



The Safe Way to Drink Hot Tea

Tea lovers probably have a lot of burning questions about the potential link between sipping their hot beverage and getting esophageal cancer. A new study published in the International Journal of Cancer suggests that drinking two large cups of tea hotter than 140 degrees Fahrenheit every day can almost double the risk of esophageal cancer, which affects the hollow, muscular tube that carries food and drink from your mouth to your stomach.

The researchers analyzed data collected from more than 50,000 people in the Golestan province of northeastern Iran for an average of 10 years, where it's common to drink piping hot tea. And the study found that those who sipped 700 milliliters of tea (about 24 ounces) or more every day, at temperatures higher than 60 degrees Celsius (or 140 degrees Fahrenheit), were associated with a 90% higher risk of getting esophageal cancer compared to those who drank less tea than that at cooler temperatures. (Americans typically drink hot beverages like coffee, tea and hot chocolate at temperatures lower than 149 degrees Fahrenheit, but the American Cancer Society reports that tea is served much hotter in South America, Asia and Africa.)

In short, the lead study author Dr. Farhad Islami of the American Cancer Society recommends that you “wait until hot beverages cool down before drinking.” “It’s not the tea itself, but the temperature of the tea that’s in question. And there just isn’t enough research to say how hot is too hot.”

While the new report noted that more research is needed to identify exactly why hotter tea is associated with developing this kind of cancer, one theory is that chronic thermal injury (or, burning and irritation of the esophagus) could cause harmful inflammation. The hot liquids (not just tea, but piping hot coffee or soup or other sizzling food and drinks) could destroy the inner lining of the esophagus, according to Dr. Daniela Molena, director of Memorial Sloan Kettering’s Esophageal Surgery Program. And as the cells keep regenerating to repair it, there’s a higher probability of something going wrong that would cause normal cells to turn into cancer cells.

Dr. Len Horovitz, an internist and pulmonologist at Lenox Hill Hospital in New York, told MarketWatch that, “the chronic burning of any organ can lead to changes in cellular integrity. So anything that really irritates or burns the esophagus is not a good thing.”

Source: <https://www.marketwatch.com/story/this-is-the-safe-way-to-drink-hot-tea-2019-03-21>



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If you receive the monthly newsletter by mail and would like to receive it by email, please call Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Your Mother was Right All Along - Breakfast actually is the Most Important Meal of the Day



Most of the current official nutritional guidelines even recommend that you eat breakfast daily and it is claimed that by skipping it you are raising your risk of obesity. Unfortunately although this advice can easily be followed, it still appears to be a problem as it was found that up to a quarter of Americans are regularly skipping breakfast.

Studies have shown that those who eat breakfast tend to be healthy with a lower chance of being overweight or obese and also have a low risk of numerous chronic diseases. There is an increased likelihood that those who eat breakfast have a healthier diet as they consume more fiber and micronutrients. Some research even suggested that people who skip breakfast also have more unhealthy habits such as smoking, drinking alcohol and exercising less.

If you need some inspiration to make a habit of eating a regular morning meal, read through to find out what happens within your body when you skip breakfast;

Your Blood Sugar Levels Drop

Breakfast is literally meant to mean ‘breaking the fast’ from the time you’ve spent asleep throughout the night. Eating in the morning helps to restore glycogen and stabilize the levels of insulin. By ignoring and not replenishing your glucose levels in the morning you will end up feeling overly hungry, irritable and fatigued. These symptoms are the first thing you’ll experience in the morning especially if you skip your morning meal.

Your Metabolism Slows Down

Some evidence suggests that by eating breakfast you can encourage your body to burn more calories throughout the day. When you don’t eat any food for a long period of time, your body begins to store as many calories as it can, in order to prepare for a potential period of starvation. As metabolism levels slow down, the body even turns to the glucose which is stored in your muscles as a backup source of fuel, which effectively means that your muscles waste away.

