



# CELEBRATING 1 YEAR OF The Cedar Culinary

News that's good enough to eat!

VOLUME 2, ISSUE 1

JANUARY 2011



## Concerns About Toasting the New Year with Caffeinated Alcoholic Beverages

In November, the FDA issued warning letters to four companies that make alcoholic beverages with added caffeine, sometimes referred to as "caffeinated alcoholic beverages." The letters warned the companies that FDA considers the caffeine added to their malt alcoholic beverages to be an "unsafe food additive." A food or beverage that contains an unsafe food additive is considered adulterated and, thus, illegal.

**I thought that caffeine was safe. Why is the FDA saying that it's an "unsafe food additive?"**

The lawfulness of a food ingredient is determined in part by how it's used. If an ingredient hasn't been approved by FDA for a certain use, the ingredient can be used only if it's "generally recognized as safe" for that purpose. For example, caffeine is "generally recognized as safe" when it's used in cola beverages below a certain level. But FDA has not approved caffeine for use in alcoholic beverages, and FDA doesn't consider the use of caffeine in the products at issue to be "generally recognized as safe."

**Why would caffeine be considered OK in soft drinks but not in these products?**

Since November 2009, FDA has been looking at whether caffeine added to an alcoholic beverage is lawful. Based on the available scientific research, FDA is concerned about these beverages for several reasons:

- People drinking these beverages may consume more alcohol—and become more intoxicated—than they realize. That's because the caffeine masks some of the sensory cues that people use to tell how intoxicated they are.
- People drinking these beverages may think that the caffeine counteracts all the effects of alcohol, but that's not true. Caffeine does not affect the way the body processes alcohol; it doesn't "sober you up."



...Continued on page 2

### INSIDE THIS ISSUE:

Caffeinated  
Alcoholic  
Beverages

Page 1

Caffeinated  
Drinks  
Continued..

Page 2

Diabetic Recipes:  
Cranberry Mist &  
Chili Con Queso

Page 2

New Years  
Resolution:  
Loosing Weight

Page 3

Kids Corner:  
Crafts and  
Coloring

Page 4

Contact  
Information

Page 4

The articles on the following pages were provided by [food-safety.gov](http://food-safety.gov). For more information about these stories and more please visit their websites.

## Toasting the New Year...

You may feel more alert, but the alcohol still affects your physical coordination and reaction time.

- People drinking these beverages may be more likely to engage in risky behaviors that may lead to hazardous and life-threatening situations. Research suggests that people who drink these beverages are at greater risk of alcohol-related consequences, including alcohol poisoning, sexual assault, and riding with a driver who is under the influence of alcohol.

### What about alcoholic beverages that include coffee, such as coffee-based liqueurs?

The letters FDA sent last month are not directed at coffee-based liqueurs or similar beverages that contain an ingredient with naturally occurring caffeine. Unlike the products identified in the warning letters, these beverages don't include caffeine added as a separate ingredient.



# Diabetic Recipes: Cranberry Mist & Chile Con Queso



Serves 8

#### **Ingredients:**

4 cups low-calorie cranberry juice  
8 cranberry clove tea bags  
4 cups chilled club soda  
Mint sprigs for garnish  
Ice

#### **Directions:**

1. In a large saucepan, bring cranberry juice to a boil over medium heat. Add the tea bags, remove from heat, and let steep for 10 minutes. Cool to room temperature.
2. When ready to serve, fill 8 tall glasses with ice cubes. Pour about 1/2 cup of the cranberry juice mixture into each glass. Fill the glasses with club soda and garnish each with a sprig of mint.

Serves 8

#### **Ingredients:**

4 ounces reduced-fat processed cheese, cut into 1-inch cubes  
1/3 cup store-bought chunky salsa  
1 16-ounce can fat-free refried beans  
1/4 cup well-drained canned chopped green chilies

#### **Directions:**

1. Combine all ingredients and put in a microwave-safe dish. Cook for 2 minutes. Stir. Continue to cook for another 4 minutes, stirring once, until cheese is melted and dip is warmed through.
2. Serve hot with fat-free or reduced-fat tortilla chips.



# NEW YEAR RESOLUTION TO LOSE WEIGHT

The New Year is a time for reflection, but also a time for goal setting. Year after year we make empty promises to lose the weight once and for all. We set lofty goals that are almost impossible to achieve. We simply want results and we want them fast. We want to look better, ditch our health problems and have more energy.

This year is a good time to try refocusing your weight loss goals. Setting a goal to lose 100 pounds isn't specific enough and it is probably biting off more than the average person can chew. Instead, narrow down your weight loss goal to more specific things like losing 10% of your body weight, not eating after 6 PM or scheduling exercise 5 days a week. These are attainable New Year resolutions that you can track and stick with. Once you achieve one or more of your goals, your self-esteem will increase and you can continue to plot your course to permanent weight loss in smaller chunks.



## Tips for setting realistic weight loss resolutions:

- Set realistic goals and write them down. Make sure you have small, manageable goals that are achievable in less than a year's time.
- Be specific about what actions you will take to reach your weight loss resolution. What type of exercise will you do and how often? What food plan will you follow and how will you track your calorie intake? Who will you use for support in your journey?
- Set a definite date. If you just say you're going to meet your goal sometime within the year, that will not work. In fact, you will probably fall into the "I'll start next week" trap. Instead, mark your calendar for a certain date for each goal that you want to achieve. For example, by March you want to be walking 3 miles a day.

- Don't just ditch your old habits. If you want to make your resolution to permanently lose the weight, then you have to be willing to replace unhealthy behaviors with new healthier ones.
- Use a flexible diet plan that doesn't require you to omit certain food groups. Too many restrictions will leave you feeling deprived and send you back to your old eating habits in no time.

Make small changes every week and they will add up in time. It's easier to move little pebbles than an entire mountain, right? Here are some examples of weekly changes you could incorporate into mini-goals:

**Week One:** Drink 10 glasses of water per day.

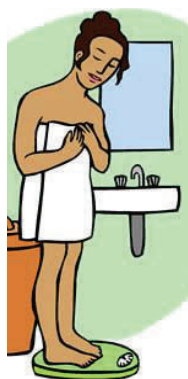
**Week Two:** Take the steps at work instead of the elevator.

**Week Three:** Switch to diet sodas.

**Week Four:** Eliminate fried foods.

**Week Five:** Begin eating one vegetarian meal per week.

Practice patience. You didn't gain the extra weight overnight so don't expect it to miraculously melt off overnight either. Give your body time to adjust to the new lifestyle and expect plateaus along the way.



# Resolution Magnet

## What you'll need:

- Construction paper
- Crayons
- Black fine tip marker
- White craft glue or glue stick
- Scissors
- Magnet strip



## How to make it:

1. Cut a sheet of construction paper in half.
2. Across the top write "I RESOLVE" with a crayon of your choice.
3. Use a fine tip black marker to outline your crayon.
4. Choose your resolution and use the fine tip black marker to write it below the title (example: "to keep my room clean")
5. Use crayons to draw a colorful picture depicting your resolution below the words.
6. Trim the construction paper so that all sides of your artwork are even.
7. Glue your artwork to another piece of construction paper of a different color. Trim the paper to create a nice border frame for your art.
8. Glue a magnet strip (or use self-stick magnet strip) to the back of your resolution art and hang on the refrigerator as a reminder.

## Color the Sign

# HAPPY NEW YEAR!



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