



Chef Charles Says...

A newsletter for congregate meal participants for the month of August

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

The August newsletter places a heavy emphasis on fruits and vegetables. Make sure to have the participants actively participate in naming fruits and vegetables in the activities. The more they discuss how to use fruits and vegetables in their every day choices, the more they will choose fruits and vegetables.

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:

- A piece of green construction paper
- A piece of white or light green paper

MyPlate Tip:

**Two cups of lettuce equals
one cup of vegetables.**

Salad Green

Americans would hardly eat any vegetables if not for lettuce. Lettuce ranks third behind potatoes and tomatoes for popularity.

A nice, big salad helps us reach the two to three cups of vegetables we need daily. Unfortunately, the favorite salad green of Americans is iceberg lettuce. Nutritionally, iceberg is not at the top of the list. To boost the nutrition in a salad choose deeply colored greens that contain vitamins C, K, folate, beta-carotene and other nutrients like lutein, calcium, and fiber. **Green and red leaf lettuce contains nearly 15 times as much vitamin A as iceberg lettuce**, six times the vitamin K, and six times the lutein. Other popular varieties, such as Romaine, Bibb and Boston lettuce also outshine iceberg



lettuce. The pale color of iceberg lettuce is the tip for nutrition. **In general, the greener and more colorful, the better the nutrition.**

If you eat a variety of colorful greens you will have a tasty and nutritious salad. A good formula for building a salad is to toss together at least three different kinds of greens.

Activity

Hold up the two pieces of paper. Ask the group "When you are selecting salad greens which of the two colors would have the better nutrition?" *Answer: dark green.* The rule is found in our newsletter. *Read the highlighted sentence in the article above.*

One example is vitamin A. Green or red leaf lettuce has 15 times as much vitamin A. The best message to remember is to select your greens by color. Remember the darker the green the better.

Food Safety

Props:

- Props listed in red print
 1. Grocery store plastic produce bag
 2. Glass of water
 3. Liquid soap
 4. Paper towels
 5. Empty bag of pre-washed greens*
- Universal sign for do not use (provided on page 4 of Leader's Guide)

*If you teach more than one Chef Charles Club, you will want to empty or eat all the greens in a ready-to-eat bag; dry out; and put crumbled green tissue paper to resemble dark greens.

Safe Salad Handling and Storage

- At the market, place fresh greens in produce bags to keep separate from raw meat and poultry.
Prop: **Grocery store plastic produce bag**
If the meat/poultry have bacteria on the packages, the bacteria could be transferred to the greens if they are in the cart together. Since we do not heat the greens, the bacteria would not be destroyed before you eat it.
- Wash greens thoroughly under running water just before using, including produce grown conventionally or organically at home or purchased at a farmer's market.
Prop: **Glass of water**
To insure that the greens have had possible viruses or bacteria removed from the surface, use running water to wash the 'bugs' away.
- The FDA does not recommend washing with soap or detergent or using commercial produce washes.
Prop: **Liquid soap**
Clear, running water is the best way to treat greens. Soap is not needed.
- Blot greens dry with paper towels or use a salad spinner.
Prop: **Paper towels**
Less water slows any bacteria from growing.
- If the label on the packaged greens indicates that the contents are pre-washed and ready-to-eat, the FDA says you can use the produce without further washing.
Prop: **Empty bag of pre-washed greens with green tissue paper crumpled inside.**
It has been tested and the greens in a pre-washed bag are safe.



Activity

Since we seldom cook salad greens, it is very important that we handle the produce safely. Let's look at the suggestions in the newsletter. Read each suggestion and hold up each prop and ask the participants why this is an important suggestion. Examples are in **blue type**.

Chef Charles Asks the Questions

Props:

- Print sample nutrition label on page 5 of the Leader's Guide
- Chalk board or tear sheet pad

Which foods, other than salty snacks, are high in salt?

Avoiding salty snacks such as potato chips, pretzels and popcorn is a sensible way to protect your heart health. A 2012 report suggests that most of the salt we consume comes from bread and rolls, simply because we eat more of these foods.

