



## June 2011 E-zine

### **New! Choose My Plate from USDA**

The new Choose My Plate logo and guidelines were released on June 2, 2011. The new plate replaces the old food pyramid, and provides practical guidance to assist consumers in choosing healthy foods at each meal using a picture of a plate divided into food servings. The focus is on vegetables and fruits, with whole grains, lean protein, and dairy on the side.

[USDA Press Release](#)

[For Professionals](#)

[For Consumers](#)

[View Michelle Obama's Presentation of Choose My Plate](#)

[Recipes for New Choose My Plate: Story and Video from ABC News](#)



### **USDA Revises Recommended Cooking Temperature for All Whole Cuts of Meat**

The U.S. Department of Agriculture (USDA) is updating its recommendation for safely cooking pork, steaks, roasts, and chops. USDA recommends cooking all whole cuts of meat to 145 °F as measured with a food thermometer placed in the thickest part of the meat, then allowing the meat to rest for three minutes before carving or consuming.

[Read the entire release](#)

### **Enteral Nutrition for Older Adults in Nursing Facilities**

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[Access the abstract](#)

[Full article for subscribers](#)





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### **MDS 3.0 RAI Manual V1.05 Update, June 2, 2011**

MDS 3.0 RAI Manual May 25, 2011 (a zip file contains 58 files). This zip file is the complete manual...Files containing revisions in this V1.05 release include: Title Page, Table of Contents, Chapter 1, Chapter 2, Chapter 3 (Introduction, Sections: A, B, D, F, G, I, J, K, M, N, O, and Q), Chapter 5, Chapter 6 and Appendices (A, B, C, E, and H). Note that files from earlier versions (e.g., V1.04 September 2010) are contained in the manual but do not have an associated change table file.

[Download the files](#)

### **Tip Sheet from USDA: Cooking Safely in the Microwave Oven**

Microwave ovens can play an important role at mealtime, but special care must be taken when cooking or reheating meat, poultry, fish, and eggs to make sure they are prepared safely. Microwave ovens can cook unevenly and leave “cold spots,” where harmful bacteria can survive. For this reason, it is important to use the following safe microwaving tips to prevent foodborne illness.

[Read these microwave cooking tips](#)



### **Please Remember to Donate to the Red Cross and the MHCA Joplin Relief Fund**



Help tornado and flood victims in Alabama and Tennessee. Make a difference in the world, no contribution is too small!

[DONATE NOW >](#)

The Missouri Health Care Association has established a charitable fund and grant program to assist the employees and families of our member facilities who suffered a loss from the tornado tragedy of

[MHCA JOPLIN TORNADO RELIEF FUND](#)

May 22, 2011 in Joplin, MO.

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