



# Chef Charles Says...



August

## Get The News Iodized Salt

In the typical American diet, iodized table salt is the primary source of iodine. Iodine is a mineral that is essential for proper production of thyroid hormones. Thanks to the widespread use of iodized table salt, thyroid goiters are uncommon in the U.S. today.

Recent research suggests that Americans are consuming less iodine than they did 30 years ago. As more people shy away from using iodized table salt in an effort to reduce sodium intake, iodine deficiency could become a concern. (*New England Journal of Medicine, Feb. 2009.*)

A teaspoon of iodized salt typically offers between 300 and 400 micrograms (mcg) of iodine, more than enough to meet your daily

Iodized salt has 76 mcg iodine added per one-quarter teaspoon. This amount of salt also provides 500 mg of sodium.

needs of 150 mcg (adult).

Even if you regularly consume salty, processed foods, there's no guarantee you are getting enough iodine, since manufacturers may prepare foods with non-iodized salt.

Most of the earth's iodine is found in oceans making most types of seafood excellent sources of the

mineral. Certain cheeses, including cheddar and cottage cheese, are good sources of iodine. Some foods, such as breads and breakfast cereals, are fortified

with the mineral.

Cutting back on your consumption of table salt to reduce your sodium intake is an excellent way to improve your health, as long as you don't sacrifice your iodine intake in the process.

## Chef Charles Asks the Questions

### Why do processed foods contain so much sodium?

At one time, salting was one of the only ways to preserve food. Although that is not the case today, salt remains a common ingredient in many processed foods. Salt helps prevent spoiling by drawing moisture out of food, so bacteria cannot grow. Salt also kills existing bacteria that might cause spoiling. Salt makes soups more savory, reduces dryness in crackers and pretzels, and increases sweetness in cakes and cookies. Salt also helps disguise metallic or chemical aftertastes in products such as soft drinks.



Food	Serving	Iodine (mcg)	Sodium (mg)
Salt (iodized)	1/4 teaspoon	76 (approx.)	500
Cod	3 oz.	99	77
Shrimp (fresh)	3 oz.	21-37	126
Tuna (fresh)	3 oz.	17	33
Milk (cow's)	1 cup	55-60	143
Egg, boiled	1 large	18-29	62
Turkey breast (baked)	3 oz.	34	59
Cottage Cheese	1/2 cup	26-71	459
Cheddar Cheese	1/2 cup	5-23	350



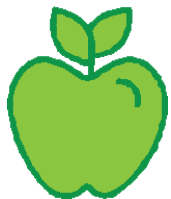
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## Pick a Better... Snacks Ready to Go

Healthy snacks need to be convenient or easy to grab when you are hungry. Most people don't take time to prepare a snack ahead of time. So, it is natural to grab commercially packaged snacks like chips or crackers, which are high in sodium. You can control sodium by planning and preparing your snacks before hunger attacks.

Your handy stock of healthy snacks could include a bag of trail mix in the glove compartment, a small box of raisins in your purse, a bowl of fresh fruit on the counter, or a package of whole wheat pretzels in the kitchen cabinet. It is helpful to have an assortment of plastic zipper bags and containers to make your home-made snacks portable. Storage containers can hold small portions of refrigerated leftovers from healthful meals to heat and eat later for snacks.



To maintain a healthy weight, try to snack only when you are hungry. Snacking on foods high in fiber and water, like an apple, will fill you up quickly.

## Food Safety

### How long can I save leftovers in the summer heat?

Stick to the two-hour rule. Toss anything that is perishable and is out longer than two hours without refrigeration. And if you are at a picnic keep perishable dishes on ice and return to refrigeration within two hours. Properly stored, cooked meat will keep for 3-4 days. Tuna, egg, chicken and macaroni salads, and opened packages of luncheon meat can last up to three to five days.

### Resource

**American Institute for Cancer Research**

**Toll-Free Nutrition Hotline**

Dial 1-800-843-8114 to leave a message for a registered dietitian, who will return your call. The Hotline answers questions about diet, cancer and reducing your risk of cancer. The dietitian will return your call within three business days Monday-Friday, 8 a.m.- 4 p.m.

