	3-5 days	6-9 months
Fresh variety meats - tongue, brain, kidneys, liver, heart, and chitterlings	1-2 days	3-4 months
Cooked meat and meat dishes	3-4 days	2-3 months
Gravy and meat broth	1-2 days	2-3 months
Poultry		
Fresh chicken or turkey, whole	1-2 days	1 year
Fresh chicken or turkey pieces	1-2 days	9 months
Fried and plain cooked chicken pieces	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Cooked pieces with broth or gravy	1-2 days	6 months
Cooked chicken nuggets, patties	1-2 days	1-3 months
Fish and Shellfish		
Fresh lean fish	1-2 days	6 months
Fresh fatty fish	1-2 days	2-3 months
Cooked fish	3-4 days	4-6 months
Fresh shrimp, scallops, crayfish, squid; shucked clams, mussels, oysters	1-2 days	3-6 months
Fresh clams, mussels, crab, lobster, oysters	2-3 days	2-3 months
Cooked shellfish	3-4 days	3 months

Sources: Partnership for Food Safety Education. When in Doubt—Throw it Out. Four Simple Steps to Fight BAC! Fight BAC! <http://www.fightbac.org/steps/doubt.html>. December 14, 1998. Food Marketing Institute with Cornell University Cooperative Extension. 1996. The Food Keeper. Washington, DC: Food Marketing Institute.

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