Adults age 51 and older, as well as African-Americans and people with high blood pressure or kidney disease should consume no more than 1,500 milligrams of sodium per day.

Unfortunately, the report shows that average sodium consumption in the U.S. is about 3,300 mg per day. Check the Nutrition Facts labels before buying to be an informed consumer.

Centers for Disease Control and Prevention's Vital Signs, February, 2012

Activity

Say to the group: I have an example of a bread nutrition label. It is for one slice of bread. If you eat a piece of toast for breakfast how much sodium would you consume? **193 mg.**

If you have a slice for lunch at the congregate meals site you would add **193 mg.**

And, you finish your day with two slices in a sandwich, how much more sodium do you eat? **386 mg.**

From bread alone how much sodium will you consume? **772 mg.**

That total is close to half of the recommended sodium intake for you. We need to find a way to have less sodium in our diet. Selecting other whole grain foods to replace bread in your diet would be a good place to start. Consider whole grain pasta, quinoa, barley, and oatmeal. You are in control of the sodium when you prepare such foods.



Common White Bread Nutrition Information: 1 slice

Nutrition Facts

Serving Size: 1 oz (28g)

Amount Per Serving

Calories 75 **Calories from Fat** 8

% Daily Value*

Total Fat 0.93 g **1%**

Saturated Fat 0.2 g **1%**

 Trans Fat

Cholesterol 0 mg **0%**

Sodium 193.06 mg **8%**

Potassium 28.35 mg **1%**

Total Carbohydrate 14.35 g **5%**

 Dietary Fiber 0.68 g **3%**

 Sugars 1.22 g

 Sugar Alcohols

Protein 2.17 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 42.81 mg 4%

Iron 1.06 mg 6%





Get the News

Props:

- None

Less Sodium Can Help Protect Your Kidneys

A recent study found that people who are obese and have high sodium intake are more likely to develop kidney disease. The study found that individuals who consumed the most sodium and the least potassium were most at risk for this condition. Researchers suggested that the best way to have a balance between sodium and potassium requires a reduction in sodium along with increasing potassium rich foods. **Fruits and vegetables are an excellent source of potassium.**

American Journal of Clinical Nutrition, October, 2011

Activity

Say to the group: After the body has taken what it needs from food, excess nutrients like sodium and waste byproducts circulate in the blood. If these items were not removed, they would damage the body. The kidneys remove waste and water from the blood in the form of urine. Consuming too much sodium can cause high blood pressure and high blood pressure can damage your kidneys. The best way to limit your sodium intake is to read the nutrition facts labels AND eat more potassium-rich foods. Looking at the article, can anyone tell me the excellent source of potassium in food?
Answer: fruits and vegetables. Take a look at the next article to discover ways to increase your intake of fruits and vegetables.

Chef Charles Says Get Your Plate In Shape*

Props:

- None

Easy tips to add fruits and vegetables to your plate.

- Add fruit to cereal or oatmeal. **Blueberries, banana**
- Make a breakfast smoothie using frozen fruit and reduced fat milk or yogurt. **Strawberries, oranges**
- Make a vegetable wrap using raw or cooked vegetables, low-fat cheese, and a whole-grain wrap or corn tortilla. **Green peppers, celery**
- Add a variety of vegetables to an omelet or pizza. **Tomato, mushroom**
- Add chopped or pureed vegetables to sauces, meatloaf, or lasagna. **Carrots, applesauce**
- Eat frozen fruit with low-fat yogurt. **Cherries, peaches**

*The Academy for Nutrition and Dietetics 2012 National Nutrition Month theme

Activity

Read tops to the group. After reading the tip, ask the participants to mention fruits or vegetables that are examples of this



tip. Try to encourage suggestions that are darker colors to support the concept from the salad greens article.

