



## **Chef Charles Says...**

A newsletter for congregate meal participants for the month of January

**Please read carefully.**

**We have new information in this section.**

The January newsletter includes an article on a new nutrition facts label on meat and poultry. The original deadline to have the label on the food products was January 1, 2012. The deadline has been extended to March 1, 2012. We introduce the label in this newsletter. To engage the participants, ask them to begin looking for the labels and bring any sample they find. We will discuss the details of the label in April.

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 an 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.

## **Be Active**

### **Props:**

- Two soup cans
- Chair
- Pedometer
- Watch

## **New Exercise Guidelines**

Research has shown that regular physical activity can help prevent heart attacks, strokes, type 2 diabetes, and certain cancers such as those of the breast and colon. New evidence-based recommendations about the quality and quantity of exercise have been released. Check out the recommendations.

- **DO** lift weights. In fact, if time is limited, shorten your aerobic activity to make time for weight lifting. Strength training is critical for older adults to help prevent age-related bone and muscle loss, both of which can lead to falls and serious injuries. **Two**



## soup cans

- DO diversify your exercise. Exercise like Pilates, Tai Chi, and yoga combine balance, stretching and muscle strengthening and can improve your agility and body control.
- DON'T stay sedentary during your downtime. Try to find six to seven more hours a week to spend on your feet, and move around more throughout the day. Try to cut your time watching Television or computer games. **Sit in chair to start this section and then stand for the rest of the section.**
- DO stretch after working out, not before. Your muscles need to be warm in order to obtain maximum benefit from flexibility training. **Demonstrate one of the stretching movements you have taught before.**
- DON'T rely solely on step counts. While pedometers can be effective for promoting activity, step counts are not an accurate measure of exercise intensity or quality. **pedometer**
- DON'T get discouraged if you are not fit. Even a little exercise is better than nothing. Slowly increase how long you exercise (duration), and then focus on the how hard you exercise (intensity) later. It is the amount of exercise that relates most to health benefits. Start slow and try adding one to five minutes every two to three weeks. **watch**

Fitness in Apparently Healthy Adults, Guidance for Prescribing Exercise, *Medicine & Science in Sports & Exercise*. June 2011

## Activity

To make this interesting and memorable, use the suggested props as you read the features of this report. You may ask participants to take turns reading the points. You can also ask participants to share their experience with each of the points. Remember that many congregate meal sites are teaching A Matter of Balance classes. The Matter of Balance program is now available in 77 of the 99 counties in Iowa. More information about the Matter of Balance program and where workshops are being offered can be found at <http://www.aging.iowa.gov/>.

## Get the News

### Props:

- None

## Nutrition Facts Label on Meat and Poultry

USDA has announced that it will require nutrition labels, including the number of calories and grams of total and saturated fat, on the 40 most popular raw meat products effective January 1, 2012. The nutrition facts will be required either on product labels or the point of purchase, and will apply to whole raw cuts, as well as ground or chopped meat or poultry products. While the FDA requires nutrition labeling for all FDA regulated foods, meat and poultry have not been labeled because they fall under USDA. The



new labeling rule will ensure that nutrition information is available to help consumers make healthier meat and poultry selections.

## Activity

**Say to the group:** USDA has delayed the introduction of the new meat and poultry label from January 1, 2012 to March 1, 2012. I am going to ask you to be detectives. In April, we will discuss the features of the new label. As you are grocery shopping please save and bring to class the labels from your meat and poultry purchases. The new label will look very much like the existing Nutrition Facts label except it will be on a meat or poultry package. The label will be found on the 40 most popular raw meat products. Which cuts of meat do you think will be on the list? (*some examples: whole cuts of meat and poultry such as boneless chicken breasts, beef brisket and tenderloin steak, along with packages of ground or chopped meat including hamburger and ground turkey*)

## Chef Charles Says **Vitamin B12 Is Important As We Age**

### Props:

- Suggested menus on three separate cards.

Vitamin B12 is essential for maintaining healthy nerves and red blood cells. Most adults get plenty of B12 from food but as they age, the chance of having a deficiency increases. In fact, the 2010 Dietary Guidelines point out specifically that older adults are at risk for not getting enough B12.

One cause of vitamin B12 deficiency is poor absorption. People with anemia and digestive diseases are at risk. B12 is bound to the protein in animal foods (shellfish, fish, meat, poultry, pork dairy and eggs.) The acid and enzymes in the stomach remove B12 from the protein during digestion, thus allowing it to be absorbed.

People who eat a vegetarian diet and do not eat animal foods can also be at risk. And if you have trouble chewing meat and avoid it, you may be at risk. Make sure you eat enough B12 rich foods or take a B12 supplement.



