

# NUTRITION NEWS

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## Happy Father's Day!

JUNE 2026

June is here! Time to celebrate with graduation parties, outdoor barbecues, and, of course, Father's Day! Unfortunately this is also the season for foodborne illnesses, commonly known as food poisoning.

A foodborne illness is a disease that is transmitted to people by the food they consume. People who are at increased risk of contracting a foodborne illness include pregnant women, individuals whose immune systems are weakened, and the elderly population.

The CDC (Centers for Disease Control) estimate that every year, one in six people will contract a foodborne illness. And 3,000 people die every year from foodborne illnesses. Bacteria, viruses, parasites, and fungi can all contaminate our food supply. Bacteria, however are the most common form of foodborne illness.

There are a number of factors that can affect how bacteria grow and multiply. These include the food that is being consumed (different bacteria can thrive in different food sources), the acidity of the food,

the length of time the food is kept at an unsafe temperature, the temperature of the air itself, the food's exposure to oxygen, and the moisture content of the food (generally, the higher the moisture content, the faster the bacteria can grow.)

While most bacteria can grow and multiply at temperatures between 45 degrees F and 140 degrees F, bacteria thrives at temperatures between 70 degrees F and 120 degrees F. This is important to keep in mind if you are serving foods in the summer, especially at an outdoor event where access to refrigeration may be limited.

There are a number of different bacteria that can cause foodborne illnesses. Here is a summary of some of the more common types, the typical foods that harbor them, and what symptoms to look for.



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Monthly Exercise:

#### Single Leg Balance

Stand with feet shoulder width apart.

Lift Left foot above the ground, hold position for 12 seconds.

Repeat with right foot

Continue with 3 repetitions per side.

**Salmonella:** Sources of salmonella include animal products, poultry, and eggs. Common symptoms include abdominal pain, diarrhea, chills, fever, nausea, vomiting, and malaise. Remember to cook chicken and poultry to 165 degrees F, refrigerate raw poultry, and store eggs properly.

**Staphylococcus:** Typical foods involved include baked goods, custards, pastries, ham, sliced meats, and foods with low water activity. Symptoms include abdominal pain, diarrhea, chills, fever, nausea, vomiting, and malaise. To prevent infection, do not use bare hand contact when handling foods that are not going to be cooked (as humans are a direct mode of transmission). Also always practice good hygiene, including frequent hand washing.

**Campylobacteria:** This is found in meats including chicken, turkey, beef, liver, milk, and water. Symptoms include diarrhea (often bloody), severe abdominal pain, fever, anorexia, malaise, headache, and vomiting. Prevention includes thoroughly cooking meat, poultry, and poultry products. Also, be sure to only use milk that has been pasteurized.

**Listeria:** Listeria can come from the soil, infected animals, or infected humans. It can also be transmitted in contaminated water. Foods involved include unpasteurized dairy products, raw vegetables (usually contaminated from the soil they have been grown in), poultry, raw meats, and cheeses. Symptoms of a listeria infection include low grade fever, flu like symptoms, stillbirths in pregnant women, meningitis, and encephalitis. Listeria infections can be fatal. Always cook food to the minimal acceptable temperature. Use only pasteurized milk and dairy products. Thoroughly wash raw vegetables before consumption. Be sure to clean and sanitize all surfaces in your food preparation area.

**Botulism:** Botulism is commonly found in home canned food products. It can also be found in smoked and vacuumed packaged fish, garlic that is stored in oil, and baked potatoes. Symptoms start out as gastrointestinal (such as diarrhea and vomiting) but then progress to neurological symptoms, such as vertigo, blurred or doubles vision, dry mouth, difficulty swallowing and breathing, muscular weakness, and respiratory paralysis. This illness can also cause fatalities.

**E. coli:** E. coli has been prevalent in the news in recent years. It is commonly found in ground beef that is insufficiently cooked. It can also be found in fresh produce and unpasteurized milk. Symptoms include diarrhea (often bloody), severe abdominal pain, nausea, vomiting, chills and more severe kidney issues in children. E. coli infections can also be fatal. Be sure to always cook ground meat to at least 158 degrees F. Also be sure to only use pasteurized milk and milk products. Practicing good hygiene, including frequent hand washing, can also greatly reduce the transmission of E. coli bacteria.



