



Thanks for the Feed Back

The January leader's guide introduced a new format. The new, shorter version now includes a presentation and tips for doing a snack tasting. Thanks for sharing your thoughts on the changes. Since we are making changes gradually, your comments are very helpful. Let us know what you think.

Being Independent Motivates Older Adults

Do you remember when you were eligible to take your first driver's license test? Why did you want the license? **Independence.** No longer would you have to wait for someone to drive you places.

The adults in your Chef Charles group remember this as well. But now they may be concerned about losing their independence. The Chef Charles newsletter provides support to help people maintain their independence. How? The newsletters:

- Encourage exercise to maintain balance and reduce risk for falling.
- Offer suggestions for better eating habits to support long-term health.
- Describe how to select the right foods to help control chronic diseases such as diabetes, heart disease and elevated blood pressure.

While the participants may not think of the class time as a way to promote and achieve independence, as the leader you can remind them that nutrition and exercise supports their desire for independence.

Instructions

In preparation for teaching, read pages 1-3 of the newsletter. The presentation highlights proper walking techniques and eating high (soluble) fiber foods to control belly fat. Check with staff to find out if there is an exercise or walking club at the meal site.

Before the Presentation:

- Practice the steps to better walking in front of a mirror so you can provide feed back to participants.
- If there is space available, determine a path for the group to practice walking in the meeting place. Enough space must be allotted for people to walk. If there is not enough space, ask the participants to walk around their table.
- Not everyone is able to walk. If people use walkers or a cane, they can incorporate similar walking techniques. People using wheel chairs should not be left out. As best they can, have them practice the movements that improve posture. They could flex arm and leg muscles in their chairs to improve muscle tone. If you do a walk around the room, suggest they join the group by having a volunteer push the participant.

Down With Belly Fat Presentation

Walk This Way

The theme for February is controlling belly fat. None of us like the way belly fat looks but more importantly belly fat influences our health. To control belly fat we have at least two weapons; walking and eating high fiber foods. Let's take a closer look at both.

Walking properly has plenty of benefits, from improving posture and muscle tone to preventing twisted ankles and developing calluses, but it takes time and concentration to achieve. Let's practice better walking techniques.

Ask those who are able to stand and follow instructions as best they can.

- Relax shoulders; keep them back and down.
- Stand tall with a lifted chest; straight back.
- Bend arms 90 degrees at the elbow and swing in time with the opposite leg. This balances the body.
- Point chin down and pull in slightly to place neck in a neutral position. This supports the head and prevents neck pain.
- Check hips are level; knees pointing forwards.
- Hold head straight; do not tilt to one side.

Presentation Continued from from page 1

Now we are ready to walk. Let's walk around our room remembering these points

- Strike the ground with your heel first, then roll towards balls of your feet, and push off your toes.
- Repeat to yourself: Heel, toe, heel, toe.

When the group completes one time around the room, ask them to return to their seats. Which techniques were new to you? Practice in front of a mirror until you are comfortable. As you walk, stop and check your body form.

Looking for Fiber

According to a National Institutes of Health funded project people with a diet high in fiber, especially soluble fiber have less belly fat. The study was unique in that the participants were followed over five years and each had a CAT scan at the start and end of the project. A CAT scan can actually see not only how much fat there is but also where the fat is located. The visceral or belly fat could then be measured and compared to the diet of the participant. Thus the finding that people with less belly fat ate a diet high in soluble fiber. This study demonstrated a relationship between soluble fiber and body fat, or a correlation – not cause and effect.

Where do we find soluble fiber? Let's look at page 3 of the newsletter. The article about belly fat shares some foods high in soluble fiber. *Please circle those foods.* Examples would be fruits, vegetables, or whole

Snack Demonstration

Tuna Apple Salad Sandwich

- 1 medium apple
- 1-3 oz can chunk light tuna, drained
- 1 Tablespoon plain low-fat yogurt
- 1 Tablespoon reduced-fat mayonnaise
- Black pepper, to taste
- 2 Tablespoons raisins, (optional)
- 1 Tablespoon walnuts, chopped, (optional)
- tsp curry powder (optional)

Cut apple in quarters; remove core and chop. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold tuna. Make sandwiches using lettuce and whole grain bread (toast if desired), and fill with tuna apple salad.

grains. Other sources of fiber not listed in the article are: oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, beans, dried peas, blueberries, cucumbers, celery, and carrots

Of course, there is another type of fiber, insoluble. Most foods that are good sources of dietary fiber have some of both kinds of fiber. Your best bet is to not worry about the kind of fiber but just choose foods that are good sources of dietary fiber.

Did you know that congregate meals have 8 grams of dietary fiber (on average) each day. The recommended daily dietary fiber for you would be 25-30 grams daily. Unfortunately the average intake of adults is only 14-15 grams.

Directions

Action Desired: Participants will evaluate their walking dynamics and add more dietary fiber to their diet to help control belly fat.

Sample Action Plans for Participants:

1. Each time before I walk this next week, I will stand in front of a mirror and practice standing for better walking results. If I am not able to walk, I will _____.
2. My favorite high fiber food is (*name of food*). I will purchase and eat this food at least once a day this week. Next week, I will choose a second high fiber food include it daily in my meals and snacks.

Teaching Points

- Plan to have fresh or frozen berries with plain yogurt for breakfast and save 1 tablespoon of yogurt for your apple salad sandwich.
- Substituting a lettuce leaf for the bread is an option to lower calories. Place the salad in the leaf and roll up.
- Dried cranberries can be substituted for the raisins for a little tartness.
- Any tree nuts like walnuts can be used in the recipe.
- The smaller can of tuna (3 oz) is just right for this recipe.
- Apple is a good source of soluble fiber.

Makes 2 sandwiches. 411 Calories; 14g total fat; 21g protein; 57g carbohydrates; 8g fiber; 309mg sodium; 570mg potassium; 19mcg folate



**Chef Charles
Says...**

Leader's Guide

Newsletter Order Form

February 2013

Please read the newsletter and leader's guide to answer the following questions. Then submit your order.

1. Name two healthy behaviors that help control belly fat.

_____ and _____.

2. When walking make sure your _____ touches the ground first.

3. What are the two kinds of fiber?

_____ and _____.

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 _____

City _____ State _____ ZIP _____

Phone Number _____

Number of Congregate Meal Site Participants

The incentive for January-March is a jar opener with the MYPlate logo. Please indicate how many are needed.

Return to: Marilyn Jones,
IDPH, Lucas Building, 4th Floor
321 E. 12th Street,
Des Moines, IA 50319

or by FAX 515-281-4913.

Answers

1. Walking and eating high fiber foods
2. Heel
3. Soluble and insoluble

For questions, call Marilyn at 800-532-1579 or 515-281-6047.