Be Active

Props:

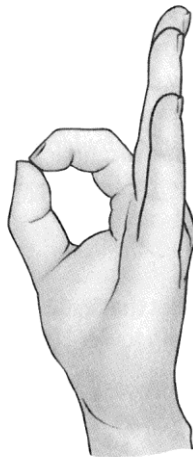
- None

Hand Exercises

Performing simple daily tasks can be difficult if your hands are stiff from arthritis. Exercising your hands can be a help in loosening up the hands so they can help button shirts or open a jar. Try these exercises with your morning coffee. *Women's Nutrition Connection Newsletter*, March 2012. Illustrations by Alayna Paquette.

Thumb-to-Fingertips

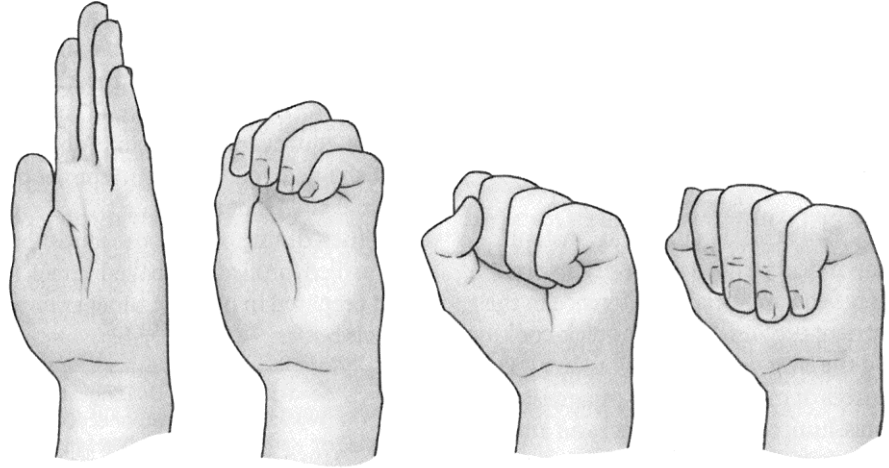
Begin with fingers extended. Touch the tip of your thumb to the tip of your index finger so that the two fingers make an "O." Slowly straighten your fingers and repeat the movement touching each of the other three fingertips in order with your thumb. Complete 10 repetitions with each hand.



Finger Flex

Start with the thumb and fingers touching and extend upward.

1. Slowly start by curling your fingers down to form a hook.
2. Then bend your knuckles and
3. Move your thumb to rest against the index finger, making a fist.
4. Move your fingers downward toward the base of the palm, then out, up and back to the starting position. Complete 10 repetitions with each hand.



Activity

Practice the hand exercises with the group.

Snacks

Teaching Points:

- Will last in refrigerator for up to 4 days
- What are some vegetables that are deep colors you could serve with the dip?
 - Carrots
 - Broccoli
- How much sodium is in the dip?

Cucumber Yogurt Dip

- 1 cup plain low-fat yogurt
- 1 large cucumber, peeled, seeded, and grated
- 1/2 cup nonfat sour cream
- 2 teaspoons lemon juice
- 1 teaspoon fresh dill or 1/2 teaspoon dried dill
- 1/2 garlic clove, chopped

Peel, seed, and grate cucumber. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Serve the dip with tomatoes, cucumbers, broccoli, and carrots.

Makes 6 servings- 2 tablespoons. Each serving contains: Calories 79, Fat 4.6 g, Sodium 40 mg, Carbohydrates 6 g, Protein 3 g, Folate 13 mcg, Potassium 260 mg



Instructors' Guide August 2012



Did You Learn Any New Ideas?

1. What characteristic of salad greens indicates better nutrition?
2. What is the suggested daily limit for sodium over the age of 51?
3. Which foods are excellent sources for potassium?
4. How do you protect fresh produce from bacteria when shopping?
5. Which foods we eat provide the most sodium in our diet?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name

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Month	# Newsletters	# Incentives
Aug., 2012	_____ Congregate Meal Site Participants	The incentive for July-August is a Chef Charles sun visor. The supply of visors is limited and other incentives may be substituted. Please indicate how many are needed. _____

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Your Answers

Dark green color
1500 mg
Fruits and vegetables
Place produce in a plastic bag
Bread and rolls

Chef Charles Says...

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with low income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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