



Use Peers to Promote Healthy Behaviors

To promote healthy behavior look for participants who have made healthy choices and are happy about the change. You know the people in your group that speak up and say “I have tried that and it really made a difference.” When a person speaks up, take time to draw them out with a few questions. For instance, if a person reports they have lowered their blood pressure by cutting back on salt, celebrate and share that success. You could follow up with a question like “How did you do that and what suggestions do you have for others who might like to lower their salt intake?” Always be looking for participants who are willing to share personal examples to support your key messages.

We are looking for testimonials about positive behavior change to use in future newsletters. If you have a participant that is enthusiastic about a change, ask if you can share their comment with us.

Instructions

In preparation for teaching, read pages 1-3 of the newsletter. The presentation highlights high sodium foods and how to control the sodium in your diet. Our goal is to eat less than 1,500mg of sodium daily. Before teaching, gather the following items to be used in the presentation. If you cannot find the food packages, you can access pictures of the food at the Chef Charles website.

Newsprint or chalk board with marker or chalk
Wrappers or copies:

- Bread wrapper
- Cold cut package
- Commercial pizza box
- Chicken package nutrition label
- Soup can
- McDonald's Nutrition information
- Potato chip bag



Share Your Best Soup Recipe

Canned soup is an easy meal for people living alone to prepare, but is high in sodium. Making homemade soup may seem overwhelming. But is it? If a person has three or four easy soup recipes they can make and use for several meals it could give the rest of us some ideas. How do we find those recipes? How about sharing homemade soup recipes with friends at the meal site? Or have a contest at the meal site for the best soup with no more than six ingredients and no more than 200 mg sodium per serving? Remember if canned broth is used as a base, you need to select a low-sodium variety.

Down Size Sodium Presentation

Sodium is the primary focus this month. Why sodium? It is simple; there is a direct correlation between high sodium diets and high blood pressure which can lead to heart attacks and strokes. Most foods contribute to our sodium intake making monitoring of sodium overwhelming.

A primary technique is to encourage older adults to use less processed foods. The Nutrition Facts label is the best tool to inform you about sodium content and it is available when you are shopping. As the newsletter points out 90% of foods sold have the label. A nutrition label is a strong indicator that the food has been processed. But is it realistic to expect older adults who are cooking for themselves and maybe one other person to avoid processed foods?

Instead of focusing on every food, a better approach would be to focus on the foods that provide the most sodium. The Center for Disease Control and American Heart Association have similar lists of food categories that contribute to a high sodium diet. The top seven foods account for 35% of all the sodium we eat.

Broken down into categories, they are: *Cont. on page 2*

Presentation Continued from from page 1

Write on a newsprint or chalk board and encourage the participants to write down the categories in the margin of the newsletter.

1. Bread and rolls, 7.4%
2. Cold cuts/cured meats, 5.1%
3. Pizza, 4.9%
4. Fresh and processed poultry, 4.5%
5. Soups, 4.3%
6. Sandwiches like cheeseburgers, 4%
7. Snacks, including chips, pretzels, popcorn and puffs, 3.1%

In small groups assign a category to each group and ask them to discuss how you could limit sodium? If you are beginning with a small group of participants, assign more than one category to the group. If you have a larger group, assign a category to more than one group.

To emphasize the amount of sodium in the category, distribute a sample package of a product in this category with the label. Use the following questions to direct their discussion and have the groups report back with their ideas after each question. Check the chart below for possible responses.

- How much sodium is in your product and how large is the suggested serving size?
- Would you consider this a processed food? What would be the non-processed version?
- Are there any condiments or spreads that can be added to the item and would it increase the sodium? Check the newsletter for some common condiments and sodium.
- Can you buy or make the non-processed version in your kitchen?
- Do you eat this item at home and/or when you are eating out? How could you control the sodium in the product if it is eaten away from home? Check the newsletter article on sodium and eating out (page 2).
- Give one recommendation on how to lower the sodium in this category or group of foods? There may be more but let's start with one.

Desired Action:

Participants will evaluate the amount of sodium in their diet and will limit in high sodium foods to better control high blood pressure.

