



Instructors' Guide November 2011



Chef Charles Says...

A newsletter for congregate meal participants for the month of November

Please read carefully.

We have new information in this section.

The 2010 Dietary Guidelines for Americans were released in January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

Research is now telling us that the goal of physical activity is more than doing aerobic exercise and strength training. We also need to monitor our sitting time. The more time we sit, the greater the risk of many chronic diseases. It is good to be up and moving about and not just sitting in front of a television or computer. Chef Charles recommends in this newsletter that you keep track of your sitting time before you teach the class. You will be able to share your view of how easy or how hard it is to keep moving.

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**.

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.

During the next two months, the holidays can make money a difficult subject. If this seems to be a problem for your participants, remind them that they can easily apply for Food Assistance on line. The information is available in this newsletter.

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:

- Pencil for each person

Dairy Food

Think about a Supplement

Consuming more calcium is important. Calcium from food and supplements can help replace the calcium that is lost in bones as you age and reduce your risk for osteoporosis and fractures. For adults over 50, the current recommendation for calcium consumption is 1,200 mg each day.

A recent study suggests that boosting your intake to that level may not reduce your risk of fracture or of developing osteoporosis. The study of more than 61,000 women found that women who consumed around 750 mg of calcium daily had a much lower risk of fracture, than those who consumed less calcium. However, increasing calcium intake above 750 mg was not found to be helpful.

Research is important but what you want to know is how much calcium do I need every day and what are the best sources? The best way to support your calcium needs is to eat calcium-rich foods with each meal.

You should aim for the recommended 1,200 mg of calcium per day. Include the calcium that you eat as well as the amount in your supplement. If you take a 500 mg calcium supplement and have a cup of yogurt and a glass of milk, you are reaching your target.

If you are lactose intolerant or you do not like dairy foods there are non-dairy options. Consuming milk in small amounts or in cooking may help with digestion of the milk. Some foods such as orange juice are fortified with calcium. Again it is best to think of these as supplemental sources of calcium rather than food sources. If you are unable to consume the daily calcium goal of 1,200 mg, taking a calcium supplement is recommended.

Talk to your doctor to determine how much calcium you need. Get as much of your calcium as possible from food, such as milk and yogurt. Supplements are important for people who do not reach their calcium target with food.

British Medical Journal, April & May, 2011.



Calcium in Foods

Food Source	Calcium (mg)
Low-fat yogurt, 8 oz.	415
Nonfat or low-fat milk, 8 oz.	305
Provolone cheese, 1-1/2 cup	321
Cottage cheese, low-fat 1 cup	206
Almonds, 2 oz.	150
Spinach, 1/2 cup, cooked	146
Ocean perch, 3 oz., cooked	116
Black-eyed peas, 1/2 cup	106
White beans, 1/2 cup	100

Activity

Ask the group: Calcium is vital for a healthy body. How much do we need every day? *Answer: Over 70 years-of-age we need 1,200 mg per day.* Let's look at the list of foods in the newsletter. Would you put a check mark by the foods you regularly eat? Mark the number of times a day you would eat this food. Then add up the calcium amount. This is not the total list of foods that are calcium sources, but it is a good list. How close are you to 1,200 mg? If you are not, then you need to be thinking of other foods you can eat. Your congregate meal will provide at least 400 mg of calcium in each meal. If food does not provide enough calcium, consider a supplement after consulting with your health professional.

Get the News

Props:

- None

Fiber for Life

Eating roughage keeps you regular; and it could help you live longer. In a nine-year study, the National Institutes of Health followed more than 388,000 people ages 50-71 and discovered that women who consumed the most fiber were less likely to die from infections, heart disease or respiratory illness than those who ate the least. Why? Scientists speculate that fiber might work to control inflammation, lower fats in the blood, and steady blood sugar. The best source of fiber is plants with naturally occurring fiber such as grains, legumes, veggies, and fruits.

How much fiber do you need each day? After the age of 70, men need 30 grams and women need 21 grams.



