



Chef Charles Says...

A newsletter for congregate meal participants for the month of June

Please read carefully.

We have new information in this section.

The April newsletter included information on refrigerator thermometers which are the incentive for April-June, 2012. Maintaining a constant temperature in the refrigerator is important for keeping food safe. There are many opportunities to ask the participants if they placed the thermometer in their refrigerator to check the temperature. For Instance, the article on cantaloupe reminds us that cut melon can be at room temperature for no more than 2 hours. Ask participants, if this is new information for them.

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 big 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:

- Newsprint or chalk board

Snack

Older adults have unique food and nutrition challenges including eating enough calories every day. Calorie consumption can decrease as people get older. Reasons for eating less include physical changes like illness, less money to spend on food, and possibly living alone.

What can be done to make sure older adults eat enough food? One study found snacking to be an "important dietary behavior" that can help older adults ensure they consume enough calories in their



diets.

Eighty-four percent of the participants ate snacks daily, with an average of about 2-1/2 snacks per day. Those who ate snacks consumed significantly higher amounts of calories, protein, carbohydrates and total fat throughout the day than non-snackers.

The researchers found that snacking may promote eating more calories and cause obesity among most age groups. But, the study found snacking to be a benefit in helping older adults consume enough calories.

Journal of the American Dietetic Association, May 2007

Activity

Create the following column headings before class on the newsprint/chalk board: protein, fruit, vegetables, grain, dairy.

Ask the group: How many of you snack each day? You are one of the lucky ones. It seems that older adults can benefit from snacking to meet daily nutrition needs. Snacking could be a problem by promoting eating more calories than needed and causing obesity. This can be avoided by planning your snacks as part of the food you eat each day.

Let's make a snacking list. I am going to ask each of you to name a snack that you eat. Then we will ask the group which food group does it represent. Write the suggested snacks as they are named.

The fact is that just about any food can be a snack. The point of this exercise is to discuss how any snack can be used to fulfill daily nutrition needs and can be found in all food groups.

Follow up questions:

1. Did any one group seem to have more foods than others?
2. Is there a snack on the list you have not considered eating before?
3. Were there any foods that may not be a good choice? For instance, ice cream.
4. What could you substitute for those foods?
Ice Cream = Low-fat Yogurt

Chef Charles Says **Folate is Vital for Older Adults**

Props:

- Snack chart

Folate, a B vitamin, is especially important for women of childbearing age, pregnant and nursing women, growing children and OLDER ADULTS. **Not consuming enough folate may cause you to develop anemia and increase your risk for heart disease, stroke, cancer, or memory problems.**

Older adults need 400 micrograms of folate a day. Specific foods that provide excellent supply of folate include green leafy



vegetables, orange juice, beans and lentils, peanuts, fortified cereals and breads.

Food is the best source of folate but if you do not get enough folate from the foods you eat, you may need to take a supplement. Supplements contain a form of the vitamin called folic acid. Consult with your health professional if you are interested in taking any supplement.

Sources of Folate

FOOD	FOLATE (mcg)
Spinach, cooked, 1/2 cup	130
Kidney beans, cooked, 1/2 cup	115
Fortified cereal, 1 serving	100 - 400
Peanuts, dry roasted, 1/2 cup	80
Orange juice, 1 cup	75
Romaine, shredded, 1 cup	75

Activity

Say to the group: Folate is important for many reasons like (from the newsletter)

Not consuming enough folate may cause you to develop anemia and increase your risk for heart disease, stroke, cancer, or memory problems.

Let's look at the list of foods rich in folate. Are any of the foods on our snack list? If not could you think of a way the folate-rich food could be a snack? Your congregate meals provides one-third of the folate you need weekly (133 mcg). You need to eat other foods for the remainder. This next month, focus on folate and check nutrition labels for folate. If you find a food rich in folate, bring it to our next Chef Charles meeting and we will share.

Be Active

Props:

- None

Treadmill Exercise Safety Tips

The treadmill is one of the most popular pieces of exercise equipment. It is not a difficult to use but learning how to use it properly will give you a safe and effective workout.

- **Understand the Control Panel Including Safety Features**
- Read the instructions before you turn it on. Most treadmills have the same features, including preset or manual workout selections, start and stop buttons, speed and incline adjustments and body weight input.
- **Start Slowly**
- To start walking on the treadmill, it is easiest for a beginner to



hold on to the handrails and place one foot on the belt followed by the second foot. When you are comfortable with the pace, let go of the handrails, and walk normally.

