

Dawson Sales Company Is Celebrating 50 years of Business!

# DU NC FOOD TRENDS DU NC

Brought to you by Dawson Sales Company

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## Minnesota Ranks #1 Healthiest State



"America's Health: State Health Rankings" study is annually conducted by the United Health Foundation and the American Public Health Association (APHA). It examines state and federal data on "personal behaviors" including: smoking, health, exercise, community health indicators (i.e. violence), and public policy (i.e. availability of prenatal care, public health services, uninsured residents). Overall, 22 states improved health scores while 28 states charted a decline.

In the 1990's, the health of Americans improved about 1.5% each year. However, since 2000, the rate of improved health has decreased to 0.2% each year. Over the past 15 years the number of obese Americans has increased an epidemic 97%. Recent studies show 23% of Americans are now statistically obese.

### Top States ('04)

1. Minnesota
2. New Hampshire
3. Vermont

### Low-Ranking States ('04)

48. Tennessee
49. Mississippi
50. Louisiana

What about Illinois? #29

Source: *HealthDay Reporter*,  
*United Health Foundation*



## Is My Stuffed Turkey Safely Cooked?



For safety, cook stuffing separately from turkey. Use a food thermometer to check that the proper temperature of 165° F is reached. If you choose to stuff the turkey, the temperature of the whole turkey (measured from the inner thigh) must reach 180° F in addition to the stuffing temp requirement. Set your oven no lower than 325° F.

Source: [www.fsis.usda.gov](http://www.fsis.usda.gov)

## Java Junkies



Q: Why are so many people in line in the morning for their java jolt? Ans: Most likely to get over sleep inertia, the transition from sleep to wakefulness. It contains the most widely used psychoactive drug in the world: Caffeine. The caffeine buzz blocks a sleep-promoting biochemical called adenosine.

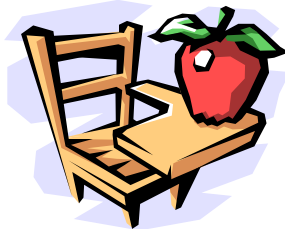
Coffee makes people more alert, but is NOT addictive. The few consumers who experience withdrawal have mild or short cases of sleepiness or headaches. People who consume too much become jittery. The effect of coffee lasts up to four hours.

There are several health benefits in coffee. Caffeine protectively lowers the risk of certain diseases (i.e. Parkinson's and diabetes). Coffee is also one of the richest sources of antioxidants, which block cell damage caused by reactive oxygen atoms. The hundreds of substances that form this chemically complex drink are still being studied today.

In June 2004 Brazilian researchers announced the discovery of an African plant that produces naturally decaffeinated beans.

Source: *Eating Well*, Fall 2004

## School Snack Stocks



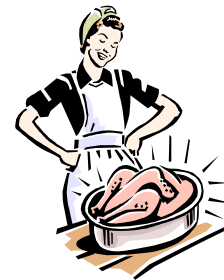
The Snackwise Nutrition Rating System software categorizes snack foods by assigning points based on their nutritional labels and assigning colors to each level (red, yellow, green). As a result, a school may be able to select vending machine snack foods according to health goals and students will learn more about their food choices.

The software was designed in response to the increasing pressure placed on schools to modify the snacks sold to kids. The Snackwise tool helps schools modify their selections by presenting snacks

according to major nutritional concerns: Calories, fats, fiber, sugar, protein, calcium, iron, Vitamins A and C.

Source: *Reuters*, October 13, 2004, [www.snackwise.org](http://www.snackwise.org)

## Alternative Turkey Techniques



The USDA Meat and Poultry Hotline suggest several alternative routes to get your turkey to the table.

Electric Oven Roaster  
Oven Cooking Bags  
Covered Charcoal Grill  
Covered Gas Grill  
Smoking  
Deep Fat Frying  
Cooking from Frozen  
Microwave  
Pressure Cooker

For details and tips on these techniques, visit [www.fsis.usda.gov](http://www.fsis.usda.gov) or call the USDA Meat and Poultry Hotline at 1-888-MPHotline.

Source: [www.fsis.usda.gov](http://www.fsis.usda.gov)

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