



Chef Charles Says...



November

Pick a Better...

Breakfast Away from Home

Do you meet friends for breakfast at the local diner? It is fun to get together and eating breakfast is a good idea. In fact, people who regularly eat breakfast have a healthier weight. Eating breakfast means you typically eat less food during the rest of the day and breakfast can provide good nutrition such as fiber, protein, minerals, and vitamins.



Consider these tips for making your next breakfast with friends a healthier experience.

- ◆ Limit portions by looking for small meal specials. They are often on the back of the menu or share your breakfast to cut calories, saturated fat and sodium in half.
- ◆ Request only one slice of unbuttered 100% whole-wheat toast as a side dish.
- ◆ Ask for a special order; like scrambled eggs made of one egg and two egg whites. This lowers the saturated fat and cholesterol.
- ◆ Beware of breakfast meals that sound 'healthy'. A spinach and cheddar cheese omelet at one popular restaurant contains more than 385 calories a 14 grams of fat, compared to a spinach omelet with 215 calories and 5 grams of fat.
- ◆ If you choose breakfast meat, select ham, Canadian bacon, or turkey bacon which have less fat and calories than sausage or bacon. All are loaded with sodium.
- ◆ Look for a breakfast bar where you can get yogurt and a variety of fresh fruit with a granola topping. Some restaurants also have oatmeal bars.

Food Safety Microwave-Safe Containers

Which containers are safest to use in the microwave? The FDA suggests that generally microwave-safe plastic wraps, wax paper, cooking bags, parchment paper and white microwave-safe paper towels are safe to use. Food packaged in plates and bowls specifically for microwaving is safe as well. These items are meant for use one time only. Never use plastic storage bags, brown paper bags, newspapers, or aluminum foil in the microwave.



Developed by:

Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, <http://www.aging.iowa.gov>

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Chef Charles Asks the Questions

Are There Any Foods That Protect My Memory?

Eating nutrient-rich blueberries and strawberries at least twice a week may slow down memory loss. A study of women over the age of 70, who included berries in their diets, appeared to delay cognitive aging by up to 2.5 years compared to those consuming less. The trick is to include blueberries and strawberries year round. If cost is a concern, your best bet is to use frozen berries during the winter months. *Annals of Neurology*, APR 2012



Chef Charles Says...

Today's Eggs Have Less Cholesterol, More Vitamin D



USDA has found that eggs contain 14 percent less cholesterol and 64 percent more vitamin D than amounts found during a previous assessment. The eggs contained 185 mg of cholesterol and 41 IU of vitamin D.

The American Heart Association recommends limiting the number of yolks you eat to no more than seven per week, and consider using an egg substitute, especially if you know you have heart disease.

Get the News Vitamin D Is A Star In The Nutrition World

Experts agree that vitamin D is essential for good health and wellness. However, there is no consensus about how many diseases it can prevent, how much is necessary, and how people should go about getting enough.

What is known is that many of us don't get enough. A 2010 study found that 42 percent of U.S. adults were deficient in vitamin D, with the highest rates of deficiency among African Americans and Hispanics.

Vitamin D with calcium is important for bone health, prevention of osteoporosis, fractures and falls. Additionally, recent studies have suggested that vitamin D might play a role in preventing cancer, cardiovascular disease, Alzheimer's, diabetes, depression, immune function disorder and weight gain.

If vitamin D is potentially so good for us, how much do we need each day from dietary sources? While there are many recommendations, probably the best advice is between 800 and 2,000 International Units. People with osteoporosis, those who are obese, have poor absorption or have other medical problems might benefit from the higher amount and should consult with their doctors.

Vitamin D is naturally found in a small number of foods such as fatty fish, eggs and cod liver oil, and it is added to others, including milk to help reach this recommendation. It's not easy to get all that you need through diet alone. For example, eight ounces of fortified milk has about 100 IU of vitamin D.

If food cannot supply enough vitamin D, spending time in the sun can be another source, but it is not reliable. It can also be difficult for older adults in Northern latitudes to get enough Vitamin D from the sun to meet all of their needs, especially year-round. If you are eating a diet that contains vitamin D-rich foods, you may not have to supplement. However, many people will need a supplement each day. Talk to your doctor to determine if you need to use a supplement.

Be Active... Go4Life is a New Exercise Program For Older Adults

Irene, Age 66 "I need to get in shape to keep up with my grandkids. Go4Life is a safe, convenient way to do that."

Whatever the reason you have for wanting to be dedicated to exercise, a new booklet with a set of thirteen exercises is available at <http://go4life.nia.nih.gov/>. The exercises can be done in your home, community center or on the back porch.

Before you begin, here are a few things to keep in mind.

Safety always comes first. Ask your health care provider if there are any adjustments or modifications that need to be done for you. Always listen to your body and do what you can as long as you are comfortable.

Drink plenty of water. Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise. Many older adults do not feel thirsty even when their body needs fluids.

Wear comfortable clothes. Be sure to wear clothing that lets you move freely.

Answers

E N S I W W X O Z T N G D L N
 S N S E A I T M O R G H O F U
 E H G I A B R I E Y W F L I
 A K L M R T E D O F C R P B
 R R Y O I R E L A M M U M U
 R D T H L S H E T I O T
 E B T L T C H C E B B C D T S
 B O A D A L H M L W A I Q Z E
 E J O M E A K U C A G O X R
 U L P P E I W E G T E R E U Z
 L E T S A O T I H O F C T L S
 B D E W H O L E G R A I N S A
 R T T U B T U N A E P N C Z
 W G A L O N A R G Y O G U R T
 S G D T F Z N E M Z S L K H P

V i t a m i n D i s f o u n d i n m i l k .
 F a t t y f i s h a n d e g g s b u t y o u
 m a y a l s o n e e d t o t a k e a
 r e c o m m e n d e d d a i l y a m o u n t .

Food Assistance Shop for Vitamin D



Your Food Assistance EBT card can help you buy the foods you need like vitamin D rich foods. Use this chart to select the foods that you would like to eat.

Food	IUs Per Serving
Salmon, cooked, 3 ounces.....	447
Tuna fish, canned in water, drained, 3 ounces	154
Orange juice fortified with vitamin D, 1 cup (check product labels, as amount of added vitamin D varies)	137
Milk, nonfat, reduced fat, and whole, vitamin D-fortified, 1 cup	120
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces	80
Sardines, canned in oil, drained, 2 sardines	46
Egg, 1 large (vitamin D is found in yolk)	41
Ready-to-eat cereal, fortified with 10% of the DV for vitamin D, 0.75-1 cup (more heavily fortified cereals might provide more of the DV)	40

* IUs = International Units.

Simple, Healthy and Delicious Ways to Break Your Fast

Eating breakfast at home does not require a lot of cooking. The idea is to plan ahead and shop for the items needed to make a wholesome breakfast. Here are five ideas to get you started.

- ◆ Peanut butter on whole grain toast with fruit
- ◆ Small whole wheat tortilla spread with yogurt or nut butter and sliced fruit
- ◆ Whole-wheat English muffin, low-fat cheese or poached egg, and slice of tomato
- ◆ Low-fat yogurt with fruit and granola
- ◆ Hard-boiled egg, banana and whole grain bagel half