- **Get Walking**
- Start by walking at a slow comfortable pace. Keep your head up, and stay centered in the middle of the belt (not too far forward or back). Find a comfortable walking speed for you. Warm up by walking for a few minutes before increasing the pace.
- **Stop the Treadmill**
- Have a plan for stopping the treadmill. You can decrease the speed with the control panel until the belt stops.

Journal of Cardiopulmonary Rehabilitation, Nov. 2006

Activity

Ask the group: What kind of exercise equipment do we have at the center? (*Possible answers: stretch bands, exercise videos*) Do you have any equipment at home? (*Possible Answers: bicycle, even a treadmill*) If someone answers a treadmill stop at that point and ask "How do you keep yourself safe on a treadmill?" Look at the article highlights to share the safety tips.

Get the News

Props:

- Fresh, canned, frozen green bean samples
- Whole grain bagel or pasta
- Canned kidney beans or other examples of legumes
- Water bottle

MyPlate for Older Adults

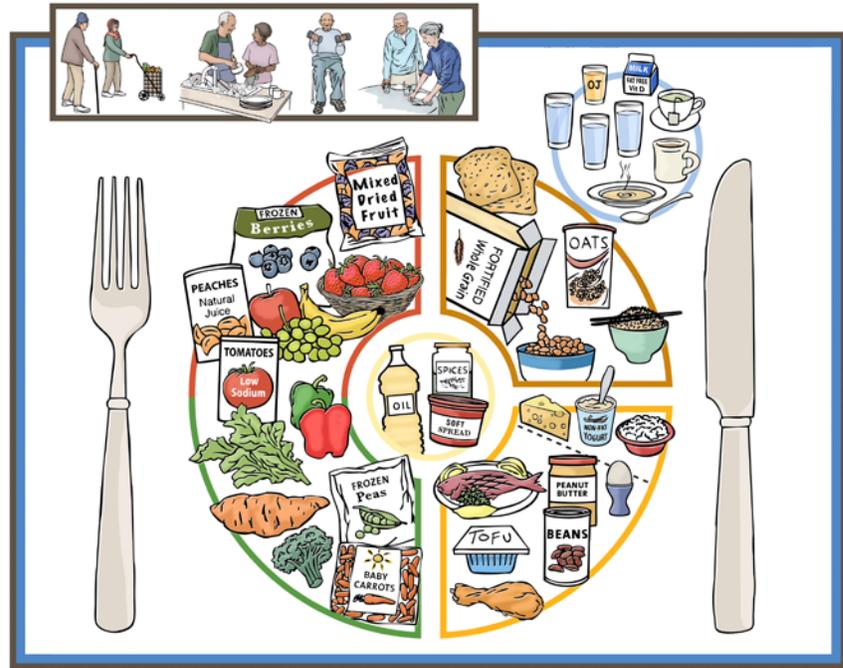
The MyPlate plan was developed for the general population. A variation on the plan was developed to be a guide for healthy, older adults who are living independently and looking for examples of good food choices and physical activities. While this version looks very similar to the original plan there are some specific messages for older adults.

1. Filling half of your plate with fruits and vegetables encourages older adults to consider fresh, frozen, pre-peeled fresh, dried and canned options. **Green bean samples**
2. Alternatives to salt like spices are suggested as well as choosing the low-sodium options of items such as canned vegetables.
3. MyPlate for Older Adults provides a variety of whole, enriched and fortified grains. **Whole grain bagel or pasta**
4. Suggested protein sources include plant-based options such as beans and tofu as well as fish and lean meat. **Canned Beans**
5. Vegetable oils and soft spreads are suggested when choosing fat.
6. The message to drink water and other beverages is important because of age-related decline in thirst. **Water bottle**



7. MyPlate for Older Adults promotes regular physical activity with pictures. The list includes a variety of options for regular exercise. **Tennis shoes**

MyPlate for Older Adults



Activity

Ask the group: How many of you have put your MyPlate sticker somewhere that you can easily see it? (*The sticker was given to participants in January thru March.*) We now have a MyPlate graphic that is specifically for older adults. This is what it looks like. There are a few differences that are specifically for you. Can you find the new picture in the newsletter? The answer to my following questions can found on the picture.

1. Looking at the group of vegetables on the picture, what forms of vegetables are there? I have a bag of fresh, canned and frozen GREEN BEANS as examples. **Read statement #1**
2. Looking at the group representing grains what do you think the message is? **Read statement #3.** Both of my examples are what kind of grain? **Whole-grain.**
3. On the plate, where would you find the meat, poultry or fish? Protein. On the picture you see examples of meat, poultry and fish. **Read statement #4.** I have a can of kidney beans which provides protein. What other foods on the graphic provide protein? **Eggs and peanut butter.**
4. A special message about beverages. This bottle of water is a clue. **Read statement # 6.**
5. Here is a tennis shoe. We will not eat the shoe but it is



important for MyPlate as well. What exercises do you see illustrated? *Dancing, walking, gardening, playing with children*

Chef Charles Asks the Questions

Props:

- Pencil for each person

My doctor suggested I lose some weight to help my joints. I was successful. Now, how do I keep it off?