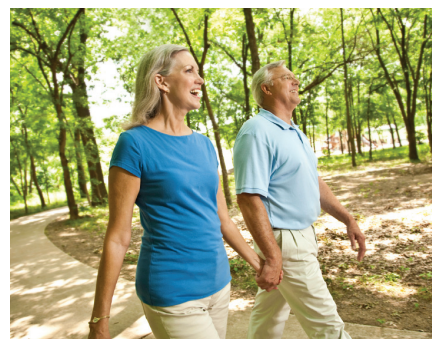
### Here are some convenient snack items to add to your shopping list:

- ◆ Small packages of vegetables and fruits like baby carrots and unsweetened applesauce that come in portable, single-serving packages.
- ◆ A container of sweet grape tomatoes which are even smaller than cherry tomatoes.
- ◆ Small cans of fruit in natural juices.
- ◆ Ingredients for fiber-filled trail mix: unfrosted cereal squares, unsalted nuts, pumpkin seeds, sunflower seeds or dried fruit.
- ◆ Apples, bananas, grapes or other fresh fruit that you can transport easily for a snack during the day.
- ◆ A cup of lowfat yogurt garnished with fresh berries, wheat germ or lowfat granola.
- ◆ Peel an orange or tangerine at home and put the sections in a plastic bag so you can enjoy it on the go without the mess.
- ◆ Apple slices mixed with cinnamon in a plastic bag for a new treat.



## Be Active

### Walking helps lower stroke risk



Women who walk two or more hours per week have a 30 percent lower risk of any type of stroke and a 57 percent lower risk of hemorrhagic stroke (bleeding in

the brain) than women who do not walk. Brisk walking lowers the risk even more, according to research in the April, 2010 journal *Stroke*. The findings used the Women's Health Study, that included more than 39,000 participants followed for 12 years. The American Heart Association recommends that adults get at least 150 minutes, or two-and-a half hours, of moderate physical activity or 75 minutes of vigorous physical activity each week.



August is peak time for produce at local farmer's markets. Remember that fresh fruits and vegetables are low in sodium and a very good snack.

## Tuna and White Bean Salad



- 1 ½ cups chopped and peeled cucumbers
- ½ cup chopped fresh parsley
- ½ cup thinly sliced red onion
- 1 ½ tablespoons fresh or bottled lemon juice
- 1 tablespoon oil
- ¼ teaspoon pepper
- 1 (15-ounce) can, rinsed and drained navy beans (1 ¾ cup cooked)
- 2 (6-ounce) cans chunk light tuna, drained
- 1 (2-ounce) jar diced pimiento, drained (optional-for color)

Combine all ingredients in a bowl, toss well to coat and chill before serving. Serves 4

278 calories, 31 g protein, 28 g carbohydrate, 5 g fat, 6 g fiber, 286 mg sodium, 646 mg potassium, 90 mcg folate

## Easy Red Bean Dip

- 1 garlic clove, minced
- 1 can (15 oz.) red kidney beans, rinsed and drained
- ½ teaspoon ground chili powder
- ¼ cup reduced fat mayonnaise
- ⅛ cup dried chives or ¼ cup fresh chives, finely chopped
- 2 ½ teaspoons olive oil
- Hot pepper sauce, to taste (optional)

In blender or food processor, place all ingredients and puree thoroughly until smooth. Scoop into small bowl using rubber spatula. Cover and chill until ready to use.

Makes 1 ¼ cups. Per 2 tablespoons: 67 calories, 3 g total fat, 7 g carbohydrates, 2 g protein, 3 g dietary fiber, 98 mg sodium, 91 mg potassium, 7mcg folate

Pick a better snack™



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	20	13	3	19	4	21	22	18	7	25	24	10	5	8	17	11	26	14	6	16	23	2	1	12	15

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P R O D U C T I O N O F T H Y R O L D H O R M O N E S  
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### Answers

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~~YWCNSMETHUR~~  
~~JYWCNSMETHUR~~  
~~IOSRNEJAGPTBANS~~  
~~RGUDBJAGPTBANS~~  
~~EPUOLATNWSMELLPERPERS~~  
~~SERREBWARISQJRM~~  
~~GREENNONONSJHYL~~



# Farmer's Market Finds

- Bell peppers
- Cabbage
- Cantaloupe
- Carrots
- Eggplant
- Fresh herbs
- Green onions
- Lettuce
- New potatoes
- Radishes
- Snap peas
- Strawberries
- String beans
- Summer squash
- Sweet corn
- Tomatoes
- Turnips
- Watermelon
- Zucchini

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## Cut the Salt not the iodine

Decode the message by finding each substitute letter or symbol.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	20	13	3	19	4	21	22	18	7	25	24	10	5	8	17	11	26	14	6	16	23	2	1	12	15

18 8 3 18 5 19 18 14 5 19 19 3 19 3 4 8 26 17 26 8 17 19 26

17 26 8 3 16 13 6 18 8 5 8 4 6 22 12 26 8 18 3 22 8 26 10 8 5 19 14



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov). In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.