Activity

Have the participants look in the newsletter for the fiber article. Ask how many grams of fiber do we need every day? *Answer: Men 30 grams and women 21 grams.* The difference is because of the difference in weight between men and women. Where do we find fiber? *Answer: fruit, vegetables, legumes and grains.* Whole grain foods are a good source, but do you know a whole grain when you see one? Let's look at the next article; Chef Charles says to learn about watching for whole grains.

Chef Charles Says Watch for Whole Grain

Props:

- Ten 4 X 6 cards

Foods labeled multigrain or made with whole grain can still contain refined flour (for example, white flour). A true whole grain should have at least 3 grams of fiber per serving and be listed on the ingredient list first. Whole grains include barley, buckwheat, corn (whole cornmeal and popcorn), oats (oatmeal), brown rice, rye, wheat (cracked wheat, wheatberries) and wild rice.

Activity

Before teaching the class, write the highlighted letters, one to each 4x6 card. Note that brown rice and cracked wheat have two letters to the card. Share the information from the article about needing at least 3 grams of fiber and be listed first to be a whole grain. Then pass out the cards to individuals and ask each one to name a whole grain that begins with the letter on the card. If they get stuck ask for others to help. You may need to give hints. After they guess the name, ask them to name a recipe they either cook or eat that has the ingredient.

Chef Charles Asks the Questions

Props:

- Before teaching track your time just sitting.

If I Exercise Most Days Of The Week, Why Is Being A Couch Potato Bad For My Health?

The average American adult spends about 70 hours a week sitting. That is more than any other activity they do, including sleeping. Inactivity is now considered a risk factor for chronic diseases such as heart disease and diabetes. Several studies show that people who stand or just move around have less heart disease than those using a chair or sofa. Dedicated exercise like walking, biking or gardening is important and we need to monitor the amount of time we spend sitting or being inactive. It is good news that standing activities such as cleaning a closet, volunteering to serve food at your congregate meal site or washing the dishes are good for our health. You can manage this new risk factor without even



having to put on exercise clothing or shoes. Track your time on the couch to see if this is a risk factor for you.

Activity

Before teaching the class, keep track of the amount of time you spend just sitting. Do you meet the weekly average? Were you surprised about the amount of time you sit? Highlight the article and then share your experience on keeping track of the sitting time. Ask the group to keep track of at least one day of sitting and bring back the results to the next meeting. Now let's look at the next article in the newsletter (Chef Charles Asks) to learn how we can have less sitting in our lives.

Be Active

Props:

- 2 cans vegetables
- Old cotton knee sock to hold cans
- One chair for each participant

Activity

Add Some Activity To Your Life

Steps to increasing your daily activity

- During TV commercials plan an activity like standing and sitting down very slowly 5-10 times. If possible do this without using your hands and arms to push you out of the chair. Avoid dropping back into the chair. Lower yourself slowly to get the most benefit.
- Use a soft squeeze ball for grip strength during commercials.
- Lift one leg at a time, rotate ankle in circles then repeat with your other leg.
- Put one or two cans in an old knee high sock. Keep this by your chair. Grab the top of the sock and lift bending your elbow (bicep curl) several times with each arm.

Say to the group: While you are sitting (see Chef Charles article on sitting) you can make the time productive by doing some exercises. It only takes a few minutes. Try these while you are in front of the television.

1. Demonstrate the use of the can/sock exercise and challenge the participants to make their own can/sock bar bell.
2. Demonstrate the chair exercise and leg circle. Have participants try the exercises. When first starting, hold on to the arm of the chair to help you get up and down. As your legs get stronger, do the exercise with arms crossed over your chest.
3. Remind the participants to use a soft ball for hand exercise. This exercise is good for arthritis of the hand.



Food Safety

Props:

- Paper towel
- Soap
- Two platters-one large, one small
- Food thermometer
- Watch



Keep Holidays Happy and Healthy

During the holidays food is usually a significant part of the celebrations. Follow these simple food safety tips.