Food Source	Serving	B12 (mcg) (Daily need 2.4 mcg)
Beef liver	3 ounces	49.0 mcg
Rainbow trout	3 ounces	5.4 mcg
Salmon	3 ounces	4.9 mcg
Raisin Bran Cereal	1 cup	3.0 mcg
Beef	3 ounces	2.4 mcg
Yogurt, plain	6 ounces	1.0 mcg
Haddock	3 ounces	1.2 mcg
Tuna	3 ounces	1.0 mcg
Milk	1 cup	0.9 mcg
Swiss Cheese	1 ounce	0.9 mcg
Egg	1 whole	0.6 mcg
Chicken	1/2 breast	0.3 mcg

## Activity

Vitamin B12 is important and the newsletter indicates that older adults have trouble getting enough B12 for their body. It may be because they do not eat enough vitamin B12 rich foods or it may be they have difficulty absorbing it from food. Either way, older adults need to make sure they are working to have enough. In the newsletter there is a chart of common foods and the amount of B12 in a serving. It is a small list. The chart indicates that we need how much B12 daily? (*Answer: 2.4 mcg*) Here is a sample daily food plan. How much B12 does it have? (*Answer: total 4.8 mcg*)

**Ask for three volunteers and ask each to take one meal menu. Using the chart in the newsletter, have volunteers total the amount of B12 in the menu and then share with the group the total of the three meals.** Ask participants if this is a sample menu they would eat to make sure they have enough B12.



## Menus

### Breakfast

- 1 poached egg (.6 mcg)
- 1 slice whole wheat bread
- 1 cup orange juice
- 1 cup plain yogurt (1.1 mcg)
- 1/4 cup blueberries
- 1 cup coffee

### Lunch

- Tuna salad with 2 slices of bread (1.0 mcg)
- Carrots and celery sticks
- 1/2 cup canned peaches
- 1 glass low-fat milk (.9 mcg)

### Dinner

- Baked chicken (.3 mcg)
- Baked sweet potato
- 1/2 cup green beans
- 1 glass low-fat milk (.9 mcg)



## Pick a Better...

### Props:

- One MyPlate incentive for each participant

### Activity

## Cruciferous Vegetables

Cruciferous vegetables, such as **cabbage, cauliflower, turnips, broccoli** and green leafy vegetables, may offer the best protection from heart disease for both men and women according to two studies. After reviewing diet records, those who ate the most fruits and vegetables were 16 percent less likely to die of heart disease while people who focused the most on cruciferous vegetables were 22 percent less likely to die of heart disease.

*American Journal of Clinical Nutrition*, July, 2011

Distribute My Plate incentive for January-March.

**Say to the group:** The Chef Charles Newsletter has found another good reason to eat vegetables: protection from heart disease. And there is one specific group of vegetables that is highlighted. Can anyone find the name of the vegetables? (*Answer: cruciferous*) How many of you like cruciferous vegetables? I will name a cruciferous vegetable and if you eat that vegetable on a regular basis raise your hand. (*Read from the highlighted vegetables in the article*) After we count the number of hands, you may lower your hand and I will list another vegetable. *Instructor lists the highlighted vegetables and count hands. After counting the hands, ask one person to give an example of their favorite way to cook this vegetable. If this is a good activity you may want to continue with a few more cruciferous vegetable names like:*

### LIST OF CRUCIFEROUS VEGETABLES

Arugula	Bok choy	Collard greens
Brussels sprouts	Chinese cabbage	Kohlrabi
Chard	Kale	Rutabagas
Mustard greens	Radishes	Watercress

Share with the group the vegetables that were the top three vegetables in the hands-up survey. Cruciferous vegetables can help make half you plate full of vegetables and fruit as suggested by the MyPlate refrigerator sign.



## Chef Charles Asks the Questions

### Props:

- Incentive for MyPlate
- Bottle of water
- Picture of bottle of beer

## Does My Diet Cause Gout?

Over the past 20 years, more American adults than ever before have been diagnosed with gout. About 6% of men had gout, compared to 2% of women. Gout is an inflammatory form of arthritis caused by high uric acid forming crystals in the joints. Your body produces uric acid when it breaks down purines. Purines are found naturally in your body, but they are also found in certain foods, such as animal protein. A study released in 2011, suggested that the increase in the number of adults with gout can be linked to obesity and high blood pressure. They note that better prevention of these risk factors might help reduce the number of people developing the painful condition.

A gout prevention diet resembles a healthy eating plan like MyPlate. In addition to helping maintain a healthy weight, the diet also can help manage gout.

Specifically, a gout diet should:

- Limit foods high in purines such as protein rich foods by having small servings.
- Help you lose weight if you are overweight or obese. However, avoid fasting and rapid weight loss because these can promote a gout attack.
- Provide plenty of fluids, especially water, to help flush uric acid from your body.
- Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks.

