



Chef Charles Says...

A newsletter for congregate meal participants for the month of December

**Please read carefully.
We have new information in
this section.**

The December newsletter includes an article on the use of multi-vitamins. Older adults are interested in their health and many believe a supplement will be beneficial. It is important that we not appear to endorse the use of multi-vitamins unless the adult has talked with a health professional. There will be much discussion about how the participants feel regarding supplements. Discussion is good, but try to keep the discussion focused on the three messages highlighted in red in the activity section.

Winter walking is the topic of physical activity this month. One suggestion is to create a standard route for walking and share with a friend or family member for emergency purposes. Providing a town or community map will promote the activity. Phone books often have a map and the municipal government may as well. Another idea-is to use Google on the internet.

How do adults learn and change behaviors? The behavior must be important to the adult. Adults seldom change behavior because they want to please someone. Additionally, adults listen to their peers about what they have changed and why. When you lead the Chef Charles group, remember to encourage sharing by the group members. You are facilitating healthy behavior changes and the participants can help this happen.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site understand that the SNAP program can make a difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others. To help you discuss the use of Food Assistance with your participants, we have created a feature article in the newsletter. Please share with your participants.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then



again at the end. This will reinforce key points and identify if the participants know the answers.

Pick a Better...

Props:

- Basket
- Blank slips of paper

Daily Meal Plan

Is it okay to skip meals as we grow older? How many meals should we eat each day?

Three meals. It is the magic number, according to a study that found eating one or two meals a day left people hungrier than eating three meals a day, even when they consumed the same number of calories.

Six meals. Eating six meals a day on a regular schedule has been associated with lower overall calorie intake, and lower total cholesterol compared with an irregular meal plan of three to nine meals a day. It is commonly recommended for Type 2 diabetics. But eating frequently is not a ticket to over eat.

Confused? Here is the bottom line.

- If you are watching your waistline, eating three meals a day, with a healthy snack thrown in, will curb hunger pangs. This should mean you will eat less and more likely have the benefit of weight loss (if you need to lose weight).
- If you eat several smaller, more frequent meals choose food with the most nutrition per calorie like lean meats, low-fat dairy, and fruits and vegetables. This too, can lower calorie intake.

Activity

How many people were at your dinner table when you were growing up? How many today?

It is easy to ignore eating, if you are eating alone or with just one other person. With a family you are more likely to PLAN the food and set a meal time. Planning is the key for both circumstances—family or alone.

What barriers are there to your planning the meals you eat? *As barriers are mentioned write them down on a piece of paper and place in the basket. After all barriers are mentioned by the group, begin problem solving by reading one of the examples and brainstorming with the group about how to break the barrier.*

Examples:

- Tired of cooking (you do not have to cook every meal, choose one day a week to cook and do simple snack like meals the other six. Perhaps you would like to cook on a day that you do not come to the meal site.)



- I am not hungry.
- I eat alone and I don't like eating the same food over and over.
- It is hard to go grocery shopping.

You can choose the number of meals you eat each day. Most people need to eat at least three a day to manage hunger and feel healthy. Some people choose to eat six meals a day. You just eat less at each meal.

You are ahead of the game, if you eat a meal at the congregate meal site. You only have a few more meals to plan. I challenge you to plan one meal for three days this week and see if it helps break the barrier for you.

Be Active

Props:

- Map of town or neighborhood

Walk Your Winter Wonderland

Winter begins this month. Along with the change of seasons comes snow and cold, but that does not mean you have to stop walking. Here are some tips to make winter walking safe:

- Dress for winter. Wear brightly, colored, cold-weather clothing, gloves, hat and well-insulated water-proof footwear with nonslip soles. Dress warmly, but not so bundled up that you cannot hear or see what is going on around you. During the daytime when the sun is shining, wear sunglasses.
- Choose your route. Select a path with no snow or ice when possible. When walking in the wind, try to start your walk into the wind and finish with it at your back. Share your route with friends and family in case of an emergency.
- Bend your knees and take slower steps to help you stay balanced.
- Pace yourself. In cold weather, warm up longer at a moderate pace before you switch to a faster speed.
- If walking outside is not for you, consider walking in the shopping mall or in school gym (a lot of towns allow this)

Activity

Winter walking takes preparation. Before you take a walk, how do you make sure you will stay warm? *Ask the group to be specific—some ideas are shared in the first bullet of the article.* Do you use items like those listed? And why?

