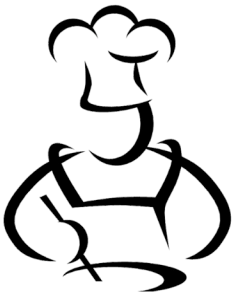
Chef Charles Says...



February

Chef Charles Says... Vitamin D and Skin

Inadequate vitamin D can cause health problems for older adults such as limited bone density leading to broken bones or increased falls to just name a few. In earlier newsletters we have discussed how people living in northern regions have limited sun exposure and thus may not have adequate vitamin D. There are other reasons people may not have enough vitamin D including the following:

People Over Age 50

People older than 50 are at increased risk of developing vitamin D deficiency. As people age, skin cannot synthesize vitamin D as efficiently and the kidney is less able to convert vitamin D to its active hormone form.

People With Dark Skin

Greater amounts of pigment in darker skin reduce the skin's ability to produce vitamin D from sunlight. Some studies suggest that older adults, especially women, with darker skin are at high risk of developing low vitamin D levels.

Does vitamin D interact with any medicines or dietary supplements?

Yes. For example, prednisone and some medicines taken to lose weight, lower cholesterol, or control epileptic seizures can raise the need for vitamin D. Ask your pharmacist or doctor to discuss this with you.

Source: USDA Food and Nutrition Information Center

People Who Are Obese or Who Have Undergone Gastric Bypass Surgery

Obesity does not affect skin's capacity to synthesize vitamin D, but greater amounts of certain fats store more of the vitamin D and alter its release into the blood.

2010 Recommendations

For older adults the updated 2010 recommendations for daily intake of vitamin D is 600 IU up to the age of 70, and 800 IU after the age of 70. In healthy adults, supplementing vitamin D at doses up to 4,000 IU is safe but remember that we get vitamin D from fortified foods like milk and cereal. Vitamin D made in the body from sunlight does not rise to dangerous levels.

Get the News

Being Fit Slows Cold Symptoms

People who are more physically active have fewer and milder colds according to a recent study. The researchers tracked the respiratory health of 1,000 adults between the ages of 18 and 85 for 12 weeks. Participants who were physically active at least five days a week reported having cold symptoms fewer days than those who were active less than one day a week. This is just one more reason to put on your walking shoes.

British Journal of Sports Medicine, November, 2010

Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, www.state.ia.us/elderaffairs

Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Pick a Better... Carrot

Which carrot do you choose—baby or whole? Do you consider cost or convenience?

Let's look at cost. Assume you buy a one-pound bag of carrots for $1.49 and a one-pound bag of baby carrots for $2.29 each. There are approximately 80-86 baby carrots per bag so the average cost is just under 3 cents each. Whole carrots require peeling and cutting each carrot. If you cut each large carrot into four sticks per carrot it yields 104 carrot sticks, with a cost of 1 cent each. Baby carrots are quicker, but they cost three times as much per carrot stick.

Most people agree that the taste of either type of carrot is similar, and nutritionally they are equal. Like many root vegetables, carrots are loaded with vitamin A and C as well as fiber. So whether you choose by cost or convenience, eating orange carrots is a winning decision.

Food Safety:

Older Adults Have Special Risks

A healthy diet, including a wide range of foods, can help you avoid sickness. But raw foods may be risky for older adults. As you age, it is easier to get sick from germs in your food. Having chronic conditions like diabetes, kidney disease, or some cancer treatments may add to your risk. Older adults should avoid:

- Raw fish and shellfish, such as oysters, clams, mussels, and scallops
- Raw or undercooked meat or poultry
- Raw or unpasteurized milk or cheese
- Soft cheeses such as feta, brie, blue, and Mexican-style unless pasteurized
- Raw or lightly cooked eggs or egg products, such as salad dressings, cookie dough, cake batter, sauces, and drinks such as eggnog
- Raw sprouts
- Unpasteurized or untreated juice from fruits and veggies

In the U.S., almost all juice is treated or pasteurized to kill germs. This makes it safe to drink. The FDA requires a warning label on all juices that have not been treated. The label says:
WARNING: This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with a weak immune system.

Chef Charles Asks the Questions

Why Does Ground Beef Turn Gray?