*Arthritis & Rheumatism, July 28, 2011.*

### Activity

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*Pretend to stub your toe and say ouch really loud. Indicate that really hurt. **Ask the group:** How many of you have experienced gout or know someone who has? It often starts as a swollen big toe joint and it does not happen because you stubbed your toe. The cause can be related to your diet. Researchers believe that elevated blood pressure and excess weight can be contributing factors. So, if you want to avoid gout try these steps.*

Use the MyPlate to plan your food. Limiting the protein from meat to one-quarter of your plate and choosing food that is lower in sodium are good first steps. **MyPlate incentive**

1. If you are over overweight consider some lifestyle changes to lose weight such as increasing exercise and eating more fruits and vegetables, at least half your plate full. **MyPlate incentive**
2. Drink water. The recommendation is eight glasses a day of liquids. **Water bottle**
3. If you do drink alcohol, limit the amount, especially beer. Alcohol impedes removal of uric acid in the body and beer consumption has been shown to increase the risk of gout. **Picture of a bottle of beer**



## Food Safety

### Props:

- None

## How Are You Handling Your Food?

As we age, our bodies change. Some of these changes make us more susceptible to food poisoning or foodborne illness. For example, our stomach and intestinal tract may digest food more slowly and hold on to food for a longer period of time; our liver and kidneys may not work as well to rid our bodies of toxins; and our sense of taste and/or smell may be altered so it is not easy to tell when food is no longer fresh.

By the age of 65, many adults have been diagnosed with one or more chronic conditions and are taking at least one medication. The side-effects of some medications and/or a chronic disease may weaken your immune system. Should we become ill we are more likely to have a lengthier illness and possibly a hospital stay. To avoid contracting a foodborne illness, you must be especially vigilant when handling, preparing, and consuming foods. Use the USDA food safety logo to remind you to:

**Be CLEAN** Always wash your hands before handling food. Use a clean cutting board, sink and countertops.

**SEPARATE Foods** Keep ready-to-eat foods and foods needing to be cooked separate. Use this rule when you shop, store or prepare food.

**COOK Food Thoroughly** Use a thermometer to make sure the food is ready to eat.

**CHILL Food** Keep the refrigerator temperature at 40 degrees.

### Activity

Ask participants to find the USDA food safety logo in the newsletter.

- How many messages are there in the logo? (*Answer: 4*)
- What are the messages? (*Answer: found in article in red print*)
- Without looking at the newsletter, I would like you to help me remember what each message reminds to do, to make sure our food is safe to eat.
- What do you think of when you hear the message 'Be Clean'? (*Handwashing, clean counters, clean cutting boards*)
- What do you think of when you hear the message 'Separate Foods'? (*Keep ready-to-eat food and food needing to be cooked separate.*)
- What do you think of when you hear the message 'Cook food thoroughly'? (*Use a thermometer*)
- And last, what do you think of when you hear the message 'Chill food'? (*Refrigerate the food*)



## Snacks

### Teaching Points:

- Cauliflower is a cruciferous vegetable
- To limit the fat try a low-fat salad dressing
- Refrigerate any leftovers
- What other cruciferous vegetables could you use in place of cauliflower? (*broccoli*)

## Creamy Cauliflower-Pea Medley

1/2 cup water  
10 ounces frozen cauliflower  
10 ounces frozen green peas  
1 cup cucumber, peeled and diced  
3 tablespoons ranch salad dressing  
2 tablespoons nonfat sour cream  
1/4 teaspoon dried dill weed

Combine the first 3 ingredients in a saucepan; bring to a boil. Cover and cook 5 minutes; drain well. Combine the cauliflower mixture and the remaining ingredients in a bowl, and toss well. Serve warm or chilled. Makes 4 servings.

Calories 138; Fat 6g; Sodium 211mg; carbohydrates 15g; fiber 5g; potassium 268 mg; folate 70 mcg



### Did You Learn Any New Ideas?

1. How much of your dinner plate should fruits and vegetables cover?
2. How cold should your refrigerator be?
3. Which group of vegetables protect your body from heart disease?
4. How much vitamin B12 do you need daily?
5. When exercising when is the best time to stretch?

### Your Answers

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### 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

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Month	# Newsletters	# Incentives
January, 2012	_____ Congregate Meal Site Participants	The incentive for January-March is a MyPlate repositionable sticker for January through March. Please indicate how many are needed. _____

Return to: Marilyn Jones,  
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# Instructors' Guide January 2012



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4. How much vitamin B12 do you need daily?
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## Your Answers

Half
40 degrees
Cruciferous
2.4 mcg (micrograms)
After exercising

## 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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