- **Wash hands.** Proper hand washing is the most effective way to keep food and guests safe. Wash hands for 20 seconds with soap and water following restroom use, after handling raw meat products or before eating. Dry your hands on a clean towel or paper towel. Clean hands help prevent the spread of germs. (paper towel, bar of soap)
- **Keep it small.** If you're planning a potluck and are not sure how quickly the food will be eaten, keep portions small. Prepare a number of small platters and dishes ahead of time. Consider storing cold dishes in the refrigerator and keep hot dishes in the oven (200 degrees to 250 degrees F) prior to serving. (Two platters-one large, one small: Note that the smaller platter would need to be filled more often and thus would not be at room temperature as long as a large platter.)
- **Take temperatures.** Cooked, hot foods should be kept at 140 degrees F or warmer. Be sure to use a food thermometer (the only safe way to ensure proper temperature) to check temperatures. (food thermometer)
- **Keep it cold.** Cold foods should be kept at 40 degrees F or less. Keep cold foods refrigerated until just before serving. If food is going to stay out on the table longer than two hours, place plates of cold food on ice to keep them cold. (Food thermometer: we want to keep our food cold until it is time to serve)
- **Keep it fresh.** It can be unsafe to add new food to a serving dish that already has been used. Many people's hands may have touched the food, which has been sitting at room temperature. Replace empty platters with freshly filled ones and doing this frequently helps keep food at proper temperatures. (Two platters: one large, one small).
*Teaching story: At a holiday buffet a large casserole of green beans were served. After about an hour the casserole dish was near empty. The hostess had prepared a second green bean casserole and brought it to the serving table and scraped the new casserole into the old casserole dish. Why would that be unsafe? This is called cross-contamination.
- **Watch the clock.** Remember the "Two-Hour Rule": Do not leave perishable food out at room temperature for more than two hours. (watch)

Activity

Say to the group: Holiday meals are fun and we all love them. We also do not like to be sick following a holiday meal. Let me



illustrate for you the ways of keeping food safe to eat. When you attend a meal or a buffet just think of these props. Using the items in red, share with the group the reasons they need to remember the props. The props are not specifically the item to serve food safely, but they are meant to remind the participants of the ways to keep food safe. Use the following story for the fifth point.

***Read the story to the group** about the green bean casserole and ask why this would be unsafe? *Answer: The old casserole dish was one hour old; if you leave the new food added for longer than one hour you will have reached the two hour limit on foods that can cause illness being at room temperature.*

Snacks

Teaching Points:

- Canned pineapple is a great fruit for lunch or even a dessert.
- Use your can strainer to drain the juice.
- Do not leave the kitchen while using the broiler. The time is very short.
- You can make this one serving at a time. Just make sure to store the leftover pineapple in the refrigerator.
- Note the small amount of sodium and check the fiber. Yea for fruit!

Broiled Pineapple Snack

1 can (8 ounces) unsweetened sliced pineapple,
drained and patted dry

Reserved pineapple juice

1/4 teaspoon cinnamon

Dried cranberries for garnish

In an ungreased nine inch square dish, overlap the pineapple in two stacks of two slices each. Combine pineapple juice and cinnamon; sprinkle over pineapple. Broil four to six inches from the heat for 1 to 1 ½ minutes. For color add a red cherry or small mound of dried cranberries to the center of each slice before serving. Makes two servings.

Nutrition: 94 calories; 0 fat; 0 cholesterol; 2 mg sodium; 24 g carbohydrate, 2 g fiber: 116 mg potassium; 8.4 mcg folate.



Did You Learn Any New Ideas?

1. How much calcium does a 70 year old need daily?
2. On average how much time does an American spend sitting each week?
3. What are good sources of fiber in our diet?
4. How long should perishable food be at room temperature?
5. What is the safest way to check the temperature of food?

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
November, 2011	_____ Congregate Meal Site Participants	The incentive for October-December is a can-sized drainer/strainer. If you did not receive these with your October newsletters, please indicate how many are needed. _____

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Your Answers

1,200mg
70 hours
Fruit, veggies, legumes, whole grains
No more than two hours
Food thermometer

Chef Charles Says...

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