



Strawberry Banana Mango Smoothie Bowl



1 banana, frozen or fresh, if fresh,
gently rub under cold running water
1 cup frozen strawberries
1 cup frozen mango chunks
2/3 cup low-fat milk
Toppings optional:
granola, chia seeds, fresh fruit,
nuts, coconut flakes.

Wash hands with soap and water.

Place bananas, strawberries, mango and milk
in a blender and process on high until smooth.

Pour smoothie into a bowl.

Top with desired toppings.

Store leftovers in a sealed container in the freezer.

Based on desired thickness and blender,
you may need to add more milk. If it is too thick,
add more milk. If it is too thin, add more frozen fruit.

Nutrition information per serving (1/2 of recipe):
Calories 170, Total Fat 1g, Saturated Fat 0.5g,
Protein 4g, Total Carbohydrate 40g, Dietary Fiber 4g,
Total Sugar 29g, Added Sugars 0g, Sodium 40mg.

Recipe Source: University of Nebraska Lincoln Extension

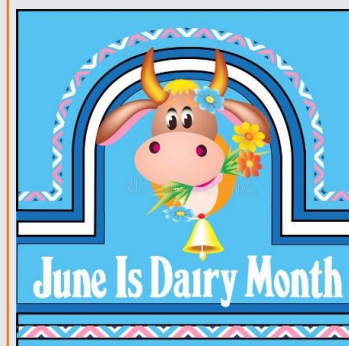
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June is Men's Health Month

Men's health issues significantly impact everyone around them, and far too many men do not ever see a doctor unless there is something seriously wrong or a partner or spouse makes the appointment for them. A good time to do that is June. Men's Health Month is intended to increase awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



Tips for Improving Men's Health.

Get regular check-ups. Most men need to pay more attention to their health. Compared to women, men are more likely to make unhealthy or risky choices and put off regular checkups and medical care. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early. If you can't remember the last time you had a check-up, call and make an appointment.

Sleep matters. Not getting enough sleep is associated with chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Lack of sleep is also responsible for motor vehicle and machinery-related accidents, causing significant injury and disability yearly. The National Sleep Foundation recommends that adults need between 7-9 hours of sleep.

Move more, sit less. June is a great time to start a healthier lifestyle by being more physically active. Research shows exercise helps prevent heart disease and obesity and lowers blood pressure. Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

Eat healthier. Ways to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains, and low-fat foods. Especially limit cholesterol intake and avoid saturated fats. Be a healthy role model and encourage others to eat healthy and lead by example.

Toss tobacco. It's never too late to quit. According to the Center for Disease Control and Prevention, quitting smoking has immediate and long-term benefits. It improves health and lowers the risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Avoid being around secondhand smoke. Inhaling other people's smoke causes health problems similar to those of smokers.

Pay attention to Warning Lights. When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men don't (or won't) notice. Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pain, shortness of breath, excessive thirst, and extreme fatigue. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.

Safe Cooking Temperatures

Is a hamburger done when it's brown in the middle?
Is poultry safe to eat when the juices run clear?

Using color is not a good way to decide whether meat, poultry or fish has been cooked to a safe temperature. It's how much heat is in the middle of the meat that matters. The only way to know that meat has been cooked to a safe internal temperature is to use a food thermometer.



Here are the safe cooking temperatures for different types of food. By using a food thermometer to check whether food has reached a safe internal temperature, you can make sure that it is hot enough to kill harmful germs that cause food poisoning (foodborne illness).

Food	Minimum Internal Temperatures
Beef, Pork, Veal and Lamb (steaks, chops, roasts)	145°F (62.8°C) and allow to rest for at least 3 minutes
Ground Meats (beef, pork, veal, lamb)	160°F (71.1° C)
Ham, Fresh or Smoked (uncooked)	145°F (62.8°C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	140°F (60°C) for ham packaged in USDA plants, 165°F (73.9°C) for all other hams
All Poultry (whole birds, parts, ground poultry and stuffing)	165°F (73.9°C)
Eggs	160°F (71.1°C)
Fish and Shellfish	145°F (62.8°C)
Casseroles	165°F (73.9°C)

Sources: Safe Minimum Internal Temperature Chart, United States Dept. of Agriculture and Kitchen Thermometers, United States Dept. of Agriculture – University of Nebraska-Lincoln Extension

Freezing Milk and Cheese



Freezing Milk

While pasteurized milk can be frozen, it may separate or be slightly grainy when thawed. Frozen milk works best for cooking, but you may find it's still okay for drinking. Freeze milk in small containers and leave some extra space at the top since milk expands during freezing. Plan to use frozen milk within a month for best quality. Thaw milk in the refrigerator. During thawing, the fat in milk may separate from the water in milk – stir or shake well before using.

Freezing Cheese

Hard or semi-hard cheese can be frozen if cut in 1/2 to 1-pound blocks. Wrap in plastic wrap and then put in freezer bags. After freezing, cheese may become crumbly and mealy, but it will retain its flavor.

Freeze shredded cheese in its original package. Allow it to thaw for at least 24 to 48 hours in the refrigerator. This will allow the moisture (which becomes frost when it is frozen) to go back into the cheese. Use thawed cheese as quickly as possible. Previously frozen cheese works best for cooking.

The cheeses that freeze best are:

Brick, Camembert, Cheddar, Edam, Mozzarella, Muenster, Parmesan, Provolone, Romano, Swiss, Blue cheeses are more prone to becoming crumbly, but they will keep their flavor. Cream cheese and cottage cheese do not freeze well.

This article was originally written by Alice Henneman, MS, RD. University of Nebraska-Lincoln Extension