



Chef Charles Says...

A newsletter for congregate meal participants for the month of May

Please read carefully.

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

The April newsletter includes 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. Find out if they had to make any adjustments in the temperature.

Before teaching the class, you will want to take time to find out if there are swimming and water exercise opportunities in your community. If you do not know where pools are the Iowa Department Public Health has a list of swimming pool inspectors by county at their website. They would know of pools in your area. The website and instructions to find the list are in the instructors' directions.

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:

- Whole wheat bread package
- Box or package of brown rice
- Carrot
- Can of beans

High Fiber Diet

Dietary fiber can reduce the risk of many chronic conditions including **heart disease and high blood pressure**. Women over 70 need 21 grams and men need 30 grams of fiber daily. The best sources of dietary fiber are **fruits, vegetables, whole-grains including whole-grain pasta and cereals, legumes, nuts and seeds**.

Processed foods contain little fiber so, if you choose processed foods, select ones with added fiber. Try these ideas to increase dietary fiber.

Switch to whole-grain products. Breads and cereals made from whole grains are higher in fiber. Check the ingredient label to see if the first ingredient is a whole-grain. 100% **Whole Wheat Bread package**

Choose brown rice, barley, whole grain pasta and other grains over white rice and pasta. **Brown Rice Package**

Chop up fresh or frozen vegetables and add them to soups, sauces or stews. For example, put broccoli florets or chopped carrots into spaghetti sauce. **Carrot**

Add beans, lentils or peas to your salads or soups and serve as a side dish instead of white rice or potatoes. **Can of beans**

Activity

Say to the group: Fiber is important! Which foods are the best sources for fiber? (*Refer to the last sentence in the first paragraph of the article.*) What is not to like in that list? That was really a rhetorical question! While we know fiber is important, we tend not to eat enough. So, what are some strategies to increase dietary fiber?

1. Find whole-grain foods. Look for the ingredient list and make sure the first ingredient is a whole grain or 100% whole grain. What are some brands you like to buy? Let participants share.
2. Try brown rice. Why do people not choose brown rice? (*Answer: It takes a long time to cook.*) Try instant brown rice. It has two times the fiber of white instant rice and takes only 10 minutes to cook.
3. Add vegetables to soups and sauces. Shred a carrot and add to many foods. What would you add it to? Let participants share.
4. Add beans to salads and soups. A quick way to add these is to use canned beans. What beans would you use? Let participants share.

This article mentioned some health conditions that can benefit from eating higher fiber diet. Which ones? (*Answer: Heart disease and high blood pressure.*) The Chef Charles Says article adds one more reason to eat a high fiber diet. (*Instructor can share the highlights of the next article that are highlighted in yellow.*)



Chef Charles Says High Fiber Lowers Breast Cancer Risk

Props:

- None

Women who want to lower their risk of developing breast cancer should eat more dietary fiber. A review of ten studies of women's diets and cancer risk found that women who consumed the most fiber had a lower risk of developing breast cancer compared to women who ate the least fiber.

The study did stress that it appears a high dietary fiber intake is linked to better overall health, which possibly lowers breast cancer risk, rather than just the fiber lowering risk.

The review found that the women who ate the most fiber were 11% less likely to have breast cancer compared with those who ate the least. Variables such as alcohol consumption, hormone replacement therapy, family history of breast cancer, and body weight were factored out when considering the impact of consuming fiber.

Approximately 1 in every 8 women in the United States develops breast cancer, and between 20% and 25% of them die from the disease.

The American Journal of Clinical Nutrition, Jan. 2011.

Activity

See activity directions in first article.

Be Active

Props:

- None

Facts About Swimming That You May Not Know

Swimming is one of the safest and most effective forms of exercise. It is almost impossible to get injured while swimming and it is also a great workout for your body. Whether you are trying to lose weight or stay in shape, swimming has something to offer just about anyone at any age. Here are some facts about recreational swimming that you may or may not know.

- People with heart conditions or other ailments, as well as elderly people, should avoid swimming in water that is too cold. Cold water cools down the human body 25 times faster than cold air does. Exercising in cold water can lead to thermal shock, hypothermia, and eventual death.
- Swimming is considered to be low impact and easy on the bones and joints. You can do exercises in the water using floats and weights and enjoy a good workout without worrying about serious injury. This is especially true if you have arthritis or other types of physical limitations.
- It really is true that you should not swim for about an hour after eating. This is primarily because your body is digesting your food and you may get a muscle cramp during the time



right after you eat. Allow your body to rest after eating and then go into the water.