Stress Hormone Levels Increase

Eating breakfast can have a positive effect on cortisol – the primary ‘stress hormone’ which is produced by adrenal glands. The levels of cortisol are highest at around 7am in the morning, which is why it’s important to eat something so that you can bring the hormone levels back down. When cortisol levels are too high, you will most likely feel anxious or jittery.

Increased Risk of Heart Disease

By regularly skipping morning meals you are more susceptible to weight gain and at an increased risk of atherosclerosis, heart disease, high blood pressure, diabetes, obesity and high cholesterol. A study over the length of sixteen years found that men who skipped breakfast daily, were twenty seven percent more likely to experience heart attacks or have a coronary heart disease as the cause of their death.

One of the most common reasons that people avoid eating breakfast in the mornings is because they simply don’t feel hungry. If you can relate to this, try starting your day with a healthy smoothie. Aim to keep your dinner portion sizes small and cut back on alcohol and any snacks just before you sleep, so you can work towards building a healthier routine for yourself.

Source: <https://www.futurefit.co.uk/content-hub/the-nutritional-effects-of-skipping-breakfast/>

How Bad is it Really to Eat Unwashed Fruits and Vegetables?

"Eat your fruits and veggies — they're good for you!" This mantra has been engrained in all of us, and justifiably so. Getting your daily dose of fruits and vegetables comes with a myriad of health benefits, including a reduced risk of developing diet-related diseases like obesity and type 2 diabetes.

Now, when was the last time you heard someone say, "Wash your fruits and veggies before you eat them?" Likely, not as often. But it's also important to make sure you're washing them to avoid your berries coming with a side of bacteria. In fact, the recommendations are pretty straightforward and are designed to keep you safe and healthy.

If You Skip Washing Them, You Might Eat Bugs

"While biting into a juicy, crisp piece of fruit the moment you lay your hands on it may sound like a healthy habit, doing so without washing it first may actually make you sick." Cordialis Msora-Kasago, RDN, a spokesperson for the Academy of Nutrition and Dietetics, tells LIVESTRONG.com. Eating unwashed produce may cause you to ingest harmful bacteria, which may be present in the soil, or pesticides applied to produce in the fields. What's more, you might even end up eating bugs that were harvested along with the produce. As consumers, we are generally not intimately involved in the process of growing and harvesting our own foods, so it's easy to forget that all of our produce comes from the earth.

Your Chances of Getting a Food-Borne Illness Rise

"Since fresh produce grows in the soil and water, it will naturally be exposed to microorganisms," reports Toby Amidor, CDN, FAND, award-winning nutrition expert and author of *The Healthy Meal Prep Cookbook*. Some pathogenic bacteria you may be exposed to include Escherichia coli O157:H7, Listeria monocytogenes, Salmonella and Shigella, Msora-Kasago adds. "E. coli, Listeria and Salmonella are the most common bacteria that have been linked with foodborne illness. In many cases, the symptoms include nausea, vomiting, diarrhea and abdominal pain. In severe cases, food poisoning may cause kidney failure, meningitis and even death."

Sure, this sounds frightening, but what are the odds of actually contracting a foodborne illness? The [Centers for Disease Control and Prevention](#) estimates that 48 million people get sick from food poisoning in the U.S. every year. "You're taking a risk when you consume any produce that isn't washed properly," Amidor points out. "Although our food system in the U.S. is very safe — every precaution is taken from farm to the table, and it's very well-regulated — there is always a chance that you can ingest harmful bacteria that can make you sick." People most at risk are those with compromised and/or immature immune systems, children younger than 5 years old and pregnant women. So yes, it's absolutely worth it to take the extra precautions and wash your produce.



How to Wash Vegetables and Fruits

Properly washing all produce, including ones listed as organic, local and non-GMO, can reduce the risks of both harmful bacteria and pesticides.

