



Chef Charles Says...



September

Get The News

Orange Juice Fortified With Vitamin D Is A Healthy Choice

Vitamin D fortified orange juice is just as well absorbed by our bodies as taking a vitamin D supplement, according to a study released in April. Study participants were divided into small groups with some consuming only fortified orange juice, some taking a supplement, and some not consuming any added vitamin D. There were no significant differences between those who drank the fortified orange juice or took the capsules containing vitamin D. All participants who took vitamin D in any form had higher blood levels of vitamin D than the group drinking non-fortified juice. Currently,



milk and orange juice are fortified with about 100 IU of vitamin D per cup. Supplements are available in 1,000 and 2,000 IU capsules. The message for you is that if you are looking for food sources of vitamin D other than milk, consider vitamin D-fortified orange juice. This is particularly important for people living in northern states like Iowa where the sun's rays are not strong enough to produce vitamin D through our skin during the winter. And, older adults are less able to produce vitamin D.

The American Journal of Clinical Nutrition, on-line, April, 2010

Be Active

'Green' Exercise Improves Mood And Self-Esteem

Researchers in the United Kingdom have found that just five minutes of 'green' exercise each day lifted the moods of study participants and boosted their self-esteem. 'Green' exercise is an activity in the presence of nature, and includes walking, boating, gardening, cycling, fishing and horseback riding. The most significant improvements in mood and self-esteem occurred when the participants were in the presence of water.

Environmental Science and Technology, on-line, March 25, 2010.

Researchers looking at a variety of existing studies including people with a range of conditions, from heart disease and cancer to multiple sclerosis and chronic pain, found that exercise can lessen the anxiety that often accompanies chronic illnesses. On average, people who started exercising regularly had nearly a 30% reduction in anxiety symptoms. Workouts lasting more than 30 minutes were more effective than shorter ones.

Archives of Internal Medicine, February, 2010.



Developed by:

Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

Information & resources for seniors with home & family questions - ISU AnswerLine 1-800-262-3804

Chef Charles Asks the Questions

Which Is Better For Me? Dietary Supplements Or Food?

The best dietary strategy for staying healthy and reducing the risk of chronic diseases is to eat a wide variety of nutrient-rich foods, according to Carlene Russell, a dietitian and the nutrition program manager for the Iowa Department on Aging. (Carlene is a member and leader of the American Dietetic Association (ADA). The ADA released a position paper on this topic in late 2009.) Carlene says that supplements can help some people meet their nutrition needs such as calcium, vitamin B12 or vitamin D, but cautions that many consumers lack adequate information about the safety and effectiveness of dietary supplements. You should be very careful adding dietary supplements to your pill box. In 2007, more than \$23 billion was spent in the United States on supplements. To be safe, make sure to include any supplements that you take on your list of medicines and discuss the use of such supplements with your health professionals. Some nutrients such as calcium, vitamin B12 and vitamin D are difficult for older adults to obtain in adequate amounts without supplements or fortified foods. But, for many people, food is the best source of nutritional needs.

The dietary supplements mentioned in the ADA paper refer to pills and not liquid supplements. Liquid nutritional supplements can be beneficial for people with special nutritional needs. A health professional can help you work out a dietary plan for combining liquid supplements with foods so that the best possible nutritional support is provided during a chronic illness.

Resource 1-888-674-6854

The USDA Meat and Poultry Hotline can personally answer your food safety questions on weekdays year-round. The Hotline receives more than 80,000 calls yearly. This toll-free telephone service helps prevent food poisoning by answering questions about the safe storage, handling, and preparation of meat, poultry, and egg products. The majority of calls come from consumers regarding how to properly handle their food, including food safety during power outages: food manufacturer recalls; foodborne illnesses; and the inspection of meat, poultry, and egg products. The hotline is available in Spanish.

Food Safety

Older Adults: Food Poisoning Can Be Prevented

Older adults are more vulnerable to foodborne illness. As you age, your immune system weakens, making it harder to fight off bacteria and serious illness. What's more, you have less stomach acid to control bacteria and weakened kidneys to help filter bacteria from the blood. Once contracted, infections from foodborne illness can be difficult to treat. The good news is that food poisoning can be prevented if you follow proper home food safety practices. Older adults can help protect themselves by following four simple food safety guidelines:

Wash hands often. Proper hand washing may



eliminate nearly half of all cases of food poisoning and reduce the spread of the common cold and flu. Make sure to wash hands before, during and after meal preparation.