- Swimming is a good way to lose weight. To lose weight, swim for at least twenty minutes three or four times each week.
- Going swimming is very relaxing and has been compared to yoga and meditation in terms of its soothing effect on the mind and body.

Adapted from *University of California, Berkeley Wellness Newsletter*, August 2011 & WebMD.com

Activity

Before class, survey your community to find out where public swimming is available. Questions to ask the pool staff include:

1. What is the average temperature of the water in the pool?
2. Is there a dedicated time at the pool for exercising as compared to recreational water play?
3. Do they teach water exercise classes?

If you are not familiar with swimming facilities in your community you can access the swimming pool inspectors by county if you go to http://www.idph.state.ia.us/eh/swimming_pools.asp and click on Local SP Inspectors by county. You can contact the inspector to find out if pools are available. County Health Departments can help find pools as well.

Ask the group: Do any of you have a story to share about swimming as a child? Did you enjoy swimming? Swimming as a child was great fun. Swimming as an adult can be fun and it is also great exercise. The article in the newsletter shares some reasons why you should consider swimming. I did a little investigation in our community to find out where you can swim and exercise at the same time.

If you do not have a place to swim in your community you might spend time brainstorming if a swimming site would be a good idea. In some communities, a local hotel/motel has a pool and for a small fee will let the community use their facility.

Get the News

Props:

- Ground beef label of 90%Lean / 10% fat

New Rule for Labeling of Meat and Poultry Products

Nutrition-facts labels are now required on 40 of the most popular cuts of meat and poultry. This includes cuts of raw, single-ingredient meat and poultry products, whole or boneless chicken breasts and other pieces of chicken, and whole beef cuts such as tenderloin steak or brisket. Examples of chopped meat and poultry products include ground turkey and ground beef.

Starting March 1, 2012, the rule requires that a label on meat and



poultry packages include the number of total calories, fat calories, grams of total fat, and grams of saturated fat per serving. The new label will make it easier for consumers to understand the amounts of lean protein and fat in the packages they are considering buying.

Activity

Ask the group: In the past, could you find a nutrition facts label on the package of chicken parts? A pork roast? A slab of spare ribs? No.

That is why having nutrition facts labels for meat will be so helpful. You will be able to evaluate the 40 top selling meats in the same way that you do all other foods with labels. You can also compare cuts of meat from different animals. Did you know that some cuts of beef are leaner than chicken?

Did anyone bring a label from meat packages? Let's read the labels and compare!

Note to educator: Ground Beef

1. Remind participants that cooking the ground beef and draining the fat will reduce the number of calories from fat. Rinsing ground beef will reduce the fat calories further.
2. In Iowa, lean finely textured beef, or as some term it 'pink slime', has had a considerable amount of media coverage. This product is inspected by USDA. A voluntary label has just been approved by USDA to indicate a product contains finely textured ground beef. Vendors who purchase the ground beef with this ingredient may choose to add the label to the package.

Chef Charles Asks the Questions

Props:

- Chalk board or newsprint
- Borrow a scale from the Center if available.
- Tennis shoe
- Locate 'No Smoking' sign in building
- Milk carton from meal site
- Coffee cup

What Is The Best Way To Keep My Bones Strong?

- **Maintain A Healthy Weight.** Being too thin has been linked to a higher risk of osteoporosis and fractures. Overweight puts added stress on bones, especially joints. **Scale**
- **Exercise.** Choose weight-bearing activities like walking or dancing. **Tennis Shoe**
- **Do Not Smoke.** Chemicals in cigarette smoke are not good for bone cells and lead to weaker bones. **Point to 'No Smoking' sign at site**
- **Get Enough Calcium and Vitamin D.** The recommended daily intake for calcium is 1200 mg for people over the age 65. Aim for 800 IU for vitamin D for age 70 and older. **Have someone hold up their milk carton**
- **Go Easy on Alcohol, Caffeine and Sodium.** When consumed in excess, they interfere with the body's ability to



retain calcium or form new bone. **Coffee cup**
Adapted from *Consumer Reports on Health*, October 2011.

Activity

Say to the group: Chef Charles Asks this question: What is the best way to keep bones strong? We have discussed this many times and I know you will be able to help me build a list.

Have participants suggest ways to keep bones strong. Let them think and do not give them hints. Depending on how the participants helped with the list, review their list and display the prop if they mentioned one of the suggestions in the article. If they miss a suggestion, add it to the list and display the prop.