For washing produce at home, the [FDA](#) recommends a seven-step process:

1. Wash your hands for 20 seconds with soapy warm water before and after preparing fresh fruits and vegetables.
2. Cut any damaged or bruised areas on fruits and vegetables before preparing or eating.
3. Rinse all produce with water before you peel it. This will help prevent cross-contamination from dirt and bacteria that might transfer from the knife onto your produce.
4. Gently rub fruits and vegetables under plain, running water. There's no need to use soap or a produce wash.
5. Scrub firm produce (think apples, melon, cucumber and pears) with a clean vegetable brush.
6. Dry produce with a clean cloth or paper towel. This will help remove any remaining bacteria.
7. For veggies like lettuce or cabbage, remove the outermost leaves.

Source: Maya Feller, MS, RD, CDN Updated November 22, 2019, www.livestrong.com

Optimism, Procrastination, and Being Late

An optimist is defined as someone who believes that good things are very likely to happen or that they have positive outcome expedencies which significantly influence both their thinking and their approach to the world. According to a few recent articles, optimists are prone to being late...for any and every function imaginable. Management consultant, Diana DeLonzor, states “a prevailing theory is that people who are always late are hard wired to be late. It doesn’t have to do with their ability to care about punctuality, it’s just that they always remain optimistic that they’ll have enough time to make it, no matter how much time is left.” An article from the Science World Magazine states, “An added benefit to people who are not punctual, is they are inherently hopeful about things. Even though people who are always late don’t meet deadlines as effectively, they always remain hopeful that they will and that gives them a boost to do so. This hope reduces stress, strengthens your immune system and lessens the risk of cardiovascular disease. This leads to an overall longer lifespan as well.”

Another article by Elite Daily adds to what info these other articles offer by stating, “They believe they can fit more tasks into a limited amount of time more than other people and thrive when they’re multitasking. Simply put, they’re fundamentally hopeful. While this makes them unrealistic and bad at estimating time, it also pays off in the long-run in other ways.” In a study titled “The Relationship of Procrastination and Optimism to Judgments of Time to Complete an Essay and Anticipation of Setbacks” by C.H. Lay it reveals, “that the normal response to a perceived discrepancy between current behavior and goals is to reduce the discrepancy by changing one’s behavior. This would be less so for the procrastinator. Further, Carver and Scheier have indicated that optimists, faced with difficulties in reducing the discrepancy, would be more likely to renew their efforts at discrepancy reduction than would pessimists. Where these difficulties deal with time constraints, however, this may not be the case with the optimistic procrastinator. As we have seen, under typical conditions, such a student tends to underestimate the time needed to complete an essay. By underestimating the time needed, the optimistic procrastinator may re-define the problem and remove the discrepancy without the need for renewed effort, at least in the short term. Although optimism may be beneficial, in combination with a procrastinator’s predispositions it may have negative consequences. Such a combination can lead to further procrastination.”

Procrastinators usually tend to underestimate the amount of time it takes to complete a task, feel that they can complete more tasks in a set amount of time than time will actually allow, as well as tend to say yes to most opportunities that present themselves to them, even if they are already in a time crunch. They do this because in addition to the fact that they like to experience as many things as possible, they still believe they can get everything done by their respective deadlines. Even if that means, saying yes to help a friend in a time of need, when he/she does not have time to complete their own responsibilities. Procrastinators, “don’t sweat over the small stuff,” and, “concentrate on the big picture and see the future as full of infinite possibilities,” according to the Elite Daily article.



Sources: Haltiwanger, J. (2015, June 30). *Optimistic People All Have One Thing In Common: They're Always Late*. Retrieved from Elite Daily: <http://elitedaily.com/life/culture/optimistic-people-have-one-thing-common-always-late/1097735/>. Lay, C. H. (1988). The relationship of procrastination and optimism to judgments of time to complete an essay and anticipation of setbacks. *Journal of Social Behavior and Personality*, 3(3), 201-214. .Schneider, F. W., Gruman, J. A., & Coutts, L. M. (2012). *Applied Social Psychology*. SAGE Publications, Inc. Yousuf, (2015, July 7). *Science Says If You Are An Optimist, You'll Be Late For Everything*. Retrieved from Science World: <http://www.thescienceworld.com/science-says-if-you-are-an-optimist-voull-be-late-for-evervthina/>



SHOUT OUT FROM SHARI

Well, Winter is saying good-bye and Spring is just around the corner! We have had a lot of committees meeting and I am so excited to see everyone at the upcoming events!

