

Wellness

Wednesday



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Want To Avoid Food Poisoning? Skip These Items At Your Hotel's Breakfast Buffet

Vacations are meant to be a time of relaxation and indulgence, but for many travelers, the hotel breakfast buffet can become a source of unease and potential gastrointestinal distress. While the allure of a complimentary spread of hot and cold offerings may be tempting, food safety experts warn that certain items on the typical hotel breakfast spread can pose a significant risk of foodborne illness. By understanding the potential hazards and taking proactive measures, you can enjoy your hotel stay without the unwelcome side effects of a bout of food poisoning.



Identifying the Danger Zones

One of the primary concerns with hotel breakfast buffets is the risk of temperature abuse. According to food safety experts, hot foods like meat, eggs, and quiches should be kept at a consistently heated temperature, typically above 140°F (60°C), to prevent the rapid proliferation of harmful bacteria in the "danger zone" between 40°F (4°C) and 140°F (60°C). Similarly, cold items such as dairy products, fresh juices, and pre-cut fruits and vegetables must be maintained at a chilled temperature, preferably below 40°F (4°C), to inhibit bacterial growth.

Beware of Lukewarm Fare

If you notice hot dishes sitting out without any heating devices, such as chafing dishes or hot plates, it's best to avoid them. These items are likely to have spent too much time in the temperature danger zone, making them susceptible to contamination by foodborne pathogens like Salmonella, E. coli, and Listeria. The same goes for cold items that are not properly iced or refrigerated - they too can become a breeding ground for harmful microorganisms.

Scrutinize the Salad Bar

While the salad bar may seem like a healthier option, it's important to inspect the items carefully. Look for signs of freshness, such as crisp, vibrant produce, and avoid anything that appears wilted, discolored, or contaminated with dirt or other foreign matter. Melons, in particular, can be a high-risk item, as their rinds may harbor bacteria that can be transferred to the edible flesh if not properly washed.

Minimizing Cross-Contamination Risks

Another significant concern at hotel breakfast buffets is the potential for cross-contamination, where pathogens from one food item or surface can be transferred to others. This is often exacerbated by the shared nature of the buffet, where multiple guests handle the same serving utensils and touch the communal food items.

Beware of Bare-Handed Handling

Keep an eye out for shared food items that lack dedicated serving utensils. If guests are using their bare hands to scoop out portions, it increases the risk of introducing contaminants from poor hand hygiene or other unsanitary practices. Opt for items that are individually wrapped or have dedicated serving tools to minimize the chances of cross-contamination.

Sanitize Your Hands

Before assembling your plate, make sure to thoroughly wash or sanitize your hands. This helps prevent the transfer of any harmful microbes from your hands to the shared serving utensils or the food itself. It's also a good idea to sanitize your hands again after handling communal items and before sitting down to enjoy your meal.

Identifying Safe Bets

While the hotel breakfast buffet may seem like a minefield of potential food safety hazards, there are some items that are generally considered safer bets. By understanding the principles of food safety and being a discerning consumer, you can navigate the buffet with greater confidence.

Individually Wrapped Treats

Packaged items like muffins, yogurt, and cereal are often considered safer options, as they have undergone processing and packaging to ensure their safety and shelf-stability. These items are less likely to have been contaminated by other guests' handling or poor temperature control.

Cooked-to-Order Options

If the hotel offers made-to-order options, such as omelets or waffles, these can be a safer choice. The freshly cooked preparation helps to eliminate any potential risks of bacterial growth or cross-contamination.

Whole, Uncut Fruits

Fruits that are still in their whole, uncut form, like bananas or oranges, are generally considered lower-risk options. The intact skin or rind helps to protect the edible portion from potential contamination.

Staying Vigilant and Informed

While the hotel breakfast buffet can be a convenient and tempting option, it's crucial to remain vigilant about food safety. By educating yourself on the common risks and following best practices, you can minimize the chances of falling victim to foodborne illness and enjoy your vacation to the fullest.

Check Inspection Reports

Before your trip, take the time to research the hotel's food safety record. Many jurisdictions make restaurant and hotel inspection reports publicly available, which can provide valuable insights into the establishment's food handling practices and any past violations.

Trust Your Instincts

If something about the appearance, smell, or overall presentation of a dish gives you pause, it's better to err on the side of caution and avoid it. Your instincts can be a valuable tool in identifying potential food safety issues, so don't hesitate to skip an item if it doesn't seem quite right.