I would like to ask you to create a usual walking route you would like to use and decide with whom you would like to share it. It can be a route that you like to use in town or country. Just make sure to share with a family member or friend before you walk the route next time.



Get the News

Props:

- Glass with milk
- Donut
- Cheese
- Soft drink

Activity

Tips To Cut Back On Empty Calories

- Eating one **donut** a day and not increasing physical activity could add as much as half a pound of body fat per week. A four-inch glazed donut has 255 calories, most of them from sugar and fat. If you choose to eat the rolls and sweet breads donated to congregate meal sites, make sure to limit how much you eat.
- Select cheese carefully. Look for **cheese** made from skim or low-fat milk and measure the portion you eat. Cheese tastes so good; you could over eat without knowing it.
- Limit **drinks** that contain **added sugar**, such as soft drinks, some fruit and tea drinks, and specialty coffee drinks.

Let's compare these two glasses of liquid. First, a glass of soda pop. How many calories is in 8 ounces? 97 calories. Other than calories is there any more nutrition value? No.

Now, the 8 ounce glass of low-fat milk. How many calories? 87 calories. And, what other nutrients? Calcium, potassium, and vitamin D & A, just to name a few.

The soda pop is an example of empty calories. All calories and no nutrition. The milk is the opposite- calories AND nutrition.

I have two examples of empty calorie foods. *Show donut, and cheese and share the information from the newsletter.* You do not have to answer but just think of the answer to this question. Is one of these a food you eat on a regular basis? Could there be better foods to substitute? What are some examples? The next time you are tempted to eat an empty calorie food, think of a more healthy food to substitute.

Food Safety

Props:

- Thermometer
- Clock

Be Prepared When the Power Goes Out

Do you remember any winter storms that caused your electricity to fail? Was your first thought 'How do I save the food in the refrigerator?' There is more to keeping food safe when the power goes out than just keeping the refrigerator door closed. A prolonged outage can result in spoiled food. Follow these tips:

- Leave the door closed and do not be tempted to check the temperature until the power returns.
- If the temperature goes above 40 degrees on the refrigerator thermometer for longer than four hours, all perishable food must go. This includes meat, poultry, dairy, eggs, deli items, casseroles and any leftovers.
- Discard anything in your freezer that thaws. If ice crystals



have formed on the frozen food, when the power returns, you can safely refreeze.

Activity

You just have to wait! The best advice when the power goes out is to keep the refrigerator and freezer doors closed. When the power is back on then you have decisions to make.

1. **Thermometer** Check the thermometer. If it is 40 degrees or less, you do not have to discard any food. Do you have a thermometer? Where do you place it in the refrigerator?
Warmest spot, close to front
2. **Clock** How long was the power off? More than 4 hours than all perishable food must be discarded.

What can you do, to be ready for power outages?

Chef Charles Says **Less Sleep Linked With Higher Calorie Consumption**

Prop:

- Clock
- pillow
- thermometer
- coffee cup

Are sleepless nights bugging you? If you do not get enough sleep, you also may consume more calories and that could lead to weight gain. In a study, half of the participants slept normally and half slept one hour and 20 minutes less than their normal time. It was found that the sleep-deprived group ate an average of 549 calories more daily compared with those who slept their usual amount of time. The amount of physical activity did not significantly change between groups, suggesting that those who slept less did not burn off the additional calories consumed. Getting an adequate amount of sleep is important to your health. American Heart Association, *2012 Scientific Sessions*

Activity

Chef Charles shared that missing a good night of sleep may contribute to over eating and weight gain. Wow, even our lack of sleep can make us overweight! Let's focus on getting a better night of sleep. How many of you would like to have a good night's sleep? I have some ideas that may help.

- Establish a nightly pre-sleep routine. 20-30 minutes before going to bed try a cup of herbal tea for example or read a chapter in a book. What routine would help you get ready to sleep? **Clock**
- Stay in bed. If you wake in the middle of the night, don't get up. You will break your sleep cycle and not get the rest you need. How would you follow this step? **Pillow**
- Lower the thermostat. 68 degrees is ideal. This helps lower your body temperature. If you feel cold, cover up. Which temperature seems to be your best for sleeping? At that temperature, do you feel rested in the morning? **thermometer**



- Curb the caffeine. There are more caffeine sources than coffee. Can you name some sources other than coffee? *Tea, soda, and hot chocolate also have caffeine.* Here is the cycle that prevents a good night of sleep--consuming caffeine keeps you awake, you are tired in the morning so you drink some caffeine to perk you up and then you can't sleep again.
Coffee cup

If you think one of the suggestions could help you get a better night of sleep, challenge yourself to try it for one week.

