

## Consuming Thoughts

by  
Fay Strickler

Penn State Extension Home  
Economist For Berks Co.



Are you one of those people who always feels cold, even when others are comfortable? While you're searching for an extra sweater, consider this: you may not be getting enough iron in your diet. A study done by the U.S. Department of Agriculture shows that regulating and maintaining body temperature in the cold may depend on the amount of iron that is consumed daily. An inadequate amount of iron may leave you in the cold, literally.

Iron deficiencies have long been associated with feeling tired. But the study showed that women with inadequate iron in their diets may start feeling cold long before they feel the fatigue associated with iron deficiency or anemia.

In the study, six healthy, young women consumed less than one-third the recommended dietary allowance of iron for a period of time, then replenished their iron stores with daily supplements. When exposed to a cool temperature, the women lost 29 percent more body heat and produced 9 percent less heat after the low-iron period than after the supplemental period.

Women of childbearing age, pregnant women, and growing children are liable to suffer from iron deficiency and its consequences. It's estimated that more than half of American women aged 11 to 50 consume less than the recommended daily iron intake of 18 milligrams.

However, before you begin taking iron supplements or giving them to members of your family,

talk with your doctor. It is possible to get too much iron, especially from supplements. Excess iron, over a period of time, can result in liver damage; in younger children accidental ingestion or misuse of supplements can cause iron poisoning. Speak with your doctor about the type and quantity of iron supplement you should take, if it is decided that you would benefit from one. Meanwhile, follow these strategies to increase the iron in your diet:

- Eat more iron-rich foods, including lean red meat, fish, poultry, liver, dried peas and beans, and leafy green vegetables. In fact, eating small amounts of meat, fish or poultry increases your body's absorption of iron from plant sources.

- Go easy on the amount tea consumed with your meals. Substances in tea called tannins may considerably reduce the amount of iron your body will absorb. Coffee, to a lesser extent, also reduces iron absorption. Save the coffee and tea for an hour before or after eating.

- Certain types of antacids can also reduce the amount of iron the body absorbs. If you use antacids regularly, talk with your doctor about other possible strategies to ease digestion problems and reduce the need for antacids.

## What To Do When Your Freezer Stops

HUNTINGDON (Huntingdon Co.) — A freezer full of thawed food is a sad sight as well as a potentially dangerous one.

As with any emergency situation, being prepared can be the difference between nuisance and disaster. If your area is likely to have power outages, or if your freezer malfunctions, have a plan of action in mind. The food safety standard of "when in doubt, throw it out" may be applied to most situations.

However, there are some things to do to possibly save frozen food. Any food that still contains ice crystals or is still cold (40 degrees Fahrenheit or less) and has been at this temperature no longer than one to two days can probably be safely cooked and eaten or refrozen.

Discard perishable foods that thaw to room temperature. This includes meats, poultry, fish, vegetables and dairy and flour prod-

ucts. Fruits are a possible exception. Cut fruit ferments as it warms. A little fermentation won't make the fruit dangerous to eat but it may spoil its flavor. This applies also to canned fruit juices.

It's important to refreeze thawed or partially thawed food as quickly as possible. If the freezer only needs to be washed out and plugged back in, you can probably safely refreeze the food at home. To do this, turn the freezer temperature control to its coldest position and place the food in the freezer with the warmest packages closest to the freezer coils. Arrange the packages so air can circulate around them. After the food is well frozen, turn the temperature control back to its usual setting.

If it's going to be a while before you get power or get the freezer fixed, you need to find some way

to keep your frozen foods safe in the meantime. A full freezer usually can keep foods frozen for two days without power. A half-full freezer or freezer that's part of a refrigerator-freezer usually can keep foods frozen for up to one day — IF the door stays closed. You can place blankets over the freezer for added insulation.

If you have a commercial locker plant nearby, this may be your best bet for refreezing. If not, try using dry ice, block or crushed ice, or freezer gel packs. Because of the fumes it gives off, dry ice is not recommended for the refrigerator.

If the blizzard's raging, the power's out and you can't get anywhere to get ice, you may have to place food in clean portable ice chests on a cold porch or outdoors in a protected area. Be aware of the potential for lost food with this method.

## Become An Educated Consumer

FLEMINGTON, N.J. — Join Kathleen Klotzbach, Interim Home Economist, and your local Shop Rite of Clinton, Route 31 on February 22, 10:00-12:30 p.m., for a two-hour aisle by aisle tour that compares products and product labels and teaches you how to be a more educated consumer. Learn to read labels and reduce the fat in your diet. Find out how to make dietary changes your doctor

has recommended to lower your blood pressure or cholesterol.

To register send your name, address and phone number with a check for \$5 payable to Agricultural Advisory Council of Rutgers Cooperative Extension of Hunterdon County, 4 Gauntt Place, Flemington, NJ Attn: Home Economics Department. Registration deadline February 17.

*make it Milk*

### B&B SPRAY PAINTING SANDBLASTING SPRAY - ROLL - BRUSH

Specializing In Buildings,  
Feed Mills - Roofs - Tanks -  
Etc., Aerial Ladder Equip.  
Stone - Barn - Restoration

574 Gibbon's Rd.,  
Bird-In-Hand, Pa.

Answering Service (717) 354-5561

### NEW!! COW MATTRESSES The Answer To Cow Comfort!

- Fits Any Stall
- Polyester Bag Filled With Rubber
- Bag Sewn Every 4" To Prevent Shifting
- Heavy Nylon Fabric Top Cover With 3 Year Warranty
- Easier for cows to get up & down
- Reduces Bedding costs
- Installation available

CALL FOR DETAILS

SAMUEL S. PETERSHEIM

117 Christiana Pike, Christiana, PA 17509

Answering Service 610-593-2242

## CALF-tel™

Costs  
a Little More...

Worth  
a Lot More!



### HERE'S WHY:

- Solid color, no greenhouse effect.
- Does not need to be in the shade.
- Models for all climates, never overheats.
- No big temperature swings.
- Lower vet and medicine costs, lowest death losses.
- Easiest to sanitize and clean.
- Developed on real dairy farms.
- Super strong, light weight polyethylene, only 100 lbs.
- Full Size, keep calves longer if needed.
- Minimal condensation, dries out quicker.
- Heifers are in milking parlor soon, producing more dollars.
- Larger, rainproof vents, not chimney type.
- Practically indestructible. 5 year warranty.

These hutches  
ON SALE  
during Discount Days

## DISCOUNT DAYS

and

## WAREHOUSE SALE

Tuesday & Wednesday

February 14<sup>th</sup> & 15<sup>th</sup>

at

## Potomac Valley Supply

Hagerstown, MD

301-223-6877

★ Parts Discounts ★

★ Equipment Promotions ★

