

July 2012

A Safe and Healthy Summer

Summer is here! This issue of CFSAN's **News for Educators** features at-a-glance seasonal information to share with consumers — including safe grilling of seafood, road-trip nutrition, and a look at self-tanning products. Don't miss the list of upcoming meetings, events and other important news from FDA's Center for Food Safety and Applied Nutrition!

Help us share this newsletter. Invite your colleagues to [sign up for future issues!](#)

Food Safety

Don't "Catch" Food Poisoning! Grill Seafood Safely

Summertime is outdoor dining time — and what better way to celebrate the season than with flavorful seafood straight from the grill? FDA reminds consumers that practicing proper food safety is especially important as temperatures rise, because foodborne bacteria can multiply faster in warm weather. Follow these tips:



- **Thaw safely.** Thaw frozen seafood gradually by placing it in the refrigerator overnight. If you must thaw it quickly, seal it in a plastic bag and immerse in cold water — or if cooking immediately, microwave it on "defrost" and stop while the fish is still icy but pliable.
- **Keep it Cool.** Traveling to the picnic? Carry the seafood in a cooler with cold packs or ice, and keep it at 40° F or below. Put the cooler in the shade and keep the lid closed until it's time to grill.
- **Cook to proper temperatures.** Most seafood should be cooked to an internal temperature of 145° F. If you don't have a food thermometer, there are other ways to determine whether seafood is done.
 - **Fish:** Flesh should be opaque and separate easily with a fork
 - **Shrimp and Lobster:** Flesh becomes pearly and opaque
 - **Scallops:** Flesh turns opaque and firm
 - **Clams, Mussels and Oysters:** Shells open during cooking (throw out ones that don't)
- **Serve it safely.** Never put cooked food back on a platter that held raw food — instead, use a clean platter and utensils to serve. And remember, *never* reuse marinade that contacted raw food unless you boil it first. Also, don't leave cooked seafood (or any other food) out of the refrigerator or cooler for more than 2 hours, or 1 hour when temperatures are above 90° F!
- **Freshness Tip:** Uncooked spoiled seafood can have an ammonia odor; it becomes even stronger after cooking. If you smell an ammonia odor in raw or cooked seafood, don't eat it!

Online Resource:

Learn more about food safety and seafood with FDA's tips: [Fresh and Frozen Seafood: Selecting and Serving it Safely.](#)

Nutrition

Road-Trip Nutrition: Use the Label!

For many consumers, summertime is family road-trip season. But hitting the highway doesn't require leaving nutrition behind. Families can try these easy tips for discovering the most healthful choices at favorite restaurants.



- **Before You Go:** Check out nutrition information on the websites of your favorite restaurants. Challenge kids to discover nutrition facts about the foods they like, and keep a running list of the best choices. Remind them to consider the calories and choose nutrients wisely!
- **Check Out Nutrition Information On-Site.** When making a pit stop, seek out the nutrition information at the restaurant. If it's not posted, ask to see it.
- **Compare Different Foods and Meal Sizes.** As a family, chat about the differences in nutrients as you compare various items. Discuss different cooking methods and small versus large portions, too.
- **Substitute One Item.** Challenge each family member to replace a high-fat or high-calorie item with one that has lower calories or fat, or one with a lower sodium content.

Online Resource:

FDA has lots of tools to help make it easy to read the label! Check out the online [Nutrition Label Education materials.](#)

Cosmetics

Shedding Light on Self-Tanners and Bronzers

As summer heats up, many consumers opt for self-tanners and bronzers to achieve a "sunny glow" without spending time in the sun or visiting tanning salons. FDA's website offers common questions and answers about these products, their ingredients, and other important information.



- **What's in a name?** Neither U.S. law nor FDA regulations define the use of these names, but here's their typical use:
 - "Sunless Tanner" typically refers to products that provide a tanned appearance without exposure to the sun or other sources of ultraviolet radiation.
 - "Bronzer" is often used to describe a variety of products intended to achieve a temporary tanned appearance.
- **Spray Tan Safety.** A common ingredient in self-tanning products is dihydroxyacetone (DHA). This color additive is approved for external use, but FDA has not approved it for all-over use in spray tanning booths. If considering a spray tan, consumers should confirm that eyes, lips, and other mucous membranes will be protected and that the mist will not be inhaled.
- **Does It Offer Sun Protection? Read the Label!** Only those sunless tanners that contain sunscreen ingredients and are labeled with **sun protection factor ("SPF") numbers** may provide protection. Read the label carefully to determine whether or not a product provides protection from the sun.

Online Resource:

Learn more about self-tanners and bronzers with FDA's [online FAQs.](#)

Upcoming Events

International Association for Food Protection
July 22 – 25, 2012
Providence, RI

American Association of Diabetes Education Annual Meeting
August 1 – 4, 2012
Indianapolis, IN

National Association of Local Boards of Health
August 8 – 10, 2012
Atlanta, GA

Academy of Nutrition & Dietetics (ADA) Conference
October 6 – 8, 2012
Philadelphia, PA

American Academy of Family Physicians
October 17 – 20, 2012
Philadelphia, PA

National Science Teacher Association Regional Conference
October 18 – 20, 2012
Louisville, KY

American Public Health Association Annual Conference
October 27 – 31, 2012
San Francisco, CA

National Association of Biology Teachers
October 31 – November 3, 2012
Dallas, TX

National Science Teacher Association Regional Conference
November 1 – 3, 2012
Atlanta, GA

Association of Middle Level Education
November 8 – 10, 2012
Portland, OR

National Science Teacher Association Regional Conference
December 6 – 8, 2012
Phoenix, AZ