Several of us met on February 18 to do sewing projects, either on the State project or our group projects! Thank you to those of you who showed up. (This was just an extra day we threw in there for those that can't make it to Chat and Create). Please continue to go to Chat and Create and keep working on all the projects for the upcoming Tulsa County FREE Fair.

Next, is our GAME DAY with BUNCO & BINGO on March 17th - Lunch is Included - Wear your GREEN and INVITE FRIENDS TO COME AND HAVE FUN! We will have a New Member Incentive - for anyone that becomes a member that day! Also, **we are extending the time you can RSVP & get your money to Jean Parks, until Friday, March 6th!** There will also be several RAFFLES to help raise money for the Scholarship Fund, so be sure to bring money for that. Tickets will be sold before Bunco, so come a little early! Drawing will be held just after lunch, before we start Bingo!

Next on the calendar is our NE District Meeting in Miami, OK on March 31st. I hope to see all of you there! There will be a lot of great workshops that we can go to and learn so much!

Finally, please plan on joining us for our AMISH LUNCHEON for Friendship Day, on Thursday, May 7th - the cost will be \$18 per person. Please invite a prospective member to join you! More info to come.

Nuts for OHCE,

Shari



The scholarship committee is pleased to announce some major changes to this year's application and qualifications. An applicant may apply if they attend any College, University, Trade or Tech School. We are even offering partial scholarships to part-time students. The new form will be available through your groups President or Scholarship Committee Member very soon.

~ *Cheryell Romere, Scholarship Chairman*

WHAT'S HAPPENING

March:

- 6 Bunko/Bingo Game Day RSVP and \$\$\$ due, - to Jean Parks. \$5.00 each, includes lunch.
- 9 Chat and Create 10:00 AM
- 9 Deadline for 50, 60, 70 year members and groups to the Extension Office.
- 17 Bunko/Bingo Game day with lunch, 10:00 AM to 3:00 PM
- 23 Chat and Create 10:00 AM
- 31 NE District Meeting, First Christian Church, Miami, OK

For those coming the day before, rooms have been blocked at the Hampton Inn, 115 Deacon Turner Rd, Miami, OK at \$99.00 per room plus tax (918) 541-1500 and at the Buffalo Run Hotel, 1366 US 69, Miami, OK at \$69.00 flat rate (918) 542-2900. The reservation code is OHCE.

April:

- 10 Good Friday, Extension Office Closed
- 13 Chat and Create 10:00 AM
- 17 RSVP and \$\$\$ due to Dolores for Friendship Day and Lunch.
- 27 Chat and Create 10:00 AM

May:

- 3-9 OHCE Week
- 7 Friendship Day Field Trip, Cultural Enrichment: Amish Lunch, more details to follow, bring a friend!

Oklahoma Home and Community Education (OHCE), consists of eight groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches or community centers. To start or join a group in your neighborhood or community, call the Tulsa County OSU Extension Office at 918-746-3706.



OHCE UPDATES



CHAT AND CREATE

We continue to meet on the second and fourth Monday's of each month at 10:00 am. We hope you will join us as we work on various projects that include:

- *Quilts of Valor blocks
- *Neck coolers for MS walkers and golfers and gardeners
- *Christmas napkins
- *Pillows
- *Counted Cross stitch
- *And anything you might like to bring and share with us.

We have a great time visiting and sharing ideas and getting acquainted with those in other groups. ~Pat Thomas

The Healthy Living THRIVE focus this month is exercise. Gardening and yard care are unique forms of exercise that allow you to do something calming, creative and fun while you work various muscle groups and get a moderate level of cardiovascular exercise as well.

<https://www.cleanairgardening.com/gardening-is-good-exercise/>

How do we get this wonderful exercise? Here is a plan to try:

<https://www.gardenfitness.com/>

~Charline Romine, Healthy Living Committee Chairman



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