## PROSTATE CANCER

Because June is a time to think about our fathers, it is also a good time to think about prostate cancer and what the dads in your life can do to prevent it. Prostate cancer is the most common cancer seen in men. It often develops in the gland cells of the prostate that produce fluid. Prostate cancer is a slowly progressive form of cancer that can be treated if discovered early on. According to the American Cancer Society, it is estimated that one in seven men will be diagnosed with prostate cancer in their lifetime. Prostate cancer is the second leading cause of cancer related deaths for men, with lung cancer being the first.

It is recommended that men with no family history of prostate cancer talk to their doctor about the risks, benefits, and shortcomings of screening tests starting at the age of 50. Men with a family history of prostate cancer should start discussing screening with their physician around the age of 40. Screening for prostate cancer typically includes two routine tests. The PSA is a simple blood test. A rectal exam is also used to feel for lumps in the prostate which may be cancerous. Although testing is uncomfortable, it is short and often helps the physician catch cancers in men with a normal PSA blood test.

The cause of prostate cancer is not yet known, but scientists believe that related risk factors may include smoking, workplace chemical exposure, diet, and family history. Rates of prostate cancer increase with age, with 66 being the average age at diagnosis, which makes screening especially important as you age.

Evidence suggests that a third of cancers in the United States are correlated to diet and exercise lifestyle habits. The following diet and lifestyle tips have been taken from the Nutrition Care Manual (published by the Academy of Nutrition and Dietetics) and the American Cancer Society.

A healthy diet for cancer prevention is:

- Rich in antioxidants from a variety of different colored fruits and vegetables
- High in fiber from fruits, vegetables, and whole grains
- Limited in red meats and saturated fats
- Limited in consumption of energy dense foods such as processed foods that are high in fat, sugars and sodium
- Limited in processed meats
- Limited in consumption of alcohol (1 drink per day for women and 2 drinks per day for men)

A healthy lifestyle for cancer prevention includes:

- Abstinence from smoking
- A healthy diet as outlined above
- At least 30 minutes of physical activity each day
- Maintaining a healthy weight
- Routine cancer screening as recommended by your physician



**GET YOUR  
PROSTATE  
CHECKED**

**HERKIMER COUNTY  
SENIOR CITIZEN'S PICNIC  
WEDNESDAY, JUNE 17, 2026  
FROM 10—3**

Coffee and donuts served at 10 am

You may bring your own lunch or purchase a **\$5.00** ticket for lunch (boneless chicken, potatoes, coleslaw & roll) To sign up for Lunch please call Linda @ **315-867-1149**

**BINGO**—many opportunities to win prizes donated from our community vendors

Any questions please contact the Office for the Aging at **315-867-1121**

**HEAP**

If you received HEAP this year you may qualify for a Air Conditioner

There are limited supplies

**Call the HEAP office**

**315-867-1195**

Clean and Tune inspections of your furnace and tuning are also available



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Web: [www.herkimercountyny.gov](http://www.herkimercountyny.gov)**

Here is a nice, light, easy recipe to try at your next summer gathering.

**Sesame Noodle Salad**

- 1 (16 ounce) package angel hair pasta
- 1/2 cup sesame oil
- 1/2 cup soy sauce
- 1/4 cup balsamic vinegar
- 1 tbs hot chili oil
- 1/4 cup white sugar
- 1 tsp sesame seeds
- 1 green onion, chopped
- 1 red bell pepper, diced

Cook the pasta until cooked through, but is firm to the bite. Whisk together the sesame oil, soy sauce, balsamic vinegar, chili oil, and sugar in a large bowl. Toss the pasta in the dressing, then sprinkle with sesame seeds, green onion, and bell pepper. Serve warm, or cover and refrigerate for a cold salad.

**Thai Cucumber Salad**

- 3 large cucumbers, peeled, halved lengthwise, seeded, and cut into 1/4 inch slices
- 1 tbs salt
- 1/2 cup white sugar
- 1/2 cup rice wine vinegar
- 2 jalapeno peppers, seeded and chopped
- 1/4 cup chopped cilantro
- 1/2 cup chopped peanuts

Toss the cucumbers with the salt in a colander, and leave in the sink to drain for about 30 minutes. Rinse with cold water, then drain and pat dry with paper towels.