Keep raw meats and ready-to-eat foods separate.

Use two cutting boards, one strictly for meat and the other for ready-to-eat foods like breads and vegetables. Make sure to wash the cutting board after each use.

Cook to proper temperatures. Harmful bacteria are destroyed when food is cooked to proper temperatures. The only reliable way to ensure safety and determine the doneness of cooked foods is to use a thermometer.

Refrigerate promptly. Refrigerate foods quickly and at a proper temperature to slow the growth of bacteria and prevent illness. Remember the two-hour rule for all food needing to be chilled.

Older adults should not eat meats, poultry, seafood, or eggs that are raw or undercooked. Also, unpasteurized dairy products like raw milk and some imported cheeses can pose safety threats to older adults.



Pick a Better... Rainbow of Vegetables

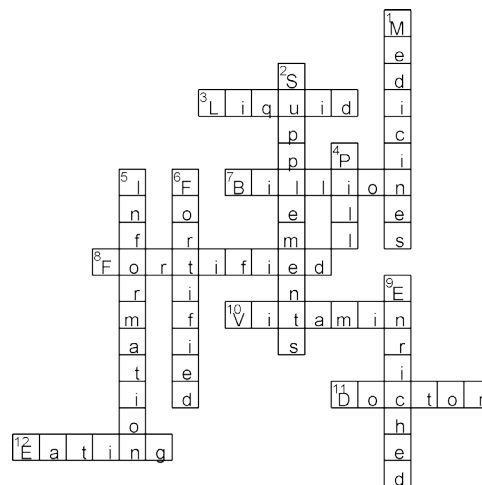
You know it is important to eat your vegetables. But what you may not understand is that we need to eat a variety of vegetables that include a variety of colors. It is not enough just to sip vegetable juice every morning or have the same salad for lunch every day. When you eat vegetables of different colors, dark greens like spinach, and orange vegetables like sweet potatoes, you benefit from each food's unique blend of vitamins and other nutrients. Among those nutrients are phytochemicals like beta carotene and lycopene, which seem to have a protective effect against certain types of cancer and other chronic diseases.

The greater the variety of natural colors you consume, the wider the range of protective phytochemicals the body receives. So if you eat a vegetable salad, make sure to add different colors. Mix orange carrots and purple cabbage with your greens. You may have favorite vegetables but mixing up your food choices and trying vegetables you have not tasted before can add to your color choices for better health.

Answers

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
22	2	23	11	16	10	17	25	12	7	21	8	3	18	1	5	14	19	9	15	6	24	26	4	13	20

T	R	Y	I	N	G	V	E	G	E	T	A	B	L	E	S	Y	O	U	H	A	V	E
15	19	13	12	18	17	24	16	17	16	15	22	2	8	16	9	13	1	6	25	22	24	16
N	O	T	T	A	S	T	E	D	B	E	F	O	R	E	C	A	N	A	D	D		
18	1	15	15	22	9	15	16	11	2	16	10	1	19	16	23	22	18	22	11	11		
T	O	Y	O	U	R	C	O	L	O	R	C	H	O	I	C	E	S	F	O	R		
15	1	13	1	6	19	23	1	8	1	19	23	25	1	12	23	16	9	10	1	19		
											B	E	T	T	E	R	H	E	A	L	T	H
											2	16	15	15	16	19	25	16	22	8	15	25



POTATO VEGETABLE SALAD

This fix-once and eat-many-times recipe is perfect for an afternoon snack and it has five different colors of vegetables.



- 6 red potatoes
- 1/2 cup broccoli florets
- 1/2 cup cauliflower florets
- 1 medium carrot, peeled
- 1/2 cup chopped celery
- 1/4 cup sliced radishes
- 1/4 cup green onions
- 1 tbsp Dijon or plain mustard
- 2 tbsp lemon juice
- 1 tbsp oil
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

Steam or boil potatoes until they are tender. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool. Cut carrots into thin slivers. Cut celery in small pieces. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together oil, lemon juice, mustard, salt and pepper. Pour dressing over vegetables and stir until vegetables are evenly coated. Refrigerate 1 hour before serving.

