



Chef Charles Says...



October

Pick a Better... Exercise Shoe

For many physical activities, you do not need any special clothing. Often, any comfortable, loose-fitting clothes will do. However, your shoes are important. Here are a few pointers to keep in mind when you shop for a new pair of exercise shoes:



- ◆ Choose shoes that are made for the type of physical activity you want to do (walking, running, dancing, bowling, tennis).
- ◆ Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that is not too high or too thick.
- ◆ If tying laces is difficult, look for shoes with Velcro fasteners or no-tie laces.
- ◆ Make sure your shoes fit well and provide proper support for your feet. This is especially important if you have diabetes or arthritis. Shoes should feel comfortable in the store. Uncomfortable spots will probably not get better.
- ◆ The size of your feet changes as you grow older so always have your feet measured before buying shoes. The best time to have your feet measured is at the end of the day when your feet are largest.
- ◆ If you have diabetes, break in new shoes gradually to avoid blisters and sore spots.

Source: *National Institute on Aging*

Get The News

Move More - Move Better

Older Americans are strongly urged to do regular physical activity and avoid being sedentary. In a recent study of people 70 to 89 years old, the better the participants stuck to a physical activity program, the greater their improvements in physical functioning. At the beginning of the study, all volunteers were sedentary and had a variety of physical health problems. The researchers found that more than half were able to engage in regular moderate exercise for one year. Those who improved the most reported exercising 150 minutes or more per week. That would be 30 minutes a day, five days a week. Remember, you do not have to do all 30 minutes at one time but you can break the exercise into smaller amounts, like 10 minutes three times a day.

Medicine & Science in Sports and Exercise. July 2009



**Physical activity and nutrition
work together for better health.**



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 healthier: apples, applesauce, or apple juice?

Does an apple a day keep the doctor away? If you add the apple to other fruits and vegetables you eat each day, it may. But are all forms of apples equal? Apples are available as juice, sauce or whole fruit. A nutrition analysis of all three forms reveals that unsweetened sauce or whole fruit are the best source of



fiber and folate. Apples with the peeling left on are the highest in fiber. And unsweetened sauce or whole fruit provide the least amount of calories, sodium, and carbohydrates. Juice only shines by having a little more potassium, but it is important to understand that the nutritional differences in the forms of an apple are not great.

So if nutrition is not too different how do you decide which form to eat? Consider these points:

- ◆ Eating a variety of apples in different ways will make the fruit more interesting.
- ◆ If you have difficulty chewing, you can feel assured that you can get good nutrition from all three forms of apples. Just watch the calories from juice.
- ◆ If you shop for groceries less than once a week, both the juice and canned applesauce will help you provide fruit in between shopping trips.
- ◆ Choosing only juice will limit your fiber intake, so interchange juice with other forms of apples.

Food Safety Clean Those Greens

In theory, prepackaged, pre-washed salad greens are ready to eat, offering a convenient way to get your lettuce, spinach, and other nutrient-packed leafy vegetables. But these salads still may need to be rinsed first, according to *Consumer Reports*, which tested prepackaged salads and found high levels of bacteria that can indicate poor sanitation and fecal contamination.

Generally, if the bag is marked triple washed and/or ready to eat, then it likely is ok. Rinsing again won't hurt IF greens are indeed dried and IF product is kept below 41 F. Don't just add moisture and let it sit at room temperature or it may grow even more bacteria.

Make sure if you choose to rinse your pre-packaged greens that you use all of the tips found in **Chef Charles Says**.



Follow these tips for buying, handling and storing greens:

- ◆ Buy packaged salads as far ahead of their use-by date as possible.
- ◆ Wash all salad greens, even those that are pre-washed, before eating them. Run cold water over the leaves or immerse them in a bowl of cold water. If you are not using the whole bag of greens, wash only the amount you plan to use. After washing, blot the leaves dry with a paper towel or use a salad spinner. Drying the washed greens is very important to stop any bacteria from growing.
- ◆ Store fresh greens away from raw meats and poultry, in a plastic bag or lettuce keeper.
- ◆ Refrigerate salad greens at 35-40 F. Use within a week of purchasing.
- ◆ Wash your hands before preparing salads and use a clean cutting board that is not used for meat, fish or poultry.

Be Active

Fit Feet

Exercises that strengthen and stretch your feet can help improve your coordination, balance, and stability. Do the following exercises while sitting in a chair and without shoes.