Category	Non-processed Examples	Ways to Lower Sodium Content
Bread & Rolls		Open-faced sandwich; fewer sweet rolls at the congregate meal site
Cold Cuts/Cured Meat	Planned over meat like roast beef or pork chop	
Pizza	Eliminate the sausage	Order veggie and no olives
Fresh & Processed Poultry		Roast your own chicken
Soup	Homemade	Develop 3-4 homemade soups you like to make and rotate them though out the year.
Sandwiches Like Cheeseburgers	Limit the condiments	Leave off the cheese and pickles
Salty Snacks	Homemade popcorn with no salt added	Look for low salt choices; compare your favorites and choose the one with the least amount of sodium

Directions

Action Desired: Participants will evaluate the amount of sodium in their diet and will limit in high sodium foods to better control high blood pressure.

Sample Actions for Participants:

1. On two days this week I will write down the number of foods I eat that are found in the list of top seven categories of high sodium foods.
2. When grocery shopping this week I will compare the frozen and canned sodium content of my favorite vegetable. I will purchase the one with the least amount of sodium and plan to include in one meal this week.
3. When I eat out with my friends for brunch, I will ask the server if they have information on how much sodium is in my favorite entrée.
4. The next time I fix a sandwich, I will carefully select the condiments to limit the amount of sodium in my diet.
5. If the congregate meal menu indicates it has more than 1000 mg of sodium (look for the salt shaker by the daily menu), I will eat fewer high sodium foods for the rest of the day. My goal is to consume no more than 1,500 mg of sodium. Check the menu note on page three about the salt shaker designation on the menu.

Snack Demonstration

Hold the Salt-Three Bean Salad

- 1/2 cup cider vinegar
- 1/4 cup sugar
- 1/4 cup oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 10 ounces frozen green beans
- 14 ounce canned yellow wax beans, drained and rinsed
- 8 ounces canned kidney beans, drained and rinsed
- 1/4 cup onion, diced
- 1/4 cup green bell pepper, diced

Combine vinegar, sugar, oil and spices. Heat until sugar is dissolved. Cook frozen green beans with onion and green bell pepper just until tender. The microwave oven is a good tool for cooking. Combine marinade and vegetables and stir to mix. Refrigerate overnight. Six one-half cup servings.

178 Calories, 3g protein, 19 gm carbohydrates, 10 gm fat, 99 mg sodium, 232 mg potassium, 34 mcg folate



Teaching Points

- There is no need to add table salt. Flavor will come from the powder versions of herbs and spices like garlic powder.
- Use frozen green beans. A package of frozen green beans has only 8 mg of sodium while a can of regular green beans has 645 mg. Canned green beans with no salt added would have 6 mg of sodium.
- Drain and rinse the canned beans to lower the amount of sodium by 40%.
- How does the taste of this recipe compare to other 3-bean salads you have tried? Do you miss the sodium?
- If six servings are too much for you, remember it can be stored in the refrigerator for up to 7 days.
- Cider vinegar provides a unique flavor, but you can use white vinegar.

Know the Difference

Salt is sodium plus chloride. Both are minerals. Salt is made up of 40% sodium and 60% chloride. It's that 40% that causes so much concern among doctors today. Controlling your daily intake of sodium, including that found in salt, is often an effective method for controlling high blood pressure.



**Chef Charles
Says...**

Leader's Guide

Newsletter Order Form

April 2013

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

1. How much sodium should an adult over the age of 51 consume daily?

3. Name the number one food category that provides the most sodium in our diets.

2. How much sodium can be eliminated by draining and rinsing canned beans?

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 April-June is a flashlight magnet. 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.

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

Answers

1. 1,500 mg
2. 40%
3. Bread and Rolls

- SEARCH
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Cheeseburger

A juicy 100% beef patty simply seasoned with a pinch of salt and pepper, melty American cheese, tangy pickles, minced onions, ketchup and mustard.