Makes 3 servings. Each serving contains 131 calories; 5g fat; 25mg sodium; 3g fiber; 21g carbohydrates; 674mg potassium; 42 mcg folate

A Produce for Better Health recipe

Pick a **better** snack™



VEGETABLES CAN BE STEAMED IN THE MICROWAVE BY PUTTING THE VEGETABLES IN A COVERED CONTAINER WITH A SMALL AMOUNT OF WATER.



“Enriched” and “fortified” are terms that mean nutrients, usually vitamins or minerals, have been added to make a food more nutritious. “Enriching” means adding back nutrients that were lost during food processing. For example, B vitamins, lost when wheat is refined, are added back to flour. “Fortified” means adding nutrients that were not present in the food to begin with. For example, oranges do not naturally provide vitamin D so when it is added to orange juice, the product is referred to as “fortified.”

Color Your World

Decode the message by finding each substitute letter.

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
22	2	23	11	16	10	17	25	12	7	21	8	3	18	1	5	14	19	9	15	6	24	26	4	13	20

15 19 13 12 18 17 24 16 17 16 15 22 28 16 91 31 62 52 22 41 6
 18 11 51 52 29 15 16 11 21 61 01 19 16 23 22 18 22 11 11
 15 11 31 61 92 31 81 19 23 25 11 22 31 69 10 11 9
 21 61 51 51 61 92 51 62 28 15 25

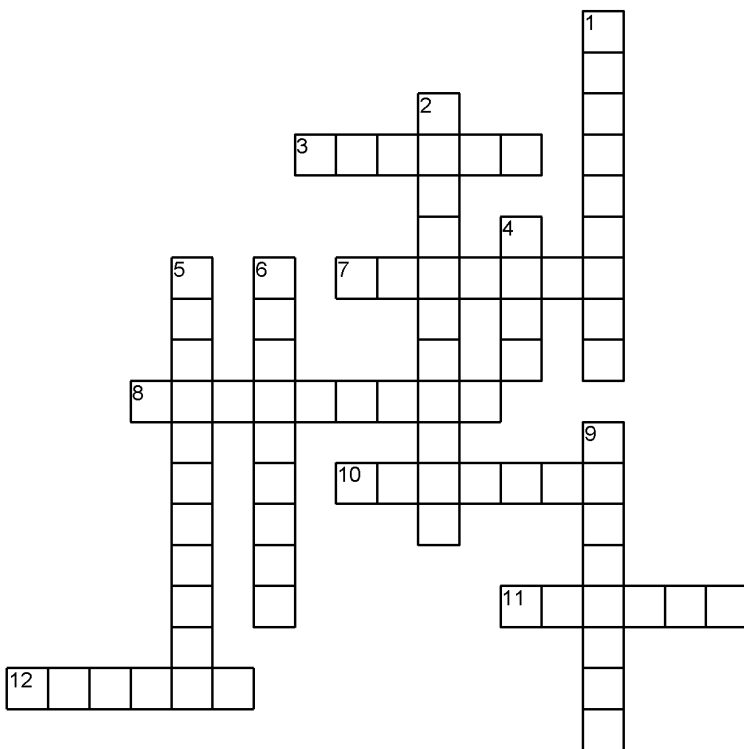
Eat Your Vitamins!

Across

- _____ nutritional supplements can be beneficial for people with special nutritional needs.
- More than \$23 _____ was spent in the United States on supplements in 2007.
- Vitamin D from _____ orange juice is just as well absorbed by our bodies as taking a supplement.
- If _____ D is added to orange juice it is referred to as fortified.
- Before taking supplements discuss your nutritional needs with your _____.
- _____ a wide variety of nutrient-rich foods is the best dietary strategy.

Down

- Include any supplements that you take on your list of _____.
- Some vitamins, such as B12 and D, are difficult for older adults to obtain adequate amounts without _____.
- Supplements are available in _____ form or liquid.
- Many people lack _____ about the safety and effectiveness of dietary supplements.
- _____ means nutrients were added that were not naturally present in the food.
- If nutrients that were lost in processing are added back into the food it is called _____.



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. 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.