- ◆ Alternate flexing your toes up toward you and then pointing them away.
- ◆ Move your foot in circles, first one way, then the other, and then side to side like a windshield wiper.
- ◆ Moving only your foot and ankle, write each letter of the alphabet.
- ◆ Do toe curls by flexing your toes as much as possible, then releasing them.
- ◆ Use the toes on one foot to scrunch a towel on the floor. Keep heel in place, drag the towel from side to side across the floor.
- ◆ End your foot workout by rolling a small ball under the sole of your foot to massage it.

UC Berkeley Wellness newsletter- October, 2010

Answers

SOERCS JONATHANM
 RUOXER AHEDJODDC
 FMOMTSIWRIJNBL
 EUYIAUOP PTEBON
 ERJMC OYNPMBYBGT
 GRHIZ DQMSPCIAO
 BXIGFCLNEQPRENS
 FXGPF SEAYZ SOH
 KMOOMLKZDLASNJQ
 ZNRUBELARBINTPZKZ
 CAMEODGBKXERZOB
 VXGFGDDDSQRXDLO
 VBAHGEHFOMMJLCG
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Choose the right shoes for the
 type of physical activity:
 walking, running, dancing,
 bowling or tennis.

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Simple Applesauce

If you buy applesauce, look for unsweetened. You will still get plenty of natural sweetness, but nearly half the calories of sweetened applesauce. Unsweetened applesauce has only 50 calories per half cup, so it makes a filling snack. Applesauce with added sugar, high-fructose corn syrup, or other sweeteners, has about 85 calories per half cup.



Pick a **better** snack™



Ingredients

- 4 apples (Macoun and Macintosh are good choices)
- ½ cup water
- ½ teaspoon cinnamon

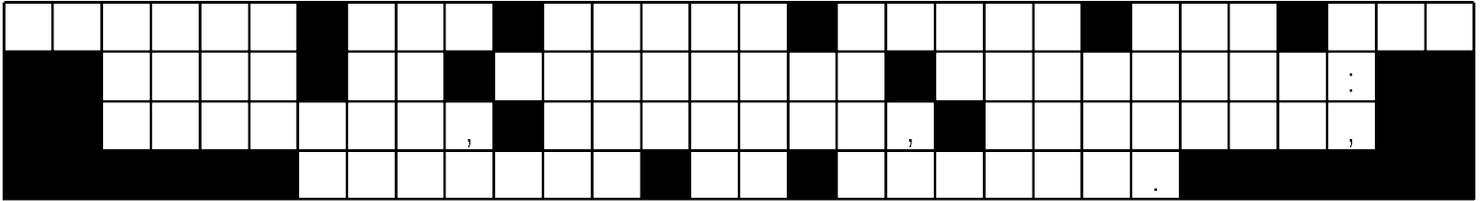
Directions

Core, but do not peel apples, cut into chunks. Add water and bring to a boil. Reduce heat to low and simmer 25 minutes or until apples are soft. Add cinnamon and cook for 5 more minutes. Cool. Mash with a wooden spoon or potato masher. Sweet apples will not require sugar.

Serves 6. Each serving contains: 66 calories, 1 mg sodium, 17 g carbohydrates, 3 g fiber, 134 mg potassium, 4 mcg folate

Kick It Up

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used once.



o f n g o r g c i
 w a s k o w r y n n c s o e t n c o n
 o y p e b t h e p r u g h t a l e n n a i f i r g
 C h t o l e i n g l i h i s i n t h a d s s v i t y t h e

An Apple a Day

Find the hidden words within the grid of letters.

- | | |
|------------------|---------------|
| Braeburn | Granny Smith |
| Cameo | Grimes |
| Cortland | Honeycrisp |
| Cripps Pink | Jonagold |
| Empire | Jonathan |
| Empire | McIntosh |
| Fuji | Red Delicious |
| Gala | Rome |
| Golden Delicious | Winesap |

S O E R C S J O N A T H A N M
 R U O X E R A H E D J O D D C
 F M O M T S I W R I J N B L I
 E U I I A U O P I P T E B O N
 E R J M C O Y N P M B Y B G T
 G R H I Z I D Q M S P C I A O
 B X I G F C L N E Q P R E N S
 F X G P F I S E A Y Z I S O H
 K M O O M L K Z D L A S N J Q
 Z N R U B E A R B N T P Z K Z
 C A M E O D G B K X E R Z O B
 V X G F G D D S Q R X D O L O
 V B A H G E H F O M M J L C G
 I P L F H R P A S E N I W O V
 G R A N N Y S M I T H M Q G G

Resource

<http://www.bestapples.com/variety/>

Do you have trouble recognizing all the different varieties of fresh apples? The Washington Apple Commission maintains a website to help you. It includes pictures, descriptions, cooking recommendations, and when the different varieties are available.



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.