

Ask The Expert: What is Iodine?

Written by Elaine Wang, Purdue University Nutrition and Dietetics, Fitness and Health '27

Do you know there is one nutrient that controls much of the way our body grows and uses energy? This nutrient is Iodine. Iodine is a mineral that our body only needs in small amounts, but it is very important for health. Since our body cannot make iodine by itself, we need to get it from the foods we eat.

After iodine enters the body, it is used by our thyroid gland to make hormones that control the break-down of food for energy to do all of our daily activities and for growth and brain development in children. Because of these important jobs, iodine is especially important for children since their bodies and brains are still growing.

Iodine is found in ocean water and in the soils around oceans. Food grown in areas that are far away from the ocean may contain less iodine. In some of these places iodine deficiency can be a problem because the foods grown there have little iodine in them. To get enough iodine, make sure to include fish, seafoods, eggs, dairy products, and iodized salt in your diet. Other salts and salts packaged in foods usually do not contain iodine. Look at the product label to find out if the salt you use has iodine.

Sources:

<https://ods.od.nih.gov/factsheets/Iodine-Consumer/>



In This Issue:

Ask The Expert: What is Iodine?	1
Food Safety: What is Cross Contamination?	2
Eating Right: Why Food Colors Matter	3
In The News: National Fresh Fruit and Vegetable Month	4

Food Safety:

What is Cross Contamination?

Written by Lexi Rosenblum, Purdue University, Psychology & Sociology, '28

Cross contamination happens when harmful bacteria or germs spread from one food, surface, or object to another. This can happen during cooking, storage, or any other type of food preparation. Cross-contamination is one of the most common causes of food borne illnesses. These illnesses can lead to symptoms such as stomach pains, fever, vomiting, or diarrhea.

One common way cross contamination may happen is when raw meat, poultry, seafood, or eggs come into contact with foods that are prepared and ready to be eaten. For example, if raw chicken juice drips into fresh vegetables in the refrigerator, harmful bacteria from the chicken may spread to the vegetables.

Thankfully, we can do a few things to stop this from happening. First, wash your hands with soap and water before handling food, especially meat products (even eggs!). Second, use separate cutting boards and utensils for raw meats and foods that are ready to eat, such as veggies!



Sources:

<https://www.fda.gov/food/buy-store-serve-safe-food/food-safety-your-kitchen>

<https://www.fsis.usda.gov/news-events/events-meetings/food-safety-education-month-preventing-cross-contamination>

<https://health.clevelandclinic.org/cross-contamination-risks>

Cowboy Caviar

Directions:

1. Wash hands with soap and water.
2. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
3. Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.
4. Serve by itself, with raw vegetables and/or corn chips.

Nutrition Facts (per serving)

Calories: 130

Protein: 6 g

Carbohydrates: 23 g

Fat: 2

Sources:

<https://www.nutrition.gov/recipes/cowboy-caviar>

Ingredients:

- 1 can kidney beans (drained, 15 ounces, low-sodium)
- 1 can black beans* (drained, 15 ounces, low-sodium)
- 1 can corn* (drained, 15 ounces, low-sodium)
- 1 can tomatoes* (crushed, 15 ounces)
- 1 can green chiles (chopped, 4 ounces)
- 1 tablespoon oil*
- 3 medium lime (juiced, optional)
- salt (to taste, optional)
- black pepper (to taste, optional)
- hot sauce (to taste, optional)

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



Eating Right: Why Food Colors Matter

Written by Lexi Rosenblum, Purdue University, Psychology & Sociology, '28

Have you ever heard the phrase “eat the rainbow”? This common phrase is not talking about colorful candy. It means choosing your fruits and vegetables in many different colors when filling your plate. The colors in fruits and vegetables can tell us a lot about the vitamins, minerals, and nutrients these foods contain.



Different health benefits come from the different colors you eat. Red foods, such as tomatoes and watermelon, contain nutrients that can help support heart health. Orange and yellow foods, such as carrots, sweet potatoes, and peaches, contain nutrients that help keep our eyes and immune system healthy. Spinach, green beans, broccoli, and other green vegetables help support strong bones and our overall health. Blue and purple foods, like blueberries and purple cabbage, contain antioxidants that help protect body cells from getting damaged. Onion and cauliflower, common white foods, also contain nutrients that are important to our health.



You do not have to buy expensive foods in order to “eat the rainbow”. Many affordable fruits and vegetables can be found at food pantries and other emergency food locations. Remember that fresh, frozen, and canned fruits and veggies can all be healthy choices. Look for low sodium options, and choose fruit packed in water or 100% juice when possible! Adding more color to your plate is a simple, healthy choice you can make.

Sources:

https://www.montana.edu/extension/buyeatlivebetter/other_nep_resources/fact_sheets/colorfulvegetables

<https://www.mdpi.com/1420-3049/27/13/4061>

<https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>



First Class
Presort Mail
U.S. Postage
PAID
Lafayette, IN
Permit No. 221

Send comments and/or change of address to:

Indiana's Emergency Food Resource Network

Department of Nutrition Science

Purdue University

700 West State Street

West Lafayette, IN 47907-2059

Phone: (765) 496-0271

Fax: (765) 494-9606

Email: earaya@purdue.edu

Website: www.purdue.edu/indianasefrnetwork/

This newsletter is edited by Lexi Rosenblum 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

In The News:

National Fresh Fruit and Vegetable Month

Written by Lexi Rosenblum, Purdue University, Psychology & Sociology, '28

June is national Fresh Fruit and Vegetable Month! This month celebrates the benefits of adding more fruits and vegetables to your diet. Fruits and veggies provide important vitamins, minerals, and fiber that support overall well-being and health. They can lower the risk of heart disease, high blood pressure, and type 2 diabetes!

A simple way to eat more fruits and vegetables is to include one with every meal or snack. Food pantries and other emergency food providers often have affordable options, such as apples, oranges, potatoes, carrots, sweet potatoes, green beans, cabbage, peaches, and pears. Whether fresh, frozen, or canned, adding more produce to your plate is an easy step towards improving the health of your diet!

Sources:
<https://www.usda.gov/taxonomy/term/7329>
<https://www.cdc.gov/nutrition/php/incentives-prescriptions/understanding-programs.html>
<https://www.fns.usda.gov/tefap/foods-available>

