

Living Well Newsletter

Drew County Cooperative
Extension Service
210 S. Main # H
Monticello, AR 71655

Donna B. Francis
County Extension Agent
Family & Consumer Sciences
dfrancis@uaex.edu

June, 2008

In this issue
Want a Great Smile?
Prevent Food Borne Illness
Leader Training
EHC Board Meeting



Want a Great Smile? Brush, Floss...Eat Yogurt

The findings of a new study indicate eating fermented dairy foods, like yogurt, may contribute to gum health. Researchers in Japan found that daily intake of dairy foods containing lactic acid, such as yogurt, is associated with a lower prevalence of severe periodontal (gum) disease and tooth loss in non-smoking adults. Periodontal examinations and dietary surveys were analyzed from 942 Hisayama residents, aged 40 to 79 years. The participants' dairy intake was examined and classified into four groups: milk (low-fat and full-fat fluid milk), cheese, lactic acid foods (yogurt) and other dairy products (fat-free milk and coffee creamer). Those with the highest intake of lactic acid foods had a 60 percent lower risk for generalized deep periodontal disease and a 50 percent lower risk for tooth loss than those who ate no lactic acid foods.



Prevent Food Borne Illness

Consumers play a key role in preventing food-borne illness. Your first line of defense in preventing food-borne illness is to follow these rules in the grocery store:

1. Check for cleanliness. Is the store clean?
Does it smell clean?
2. Keep raw meat separate from other food in the grocery cart.
3. Check your jars & cans. Avoid cans that are bulging or dented.
4. Inspect frozen food packaging. Do not buy if the package has been torn, opened or crushed.

5. Pick up frozen foods and perishables last.
6. Choose eggs carefully. Open the carton and make sure the eggs are clean and not cracked.
7. Be mindful of temperatures. Go directly home from the store. In temperatures of 90 degrees and above, food should be out of refrigeration for no more than one hour.

Leader Training

The next EHC leader training will be held on Monday, June 30, at 1:30 p.m. in the clubroom of the courthouse. One member of each club should plan to attend.

EHC Board Meeting

The EHC board will meet at 5 p.m. on Tuesday, July 1, in the clubroom of the courthouse. Executive board meets at 4:30 p.m.

“All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally-protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.”

Yours truly,

Donna B. Francis
County Extension Agent
Family & Consumer Sciences