

# Community Health Newsletter

Week Fourteen



## N: Nog



The dictionary defines nog as a drink made with beaten eggs. Eggnog has its roots in Colonial America; George Washington created his own recipe. It's a drink served during the holidays.

Eggnog can be unsafe to consume if it contains raw or partially cooked eggs. Be food safe when you serve eggnog.

If you purchase eggnog, buy pasteurized eggnog.

*Salmonella* is the big concern when consuming homemade eggnog.

*Salmonella* may be present in eggnog with raw or

partially cooked eggs (not cooked to 160 °F). According to [www.foodsafety.gov](http://www.foodsafety.gov), if contaminated, unpasteurized eggs are used in eggnog, you can't count on the alcohol in the drink to kill all of the bacteria.

*Salmonella* can cause foodborne illness, but infants and young children, pregnant women, older adults, and people with weakened immune systems – such as those with HIV/AIDS, cancer, diabetes, kidney disease, and transplant patients – are especially vulnerable.

### Recipe: Cooked Eggnog

Makes 8 servings.  
6 eggs  
1/2 c. sugar  
2 c. milk  
2 c. heavy cream  
nutmeg

### ACTIVITY TIP

It is hard not to let the holidays derail your healthy habits. We all overindulge at the Thanksgiving table, snack on cookies, or drink eggnog.

Getting back on track is a good way to deal with the stress and anxiety that the holidays bring as well as handle those extra few pounds that sneak on your hips.

- Eat regularly. Do not skip meals to offset extra calories. If you choose one or two holiday treats, fill the rest of your plate with fruits, veggies, and grilled items.
- Drink water.
- Get your rest. Sleep helps balance your metabolism and hormones.
- Relax. Stretch. Do a few minutes of deep breathing.

1. Combine eggs and half the milk as indicated in the recipe. (Sugar may be added at this step.)  
2. Cook (some people use a double boiler ) the mixture slowly to an internal temperature of 160 °F, and **stir constantly**.

Cooking will destroy *Salmonella*, if present. At this temperature, the mixture will firmly coat a metal spoon (Don't lick the spoon if the custard is not fully cooked!).

3. After cooking, chill the mixture before adding the rest of the milk and any other ingredients.

Source: FoodSafety.gov Posted 12/21/10

To learn more about food safety, visit the FSIS Web site at [www.fsis.usda.gov](http://www.fsis.usda.gov), or ask the virtual representative "Ask Karen" at [www.AskKaren.gov](http://www.AskKaren.gov). There is a toll-free USDA Meat & Poultry Hotline at 1-888-MPHotline or 1-888-674-6854.