Chef Charles Asks the Questions

Prop:

- Bottle of single vitamin like Vitamin C, etc (optional)
- Bottle of multi-vitamin with approximately 100% of vitamin or minerals (optional)

Activity

There are a lot of multi-vitamins for older adults. Are these necessary?

Older adults have a few different vitamin and mineral needs than younger people. For example, older adults do not absorb vitamin B12 from food as well, and skin does not absorb vitamin D as efficiently. We also need more calcium. Many older adults do not eat a wide variety of foods and may miss some of the vitamin and minerals they need.

While it is true that certain vitamin and mineral needs change as we age, a specially designed multi-vitamin for older adults with no more than 100% of any vitamin or mineral is the safest unless you have medical problems and the doctor has recommended something different.

This topic is important to address but we must be careful not to appear we are endorsing supplements. Nutrients from food are the best answer. Some may feel they need a supplement and the messages in this article are:

- *Talk to your health professional before taking any supplements*
- *Evidence is limited regarding the health benefits of multi-vitamins. Eating a variety of fruits and vegetables offers not only essential vitamins, but also other nutrients that cannot be found in a pill.*
- *If you take a supplement, the best choice is a multi-vitamin with ingredients with approximately 100% of any nutrient.*
- *Do not take single nutrient vitamins or minerals unless recommended by your health professional.*

Adding vitamins or minerals supplements to your diet can be problematic. How do you decide which one to take? *Emphasis the messages above.*



When you go home, check your multi-vitamins nutrition label. How many of the nutrients are more than 100%? Are any of them more than 200%? What is the highest percentage? What can you do to make sure you are using the right multi-vitamin? Do you take a single vitamin supplement like vitamin C? What percentage of vitamin C is in the supplement and how much in a multi-vitamin? If the multi-vitamin has at least 100%, you do not need the single supplement.

Snacks

Teaching Points:

- If you like beans but not the time it takes to cook them, use canned.
- Make sure to drain and rinse if you are using in a salad.
- Balsamic vinegar may not be an ingredient you stock in your kitchen. It is a great flavor and can be used on tossed salads by mixing it with a little salad oil. It is considered a low-calorie dressing.
- Make sure to chill the salad before serving. It allows the beans and vegetables to absorb the flavor.
- A serving is one cup.
- With this kind of dressing, the salad can remain in the

Holiday Bean Salad

2-14 oz. cans white beans, drained and rinsed
 1 red pepper, medium sized chopped
 1 green pepper, medium sized chopped
 3 green onions, sliced (including the green parts)

Dressing
 1/2 cup orange juice
 1/3 cup balsamic vinegar
 1 tablespoon dried basil
 Salt and pepper to taste

In a bowl mix beans, peppers, and onions. In a sealable container, combine dressing ingredients. Shake well. Add dressing to bean mixture. Stir. Chill for at least 2 hours.

Serves 6. Protein 8 gm; Fat 0 gm; Carbohydrate 31 gm; Calories 161, Fiber 11 gm; Sodium 5 mg; Potassium 504 mg; Folate 144 mcg

Easy Beans-Fast And Delicious Bean, Pea and Lentil Recipes by Trish Ross, Big Bean Publishing



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refrigerator as long as
two weeks.

- If you have a holiday party to attend, take this colorful and nutritious dish.



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Did You Learn Any New Ideas?

1. After a power outage, all perishable food must be discarded if the refrigerator temperature is above_____.
2. Not getting enough sleep can cause you to _____.
3. Who should you talk to before starting to take supplements?
4. What food would you substitute for a donut in the morning?
5. Create a _____for your winter time walks and share it with a friend or family member.

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter. _____

Address _____

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Month	# Newsletters & Pamphlets	# Incentives
Dec., 2012	_____ Congregate Meal Site Participants	The incentive for October-December is an exercise band. If you did not receive yours in October, please indicate how many are needed. _____

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Your Answers

40 degrees
Eat more calories
Health professional
Fruit or vegetable
map

Chef Charles Says...

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