



Instructors' Guide November 2012



Chef Charles Says...

A newsletter for congregate meal participants for the month of November

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

When you order your Chef Charles newsletter this month, you will also receive a pamphlet illustrating exercises from the new program—Go4Life. You will receive the same number of pamphlets as newsletters. Each exercise is older adult friendly. You will be using the shoulder and upper arm exercise on page 18 with the group. You can use towels or the stretch band that is the incentive for October-December. If you would like to learn more about Go4Life visit www.nia.nih.gov/Go4Life .

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 adults. 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:

- None

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.
Discussion points: Fewer calories, fat, and sodium
- Request only one slice of unbuttered 100% whole-wheat toast as a side dish.
Discussion points: Less fat and increased fiber
- Ask for a special order; like scrambled eggs made of one egg and two egg whites. This lowers the saturated fat and cholesterol.
Discussion points: Control fat and cholesterol. You may want to reference the Chef Charles Says article regarding cholesterol and vitamin D.
- 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.
Discussion points: Choose food that is healthy but not by the name of the dish
- 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.
Discussion points: Controls fat, but not 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.
Discussion points: Encourage less calories, more fruit and whole grains

Activity

The series of questions in the first paragraph are meant to encourage adults to share their life experiences. There are no right answers. After the discussion created by the questions, share the ideas from the newsletter.

Ask the group: Do any of you participate in a breakfast group? Where do you go for the meeting? Why do you like to go to breakfast with your friends? Do you pay attention to nutrition when you are with friends? Do you have any advice for those of us who eat breakfast out and are interested in a healthy diet?

Chef Charles has some ideas too. *Have volunteers read the suggestions. After each item ask how this would be a health*



benefit? One answer follows the item for discussion. Let participants answer and use the highlighted items if there is no answer.

After the last suggestion from Chef Charles ask participants to name one idea for a healthy diet that they would be able to try the next time they meet friends for breakfast.

Be Active

Props:

- Copy of Go4Life booklet

Irene, Age 66 “I need to get in shape to keep up with my grandkids. Go4Life is a safe, convenient way to do that. The exercises make my day just that much better.

Go4Life is a New Exercise Program For Older Adults

Whatever the reason you have for wanting to be dedicated to exercise, there is a new booklet with a set of thirteen exercises that you can benefit from every day. 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.

Activity

Chef Charles sites will receive the booklet with the November newsletter when shipped. On page 18 try the Shoulder and Upper Arm exercise with a towel or the stretch band that is an incentive for October-December.

After the exercise, using the booklet, read the name of each of the 13 exercises. Ask the participants to select two exercises they will practice at least two times this next week. Have participants put an X by the two exercises they will practice. If you have a group that is willing to share, read the 13 exercises again and ask each to raise their hand if it is one of the two they will be practicing.

Get the News

Props:

- A big ‘D’ made before class
- Chalk board or newsprint

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.

Activity

The sample menu is for the instructor. Have the adults suggest items that are vitamin D rich for meals and snacks. There may be other combinations. Record the sample menu you create on newsprint or a chalk board.

Say to the group: It seems some nutrients just get more attention than others. Vitamin D is one of those nutrients. Do any of you remember Chef Charles articles about vitamin D? What health conditions were helped with vitamin D? *Possible answers are found in the highlighted area above. Let the participants give answers.*

Vitamin D could be a nutrition star. Did you notice in the article how much vitamin D you could safely take each day? *800-2000 IU.* Let's look at the list of foods in the newsletter (*Food Assistance article*) and create a list of food you would eat in day to reach 800 IU of vitamin D. Remember that this is the lower end of the range of recommended intakes.



SAMPLE MENU

	Vitamin D rich food	Vitamin D value
Breakfast	1 cup low-fat milk	124
	1 cup OJ (fortified)	137
	2 eggs scrambled	82
Lunch	1 cup low0fat milk	124
Snack	6 oz Low-fat yogurt	80
Dinner	1 cup low-fat milk	124
	3 oz tuna	154
Total		825

It is not easy to reach the 800 IU each day, especially if you do not tolerate milk products very well. You may need to consider spend time in the sun. Is this the answer for your vitamin D needs? Answer- Not always. Why? We live in Iowa, a northern state which does not consistently provide enough sunshine to meet our needs.

If you are not consistently eating vitamin D rich foods, you may need a supplement. If you want to take in more than 800 IU, a supplement would be useful. Check with your doctor before beginning any regular use of supplements.

Are you concerned about your vitamin D? The first step is to know how much you get from food. One suggestion would be to write down the food you eat and compare it to the list of foods to see if you are getting the minimum 800 IU you need daily. Which day would be good for you to jot down your food this next week?





Food Safety

Props:

- An assortment of plates, bowls that were for one time use, like Healthy Choices, Smart Ones, etc,

Activity

Microwave-Safe Containers

Which containers are safest to use in the microwave? 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.

Ask the group: How many of you have a microwave at home? Do you remember the year you bought your first microwave? Microwaves have been available in homes for over 40 years.

Microwaves are great for fixing meals for one to two people. And really nice for warming up leftovers if you use the right equipment.

Today we want to focus on containers that are safe to use in a microwave. I am holding up some examples of dishes that I saved after I ate the meal. Chef Charles tells us that these plates or bowls are actually meant for us to use just one time. They are not designed to be reused.

Do any of you re-use these? I am setting a goal of disposing or recycling these plates in the future. Do you think that is a good goal for you?

Chef Charles Says Today's Eggs Have Less Cholesterol, More Vitamin D

Prop:

- Hard-cooked egg (easier to transport and can be part of the snack demonstration)

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.

Activity

Hold up the egg. Say to the group: Do you notice anything different about this egg? It looks the same, as any egg. But it has a new nutrition profile. Yes, it has more vitamin D and less cholesterol than eggs of the past.

Still the American Heart Association says adults should limit eating egg yolks to 7 or less a week. If you have heart disease, they suggest no more than 2 eggs yolks a week. Why just the yolk? *That is where the fat and cholesterol is stored.* There is no limit on egg



whites. How many eggs (yolks) have you eaten this week? Note: Cholesterol is found in a variety of animal foods like meat and milk products, not just eggs.

Snacks

Teaching Points:

- Ask participants to be creative and think of breakfast ideas and illustrate with the food items.
- All of the ideas suggested are handy for a one or two person household.
- Many of the ideas incorporate fruit in a creative way for breakfast.
- Ask participants to share which of the ideas they will try tomorrow morning for breakfast. Do you have to buy ingredients?
- Good nutrition starts with the shopping list.

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

Demonstration:

If you demonstrate a breakfast snack choose from examples and bring ingredients for each person to make a snack. You may need to use a toaster.

Choose from the following ingredients:

Peanut Butter	Whole Wheat English Muffin
Whole Wheat Bread	Mozzarella Cheese
Sliced Strawberries	Tomato
Whole Wheat Tortilla	Granola
Fat Free Yogurt	Banana
Blueberries	Hard-cooked Egg



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Did You Learn Any New Ideas?

1. How many egg yolks are recommended per week if a person has heart disease?
2. T or F Using a plastic plate saved from a frozen dinner in the microwave is a good way to save money.
3. Eggs today have more _____ and less _____.
4. What is the suggested range of daily vitamin D?
5. What is your one idea for a healthy breakfast you will try this week?

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 _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters & Pamphlets	# Incentives
Nov., 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

Two – seven if a person does not have heart disease

F – They are one time use plates

Vitamin D – Cholesterol

800-2000 IU

Individual answers

Chef Charles Says...

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