

## Ask the Expert:

### What Are Dietary Fats And Why Do We Need Them?

Written by Emma Araya, Purdue University Nutrition and Dietetics '26

Fat is a crucial part of a healthy diet. Body cells need fat to work properly. One of the ways that fats help keep you healthy is by helping nutrients like vitamins and minerals get into cells.

The main types of fat that are found in foods are saturated fats and unsaturated fats. Saturated fats are usually solid in room temperature. Some examples are butter and coconut oil. Unsaturated fats are usually liquid in room temperature. Some examples are olive and canola oil. Americans tend to consume too many saturated fats. It's important to lower the number of saturated fats in the diet to avoid the risk of developing cardiovascular diseases like heart failure.

Cholesterol is related to fat and can come from food and can also be made in your liver. Cholesterol is important for your body because it is used to make hormones and other substances to help digest food. There are two types of cholesterol: LDL and HDL cholesterol. HDL is considered a helpful type of cholesterol because it can help lower the risk for heart disease and stroke. LDL is considered more harmful because it can build up on the walls of the body's blood vessels and can increase the risk of cardiovascular disease.

Consuming saturated fat can contribute to high LDL cholesterol levels. Some foods that are high in saturated fat include butter, cheese, sour cream, chocolate, cakes, and foods like chips and cookies. Try to switch to foods with healthier and mainly unsaturated fats like olive oil, nuts, avocado, and fatty fish (salmon, mackerel, sardines).



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# Food Safety: Keeping Food Longer in the Refrigerator

Written by Emma Araya, Purdue University Nutrition and Dietetics'26

Refrigerators are an important part of many people's kitchen. Refrigerators serve as home storage for most food and prevent it from spoiling. However, it's also important to take care of the foods you store to keep food safe. Use the following tips to store food and prevent spoiling:

- **Avoid storing eggs in a tray or door shelf.**  
-Keeping eggs in their original carton helps them stay fresh for longer.
- **Put dairy products in the back of the fridge.**  
-The back of the fridge is usually the coldest part which can keep dairy fresh for a longer time.
- **Store raw meat, poultry, and seafood in a sealed bag or container.**  
-Keeping these foods sealed in containers stops the raw meat juices from contaminating other foods.
- **Make sure to cover and seal any leftovers and opened containers.**  
-Storing foods in sealed containers stops them from absorbing moisture or picking up smells from other foods.
- **Check your refrigerator temperature regularly.**  
-A refrigerator temperature should be kept at 40F or below. If food is kept above 40F, it can spoil quickly. Checking on your fridge's temperature consistently can help keep your food safe and fresh for a longer time.



Sources: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/refrigeration>, <https://www.eatright.org/food/home-food-safety/safe-food-storage/refrigerate---the-basics>

## Apple Cinnamon Muffins

### Directions

1. Preheat oven to 400F.
2. In a muffin or cupcake tin, place 6 cupcake holders or grease with non-stick spray.
3. In a medium bowl, mix the milk and applesauce until combined.
4. Add in the flour, oats, sugar, baking powder, and cinnamon. Mix until combined but do not over mix.
5. Carefully, fold in the chopped apples.
6. Add in 1 tablespoon of batter to each cupcake holder.
7. Bake for 15-20 minutes. Enjoy!

### Ingredients (6 servings)

- 1/2 cup low-fat milk\*
- 1/3 cup applesauce\*
- 1/2 cup flour, all-purpose\*
- 1/2 cup quick-cooking oats (uncooked)\*
- 1 cup sugar
- 12 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (cored and chopped)\*



### Nutrition Facts (per serving)

Calories: 222  
Protein: 3g  
Carbs: 53g  
Fat: 1g

**\*foods included in the TEFAP (The Emergency Food Assistance Program)**

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins>

# Eating Right:

## The Benefits Of Eating Breakfast

Written by Madison Wathen, Purdue University Nutrition and Dietetics '25

Many people report breakfast as the most important meal of the day but studies show that people don't eat breakfast! However, studies have also shown many benefits from eating breakfast, but why is breakfast important to health?

Breakfast can offer that morning boost to get the day started. After a good overnight rest our bodies are low on quick energy (also known as glucose). Breakfast can resupply glucose and help keep us energized until lunch time. Not eating breakfast is why some people might feel mid-morning sleepiness and lack of energy.

Breakfast foods contain important nutrients. Several breakfast foods are important sources of calcium, iron, and protein. Studies have shown that people that skip breakfast might have shortfalls of these nutrients because they are not eating these nutrients in other meals throughout the day. Breakfast foods are also commonly fortified with nutrients that are not consumed in large enough amounts like calcium, vitamin A, and vitamin D. Fortification is when nutrients are added into food that do not already contain it.

Eating breakfast may help to cut back on eating too much later in the day. Starting your day by eating breakfast may prevent overeating during lunchtime or during your second meal of the day by helping you to regulate your hunger.

Many people report not having enough time to eat breakfast. If you do not have time in the mornings to cook or make breakfast, meal preparation might help. Making breakfast for the week on a certain day could give you time to plan out the foods you will eat each day. By making your breakfast ahead, you can have the time to think about choosing foods that are healthful, like adding a fruit or vegetable, whole grain, low-fat dairy, and a protein source. Some examples are making overnight oats in a jar, a yogurt parfait, and a breakfast sandwich.





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This newsletter is edited by Emma Araya and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

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IN THE NEWS

## In The News: Nutrition Education Program (NEP) Family Study

Written by Emma Araya, Purdue University Nutrition and Dietetics '26

We in the Eicher-Miller Lab that create this newsletter are carrying out a research study focusing on families and their eating habits. We are looking for parents/caregivers and a child (5-18 years) to be in a study about the Nutrition Education Program. Participants can be compensated up to \$180 in Amazon gift cards for finishing the study.

If interested, scan the QR attached or visit the link below to see if you qualify to participate.



[https://purdue.ca.l.qualtrics.com/jfe/form/SV\\_6Ed8ciddhCiXScu?Q\\_CHL=qr&fbclid=IwAR3MhQHRSJn2lp1-hkEjiDH\\_MiRvbaJiDL\\_U4-DbDmctfEO9uD-Mllh17aFM](https://purdue.ca.l.qualtrics.com/jfe/form/SV_6Ed8ciddhCiXScu?Q_CHL=qr&fbclid=IwAR3MhQHRSJn2lp1-hkEjiDH_MiRvbaJiDL_U4-DbDmctfEO9uD-Mllh17aFM)



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