The last idea in the list is: Go easy on alcohol, caffeine and sodium. You may have questions about quantity that is allowable for a day. Here are some guides from the 2010 Dietary Guidelines.

Sodium: It is suggested that people over 50 years of age strive to have no more than 1500 mg of sodium daily.

Caffeine: For generally healthy adults 200-300 mg of caffeine a day is a good target. A cup of coffee contains about 85 mg. So the recommendation would be 2-4 cups daily unless you are also getting caffeine from other sources like soft drinks. Older adults do tend to become more sensitive to caffeine so pay attention to how your body reacts.

Alcohol: The 2010 Dietary Guidelines for Americans recommend that if you choose to drink alcohol, you should do so only in moderation — up to one drink a day for women or two drinks a day for men.

Food Safety

Props:

- None

Remember Safety When Eating Out

Eating out can be lots of fun, so make it an enjoyable experience by following some simple guidelines to avoid an illness from food. Do not hesitate to ask the wait staff for information on how food is prepared. Here are some suggestions:

- Ask if the food contains uncooked ingredients such as eggs, meat, poultry, or fish. If so, choose something else. **(temperature)**
- Avoid buffets, which may contain undercooked foods or foods that have been at room temperature too long. Ordering from a menu minimizes your risk. **(time)**
- Handle leftovers safely. If you plan to save leftovers to eat at a later time, refrigerate perishable foods as soon as possible — and always within two hours after purchase or delivery. **(time)**
- If the leftover food is in air temperatures above 90° F, refrigerate it within one hour. **(time)**



- If the dining room does not look clean, leave. It is likely the kitchen is not clean either. **(Just a good idea)**
- At a fast food restaurant, special order your food so that it is made fresh. This way you will not eat something that has been sitting around too long. **(time)**

Choose	Avoid
Hard or processed cheeses; soft cheeses only if made from pasteurized milk. (temperature)	Cheese made from unpasteurized milk
Fully cooked seafood (temperature)	Raw or undercooked seafood
Hot dogs heated to steaming hot. (temperature)	Cold hot dogs
Grilled sandwiches in which the meat or poultry is heated until steaming. (temperature)	Sandwiches with cold deli or luncheon meats
Fully cooked fish that is firm and flaky (including tuna.) (temperature)	Raw or undercooked fish, such as sushi (Combine this with the second item as the answer is the same)
Fully cooked eggs with firm yolk and whites (temperature)	Soft-boiled or 'over-easy' eggs, as the yolks are not fully cooked.

Activity

Say to the group: Time and temperature are the two variables that can make food unsafe to eat. **Food at room temperature for more than two hours (time)** will allow bacteria to grow and cause a food poisoning. And if the environmental temperature is above 90 degrees, food should not be at room temperature for more than an hour.

The finished cooking internal temperature also is a variable. **Most foods need to be cooked to an internal temperature** between 140 degrees and 165 degrees. The temperature is determined by the food you are cooking.

Now let's check your food safety knowledge. I am going to read the Food Safety recommendation in the newsletter and you tell me if it is time or temperature that protects us.



Snacks

Teaching Points:

- Great source of fiber
- Using frozen corn lowers the sodium in the recipe
- Can be used as a dip with baked chips
- Great for summer – no cooking
- Refrigerate any leftovers
- Did anyone use your refrigerator thermometer this month? Is your refrigerator cold enough? Under 40 degrees.

Quick Black Bean Salad

1-15 oz can black beans
1-15 oz bag frozen corn, defrosted
1/2 cup your favorite salsa

Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwave. Drain and blot dry with a paper towel. Drain and rinse the black beans. Combine all ingredients together and serve as a side dish with your family's favorites.

Makes six 3/4 cup servings. Each serving contains: 143 calories; 1 gm fat; 267 mg sodium; 6.7 gm fiber; 7 gm protein, 129 mcg; folate; 398 mg potassium.

Recipe provided by IDPH BASICS program, 2012.



Did You Learn Any New Ideas?

1. How much fiber is recommended for a 70 year old man or woman?
2. What are the two variables that influence food safety?
3. Beginning in March, which food group has added a nutrition facts label?
4. Name one behavior that can strengthen your bones?
5. Why is swimming a good exercise?

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

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Month	# Newsletters	# Incentives
May, 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

21 gm for women and 30 gm
for men

Time and internal food
temperature

Meat and poultry

Pick from list in newsletter
(CC asks the questions)

Less impact on joints

Chef Charles Says...

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