Add to My Meal

Nutrition

Cheeseburger																	
100% Beef Patty	300	15g	12g	33g	680mg												
Regular Bun	Calories	Protein	Fat (19%)	Carbs (11%)	Sodium (29%)												
Pasteurized Process American Cheese	<table border="0"> <tr> <td>Calories from Fat 110</td> <td>Dietary Fiber 2g (7%)</td> <td>Calcium 200mg (20%)</td> </tr> <tr> <td>Saturated Fat 6g (28%)</td> <td>Sugars 7g</td> <td>Iron 2.5mg (15%)</td> </tr> <tr> <td>Trans Fat 0.5g</td> <td>Vitamin A 250IU (6%)</td> <td>Vitamin C 1mg (2%)</td> </tr> <tr> <td>Cholesterol 40mg (14%)</td> <td colspan="2"></td> </tr> </table>					Calories from Fat 110	Dietary Fiber 2g (7%)	Calcium 200mg (20%)	Saturated Fat 6g (28%)	Sugars 7g	Iron 2.5mg (15%)	Trans Fat 0.5g	Vitamin A 250IU (6%)	Vitamin C 1mg (2%)	Cholesterol 40mg (14%)		
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Cholesterol 40mg (14%)																	
Ketchup																	
Mustard																	
Pickle Slices																	
Onions																	
Serving Size 4 oz (114 g)																	

Ingredients



Nutrition Facts

Serving Size: 1/6 pizza (150g)

Amount Per Serving

Calories 390 Calories from Fat 160

% Daily Value*

Total Fat 18 g **28%**

Saturated Fat 8 g **40%**

Trans Fat 0 g

Cholesterol 40 mg **13%**

Sodium 1090 mg **45%**

Potassium

Total Carbohydrate 40 g **13%**

Dietary Fiber 3 g **12%**

Sugars 8 g

Sugar Alcohols

Protein 19 g

Vitamin A 300 IU 6%

Vitamin C 0 mg 0%

Calcium 200 mg 20%

Iron 1.8 mg 10%

Nutrition Facts

Serving Size: 1 serving (28g)

Amount Per Serving

Calories 74 **Calories from Fat** 55

% Daily Value*

Total Fat 6.1 g **9%**

Saturated Fat 1.97 g **10%**

Trans Fat

Cholesterol 19.88 mg **7%**

Sodium 369.04 mg **15%**

Potassium 52.08 mg **1%**

Total Carbohydrate 1.93 g **1%**

Dietary Fiber 0 g **0%**

Sugars 0.9 g

Sugar Alcohols

Protein 2.77 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 31.08 mg 3%

Iron 0.49 mg 3%



1 slice= 28 grams (1 ounce)



Ingredients: Potatoes, Sunflower Oil and/or Corn Oil, and Salt
 No Preservatives.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 150 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **16%**
 Saturated Fat 1g **6%**
 Polyunsaturated Fat 4.5g
 Monounsaturated Fat 4.5g
 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Potassium 330mg **9%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

Vitamin E 6% • Thiamin 2%

Niacin 6% • Vitamin B6 4%

Phosphorus 4% • Magnesium 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

11-15 chips= 1 ounce



Chicken Noodle Soup

Nutrition Facts

Serving Size	1 cup (241g)	
Servings per Container	2.5 Per Container	
Amount Per Serving		
Calories	100	Calories from Fat 15
	% Daily Value*	
Total Fat	2g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	680mg	28%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	6g	
Vitamin A	30%	• Vitamin C 6%
Calcium	2%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Water, pasta (flour, water, egg) chicken, carrots, celery, onions, chicken base (chicken, salt, chicken fat, dextrose, sugar, natural flavor, roasted chicken flavor, chicken broth, turmeric, hydrolyzed corn gluten, lactose, onion powder, disodium inosinate, disodium guanylate, autolyzed yeast extract and spices), modified food starch, vegetable base (salt, hydrolyzed corn gluten, lactose, sugar, onion powder, disodium inosinate, disodium guanylate, autolyzed yeast extract, turmeric, natural flavorings, spices), canola/olive oil blend, garlic, spices

Contains: Wheat, Egg and Milk

Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Soluble Fiber 2g	
Insoluble Fiber 3g	
Sugars Less than 1g	
Protein 3g	
<hr/>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Thiamin 0%	Riboflavin 4%

100% whole wheat bread

1 slice=serving

Processed Poultry



Nutrition Facts	
Serving Size 4 oz. (112g)	
Servings Per Container VARIOUS	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value	
Total Fat 3g	5%
Cholesterol 55mg	19%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Protein 22g	
Iron 4%	
Not a significant source of saturated fat, trans fat, dietary fiber, sugars, vitamin A, vitamin C and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet.	

NATURAL* CHICKEN BROTH
INGREDIENTS: CHICKEN BROTH,
SALT AND CARRAGEENAN.

GLUTEN FREE

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