

**PENNY SAVER NEWS**

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Very often when someone calls for information, they are surprised by the answer that they get. The response is frequently "But my parents never did it that way, and we were all fine!" Usually they're right, we didn't do things the same way a generation or two ago. So just as we are thankful that we are not still driving Model T Fords, or that we still have to buy daily blocks of ice for Grandmother's ice box, let's be thankful that we do keep learning more.

For example, we never used to know that *Salmonella* bacteria could actually live inside a fresh egg. We know that now, so we know why some people got sick from eggs. We also know that we should keep eggs in the refrigerator to keep those bacteria from growing any faster. Foods made with eggs, such as the leftover pumpkin pie from yesterday's feast, should also be kept refrigerated at all times. I'm thankful to be safer, even if it means I eat cold pie.

Another example is the bacteria called *Listeria*. We didn't even know it could cause illness until about 20 years ago. Then we thought it was only found in milk and cheese. Whoops! The next big outbreak from this bug came from cole slaw! Now we know that it lives in lots of foods. And worst of all, it can even grow at refrigerator temperatures! It's the reason why people over 65 and anyone with a reduced immune system should always heat hot dogs, lunch meats and sausage products until they are steaming hot before eating.

I'm also very thankful that so many more of us are living to be 65 or 85 or 100

years old. We living longer because we have learned so many new things about food safety and nutrition. And because there are so many more very senior citizens among us we all have to be more careful about how we handle food. Often their immune systems can't tolerate as much as a younger system can.

What about all the changes in nutrition information? People tell me "I don't know what to believe any more! The nutrition recommendations keep changing, so I just eat what I want to anyway!" That's true too. Fifty years ago who would have guessed that butter had too much fat to be good for us? Twenty years ago not many people had even heard of *trans fats*, but everyone thought that margarine was much better than butter. Starting in January all food labels have to list how much *trans fat* is in the food, because now we know that it might give cancer a head start. I'll read labels and be thankful I don't get cancer!

Every person with diabetes should be thankful that we're learning so much more about nutrition. The recommended diet for people diagnosed with diabetes several generations ago was basically starvation, although nurses were allowed to give them "a little whiskey to make the hunger easier to bear." Today diabetics can follow a diet much more generous than that, and live much longer.

Someday in the future we may need to go for a genetic analysis before we go to a doctor. Doctors will be able to tell us which kind of diet each of us individually needs to lose weight, to avoid cancer, to prevent diabetes, or lower our blood pressure. They'll also be able to tailor drug prescriptions for each individual. We know that some diets or drugs work for some people, but not all work for all people. We don't have all the answers yet, but we can be thankful that we know so much more than our grandparents did. And while the ice box was great, I'm thankful for a refrigerator too!

Here's a different way to use some of the leftover turkey and vegetables. It's super easy, so you'll have plenty of time to shop, or play with the grandkids. Serve with sliced Cuban bread and a salad. Enjoy and be thankful!

#### Day-After Minestrone

2 cups water	1 16-oz can navy beans (or kidney)
1 8-oz can tomato sauce	1 cup cubed cooked turkey
½ to 1 cup leftover vegetables	½ cup chopped celery
½ cup chopped onions	2 Tbsp Italian seasoning
½ tsp salt	1 cup cooked macaroni
pinch of pepper	Parmesan cheese

In large saucepan combine all ingredients except macaroni, bring to boil. Reduce heat, cover and simmer for 10 minutes. Add macaroni and cook until hot. Ladle into bowls and sprinkle with cheese. Serves 4-6.

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