Conclusion

Navigating the hotel breakfast buffet can be a delicate balancing act, but with the right knowledge and a proactive approach, you can enjoy a satisfying and safe meal to start your day. By being aware of the potential risks, identifying the safer options, and taking steps to minimize cross-contamination, you can confidently indulge in the hotel's breakfast offerings without the unwelcome aftermath of foodborne illness. Bon appétit, and happy, healthy travels!

FILIPINO BBQ PORK SKEWERS



INGREDIENTS

2 1/2 pounds country style pork ribs, all fat trimmed,
cut into 48 1-inch cubes

For the marinade:

6 oz-can 7-up

1/2 cup soy sauce

1/2 cup white vinegar

1 lemon, juice of

1/3 cup brown sugar

6 cloves garlic, crushed

1 tsp black pepper

crushed red pepper flakes, optional

Grilling enthusiasts, prepare to embark on a flavor odyssey that will tantalize your taste buds and transport you to the vibrant culinary realms of the Philippines. Introducing the mouthwatering marvel of Filipino BBQ Pork Skewers, a delectable fusion of succulent pork, aromatic spices, and a secret ingredient that will leave you craving for more.

UNVEILING THE CULINARY GEM

Originating from the sun-drenched islands of the Philippines, these skewers have become a beloved staple at summer gatherings, backyard barbecues, and festive celebrations. Their allure lies in the harmonious blend of sweet, savory, and tangy notes, expertly woven together to create a symphony of flavors that will captivate even the most discerning palates.

THE UNEXPECTED SECRET INGREDIENT

At the heart of this culinary masterpiece lies an unexpected twist: a can of 7-Up soda. Yes, you read that correctly! This unassuming addition might seem unconventional, but it's the secret weapon that elevates these skewers to gastronomic greatness. The carbonated beverage acts as a natural tenderizer, infusing the pork with a delightful hint of sweetness while ensuring a melt-in-your-mouth texture.

Nutrition Information

Serving: 1 skewer, Calories: 201 kcal, Carbohydrates: 1 g, Protein: 29.5 g, Fat: 8 g, Saturated Fat: 3 g, Cholesterol: 105 mg, Sodium: 160 mg, Fiber: 0.5 g, Sugar: 0.5 g



INSTRUCTIONS



HOW TO MAKE IT

1. In a large non-reactive bowl, combine all the marinade ingredients and whisk until the brown sugar has dissolved.
2. Add the cubed pork to the marinade, ensuring that each piece is fully coated. Cover the bowl with plastic wrap or a lid and marinate in the refrigerator for at least 6 hours or overnight for optimal flavor infusion.
3. If using wooden skewers, soak them in water for at least an hour before grilling to prevent burning.
4. Once the marinating time has elapsed, discard any remaining unused marinade.
5. Thread the marinated pork cubes onto the skewers, evenly distributing the meat.
6. Preheat your grill to medium heat and lightly oil the grates to prevent sticking.
7. Grill the skewers for approximately 5-6 minutes on each side, or until the pork is cooked through and slightly charred.
8. Remove the skewers from the grill and let them rest for a few minutes before serving.
9. Serve hot, garnished with chopped green onions or cilantro, if desired. Enjoy these flavorful skewers as a main course or appetizer, accompanied by your favorite sides and dipping sauces.

SERVING SUGGESTIONS

For those seeking to elevate their grilling experience, consider pairing these skewers with a vibrant coleslaw or grilled corn on the cob. The contrasting textures and flavors will create a harmonious symphony on your plate, leaving you utterly satisfied and craving for more.

<https://www.self.com/gallery/lower-body-dumbbell-workout-butt-and-legs>

Featured Exercise ► **Curtsy Lunge With Step Through**

HOW TO DO IT:

- Stand with your feet shoulder-width apart, holding a dumbbell in each hand at your sides. This is starting position.
- Step your left foot diagonally behind you and left your right knee until it almost touches the floor. Your front knee should bend to about 90 degrees.
- Drive through your right heel to stand back up and return to the starting position. Bring your right foot slightly in front of your starting position, tapping your heel to the floor. This is 1 rep.
- Continue for 10–12 reps, then switch sides.

THE BENEFITS:



The curtsy lunge is a squat variation that works your quads and your glutes. The added step through at the end takes your glutes through a bigger range of motion than a traditional lunge, which makes your butt work even harder.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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