It is confusing. Some older adults do not eat enough and some older adults eat too much. Either can be a concern. Which group do you fit into?

Statistics continue to show that elderly obesity rates are on the rise, supporting the need for older adults to exercise, consuming nutrient dense foods and lose weight when needed.

If you are successful at losing weight, you still have the challenge of keeping the pounds off. The National Weight Control Registry (NWCR) has identified the most common ways people who have lost weight, keep it off. The participants reported that:

- 98 percent exercise at home
- 89 percent combine diet and exercise to lose weight
- 40 percent exercise with a friend

Walking is the most popular form of exercise. Other keys to maintaining weight loss include eating breakfast each day, spending less time in front of the television or computer, and controlling calorie intake.

American College of Sports Medicine Journal, April 2011.

Activity

Say to the group: Health professionals suggest to people that they need to lose weight for many reasons. It is hard to do! It seems that the way you lose weight is very similar to how you maintain weight loss. The Chef Charles question in the newsletter provides insight. I see six ways to maintain weight loss. In the article circle the ways people keep weight off. Share your circled items.

Food Safety

Props:

- Cantaloupe uncut or a picture of a cantaloupe
- Refrigerator thermometer (has been

Cantaloupe Safety Tips

To enjoy cantaloupe this summer you need to select and prepare the melon with food safety in mind.

1. Purchase cantaloupes that are not bruised or damaged.
2. If buying pre-cut cantaloupe, be sure it is refrigerated or surrounded by ice. After purchase pre-cut cantaloupe refrigerate promptly.



an incentive for this quarter)

- Container of dirt & veggie brush
- Cutting board
- Watch

3. Melons lie on the ground while growing and will carry dirt and bacteria on their rind. Before cutting through the rind and into the soft fruit, you should thoroughly clean the outside of the melon. The netted rind of a cantaloupe needs extra attention. Scrub whole cantaloupes by using a clean produce brush and cool tap water. There is no need to use soap or detergent.
4. Use clean cutting surfaces and utensils when cutting melons. Wash cutting boards, countertops, dishes, and utensils with hot water and soap between the preparation of other foods and the preparation of melon. Wash hands with hot, soapy water before and after handling fresh melons.
5. Once cut, any melon should be discarded if left at room temperature for more than two hours. This includes mixed fruit salads that contain cantaloupe or other melons as an ingredient.

Activity

Ask the group: How many of you have grown melons in your garden? They take quite a while to grow and mature. But, the wait is worth it. Once you harvest a melon, or buy one at your local store or farmer's market, you need to follow some food safety tips. Read each tip and share the prop that illustrate the tip to help participants remember the points.



Snacks

Teaching Points:

- If your household is 1 or 2 people, you can make a half recipe.
- Sweet or tart apple? Either works.
- How could you increase the folate? Add some cereal fortified with folic acid.
- Yogurt will keep the banana from turning brown.

Splendid Fruit Salad

- 2 medium apples, chopped
- 1 banana chopped
- 1 6-oz container low-fat vanilla yogurt
- 1/4 teaspoon cinnamon
- 1 tablespoon orange juice

Mix yogurt, cinnamon, and orange juice in a medium bowl. Wash and chop the fruit and add to the yogurt mixture. Stir and serve. Makes 4 servings of 3/4 cup each.

98 calories; 1 gm fat; 29 mg sodium; 2 gm fiber; 3 gm protein; 80 mg calcium; 14 mcg folate; 279 mg potassium

Recipe provided by IDPH BASICS program, 2012.



Did You Learn Any New Ideas?

1. You need 400 mcg daily of folate. Name one food that has more than 100 mcg per serving. Hint-check the list of folate rich foods.
2. The older adult MyPlate encourages you to drink more liquids including water because of _____.
3. Never start a weight lose program with out checking with who?
4. A cut melon can stay at room temperature for how many hours?
5. What is your favorite snack and which food group does it represent?

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	# Incentives
June, 2012	_____ Congregate Meal Site Participants	The incentive for April-June is a refrigerator thermometer. If you did not receive yours in April, indicate how many are needed. _____

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Your Answers

Spinach, kidney beans,
fortified cereal

Risk of dehydration

Health professional-doctor

Two

Individual answer

Chef Charles Says...

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