Meat contains a pigment called myoglobin that turns bright red when exposed to oxygen. Grocery stores typically cover ground beef with a plastic wrap that allows some oxygen to penetrate, so that the surface of the meat turns this appealing red color, which consumers have come to associate with freshness. When ground beef is not exposed to oxygen (as in the inside of the packaged meat), the pigment turns grayish-brown after a few days. Ground beef that is red on the outside and gray inside should be safe to eat. If the ground meat is gray or brown throughout, however, that could indicate that it is beginning to spoil and if you just bought it, you may want to return it to the store. Spoilage bacteria, though generally harmless, can make meat smell and cause other signs of deterioration. By the way, meat can also turn gray in the freezer. It is perfectly fine and safe to eat. Remember: store ground beef in the refrigerator below 41 degrees and use within 1-2 days.

Be Active Walking Improves Brain Health

New research suggests that walking at least six miles per week may protect your brain from shrinking in size and in turn, preserve memory in old age. The study found that people, who walked at least 72 blocks per week, or roughly six to nine miles, had greater gray matter volume than people who did not walk as much after nine years. Walking more than 72 blocks did not appear to increase gray matter volume any further. At 13 years in the study, 40 percent had developed cognitive impairment or dementia. The researchers found that those who walked the most cut their risk of developing memory problems in half.

Since it appears that regular exercise in midlife improves brain health and improves thinking and memory in later life, it is one more reason to make regular exercise a priority for all adults. *Neurology,* October 13, 2010

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

R E G U L A R E X E R C I S E I N M I D L I F E
17 7 9 12 20 19 17 7 23 7 17 18 14 5 7 14 8 10 14 25 20 14 21 7

I M P R O V E S B R A I N H E A L T H A N D
14 10 26 17 13 1 7 5 22 17 19 14 8 24 7 19 20 3 24 19 8 25

I M P R O V E S T H I N K I N G A N D M E M O R Y
14 10 26 17 13 1 7 5 3 24 14 8 15 14 8 9 19 8 25 10 7 10 13 17 11

I N L A T E R L I F E
14 8 20 19 3 7 17 20 14 21 7

RTDEIPZAEUS	PASTEURIZED
GOXNEY	OXYGEN
EPGMNIT	PIGMENT
UGDRON BEFE	GROUND BEEF
COOIKE GHDUO	COOKIE DOUGH
RWA SIEHSLFHL	RAW SHELLFISH
RARRRIGTEOFE	REFRIGERATOR
BIRAECAT	BACTERIA
FRZEEER	FREEZER
FSOT ESCESEH	SOFT CHEESES
UMIENM STYEMS	IMMUNE SYSTEM
ICPASLT WAPR	PLASTIC WRAP
EUOOEDRNKCD	UNDERCOOKED

KNOW THE RISKS OF RAW FOODS AND SIGNS OF SPOILAGE TO STAY HEALTHY.

Apple Carrot Salad

½ cup shredded carrot
1(medium) diced apple
1 ½ tablespoon lemon juice
¼ cup raisins
2 tablespoons low-fat mayonnaise

Directions: Combine all ingredients. Chill thoroughly.
Makes 3- ½ cup servings.

Why use low-fat?
One brand of low-fat mayonnaise had only 1 gm fat compared to 10 gm in the regular product per tablespoon.

This is a
Fruit and Veggies - More Matters
recipe.

Calories 120; fat 4 gm; sodium 115 mg; protein 1 gm; fiber 4 gm; potassium 280 mg, folic acid 13 mcg

Pick a **better** snack™

Think About Walking

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

17 7 9 12 20 19 17 7 23 7 17 18 14 5 7 14 8 10 14 25 20 14 21 7

14 10 26 17 13 1 7 5 22 17 19 14 8 24 7 19 20 3 24 19 8 25

14 10 26 17 13 1 7 5 3 24 14 8 15 14 8 9 19 8 25 10 7 10 13 17 11

14 8 20 19 3 7 17 20 14 21 7 .

Know The Risks

Unscramble each word. Then use the marked letters to solve the second puzzle.

RTDEIPZAEUS	PASTEURIZED
GOXNEY	G
EPGMNIT	T
UGDRON BEFE	O
COOIKE GHDUO	I H
RWA SIEHSLFHL	F
RARRRIGTEOFE	E
BIRAECAT	A
FRZEEER	R
FSOT ESCESEH	S
UMIENM STYEMS	N Y
ICPASLT WAPR	T
EUOOEDRNKCD	K

K H E R S R

F N S G

P O I T A T Y .

Resource

What do you know about dietary supplements? Where do you get your information? A well respected and accurate site to check out is **http://ods.od.nih.gov/** This National Institutes of Health site has recently undergone an update and is even more consumer-friendly.

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.