



Chef Charles Says...



March



Pick a Better... Cabbage

March is the month of green and is often associated with cabbage. Cabbage is available year-round and weighs from one to seven pounds. Cabbage heads should be compact (not soft), heavy for their size, with tender green leaves showing no evidence of damage or insect nibbles. Check the bottom of the cabbage to be sure the leaves are not beginning to separate from the stem, an indication of age.

Store a whole head of cabbage in a plastic bag in the refrigerator for up to a week, two weeks if it is fresh from the garden. But remember, the older it gets, the stronger the flavor and odor will be. Cabbage will lose freshness rapidly once the head is chopped, so plan on using it within a day. If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last another few days if it was fairly fresh when you cut it. Cooked cabbage may be refrigerated in a covered container for up to four days.

Get the News DASH Diet and Healthy Heart

The DASH (Dietary Approach to Stop Hypertension) approach to eating has been proven to lower blood pressure, reduce cholesterol, and improve insulin sensitivity. Following the DASH diet may lower your long-term risk of a heart attack as well, suggests a new study of over 400 people diagnosed with high blood pressure. DASH emphasizes fruits, vegetables, and low-fat dairy foods. Compared to people eating a typical American diet, those who followed the DASH diet for eight weeks reduced their estimated risk of heart disease by 18%, based on improvements in risk factors. Just adding more fruits and vegetables to the common American diet reduced heart disease risk by 11%. *John Hopkins Medicine Publications, August, 2010*

One medium head of cabbage weighs about two pounds and will make four cups of shredded raw cabbage and four cups cooked.

Unsure of the weight of your cabbage? Make sure to use the store scales in the produce section.



2010 Dietary Guidelines

On January 31, the U.S. Department of Agriculture and the Department of Health and Human Services announced the 2010 Dietary Guidelines. The DASH diet continues to be recommended for helping Americans lower blood pressure and support a good, healthy diet. Over the next few months, Chef Charles will share more about the Dietary Guidelines and what they mean to you.



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

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



More Potassium and Less Sodium Equals Best Blood Pressure Results

Reducing your sodium intake remains the simplest way of maintaining healthy blood pressure, but as you cut back on sodium, boosting your potassium intake also helps regulate your blood pressure. Potassium lowers some of the blood pressure-raising effects of excessive sodium by helping the kidneys eliminate sodium from the body. Potassium may also help relax blood vessels. Previous research has found that high potassium diets can protect against strokes, which is a major concern of people with high blood pressure. Many flavorful foods are good sources of potassium such as fresh fruits, vegetables and nuts. And these foods are also low in sodium. It is recommended that you consume 4,700 mg daily of potassium. Your congregational meal provides less than 1,000 mgs of sodium and more than 1,567 mg of potassium daily, based on a weekly average. To help you meet the daily goal, consider adding foods from the following chart.

Potassium Rich Foods (4,700 mg: Daily Goal)		
Food	Amount	Potassium (mg)
Baked sweet potato with skin	1 medium	508
Cantaloupe	1 cup	494
Banana	1 small	467
Avocado	1 half/medium	450
Orange	1 small	237
Apple	1 small	159
Low fat milk	1 cup	425
Plain yogurt	1 cup	579

Food Safety: How to Handle Packaged Shredded Cabbage

Often cabbage used in a recipe needs to be shredded. If this is a barrier for you, consider buying packaged, shredded cabbage. The storage and handling is a little different than a whole head. Shredded cabbage is found in the refrigerated area of the supermarket's produce section and should be kept refrigerated at home in its original bag. The bag is made of specially designed film to keep it fresh. Store in the refrigerator crisper or drawer. Store leftovers in the original bag, tightly

Be Active

A stiff wrist or fingers can be a problem that interferes with lifting food packages. Here are some exercises that can help. The exercises are suggested to improve dexterity, coordination and range of motion.

Wrist Rise & Fall

Place your arms on the armrest of the chair. Gently let your hand hang off the edge of the armrest. (Use tabletop if armrests are not available).

Slowly bend the back of your hand, lift your fingers up toward the ceiling. Then gently lower your hand. Repeat 5 times, increase as appropriate.

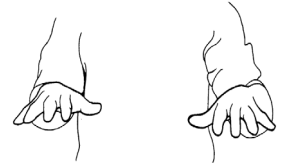


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Finger Spread

Spread fingers of both hands far apart, keeping fingers straight. Then relax hands and fingers into a gentle fist.

Repeat 5 times, increase as appropriate.



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A Matter of Balance Volunteer Lay Leader Model, MaineHealth's Partnership for Healthy Aging

A Matter of Balance classes are taught in many locations across Iowa. To find a location close to you visit the Iowa Department of Aging website at <http://www.aging.iowa.gov>



closed, in the refrigerator. When purchasing, check the date stamped on the package and look at the salad to make sure it appears fresh. Do not purchase salads with brown-edged pieces or if the cabbage appears excessively wet. The packaged cabbage is ready to use but if you are concerned, you can put it in a colander and rinse just before using it in a recipe.



Chef Charles Asks the Questions

How Do I Control The Sodium In My Diet?

People over the age of 50 should eat no more than 1,500 mg of sodium a day. If you look closely at the nutrition label, you will find many foods that have almost that much in one serving. The amount of sodium in a processed food can vary dramatically among foods in the same food category, such as salad dressing or canned vegetables. While consumers can always add salt to food to taste, they can't take it out. To keep the excess salt out of your shopping carts, review the following easy-to-implement tips:

- ◆ At the grocery store, always check and compare Nutrition Facts labels on the back of the packages.
- ◆ The sodium in foods can vary greatly, even between two brands of the same product! And while 480 mg of sodium per serving

may be the lower choice for soup, that's way too much sodium for a serving of bread. (see table below)

- ◆ Be sure to check the serving size, number of servings per container, and think about how much you plan to consume. For example, one slice of bread doesn't have a large amount of salt but because we eat multiple pieces each day, bread may contribute a lot of salt to our diet. Choose lower sodium breads.
- ◆ Processed foods marketed as "healthy" may have a lot of sodium. Canned items such as beans and soup broth can be very high in salt. Look for "low sodium" or "no salt added" versions.
- ◆ Where possible choose fresh foods, like vegetables and un-marinated poultry, which naturally are much lower in salt than processed foods.
 - ◆ When fresh is not available, consider frozen vegetables, which will have less sodium than canned or even no-salt canned vegetables.
 - ◆ Check the label when you buy raw meat, such as chicken breast; even it can often have added salt.

New Look Cabbage Salad



- 1 cup shredded cabbage
- 2 tablespoons dried cranberries
- 2 tablespoons sliced almonds
- 1 tablespoon lemon juice
- 1 tablespoon oil
- Pinch of salt

Mix together cabbage, dried cranberries, and almonds. Mix together lemon juice, oil and pinch of salt; then add to cabbage mixture. Mix it all thoroughly and you have a fresh and original cabbage salad. If you want to try a little different flavor add a teaspoon of fennel.

Makes 2 servings. Each serving contains: Calories 169; fat 12 g; cholesterol 0 mg; sodium 8 mg; carbohydrates 16 g; fiber 3 g; potassium 167 mg; folate 24 mcg

Pick a better snack™

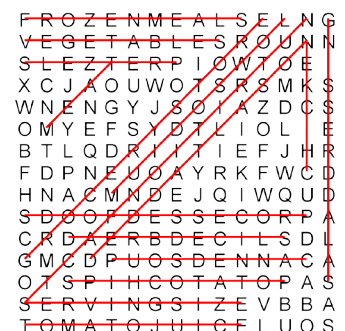


Item	Serving Size	Range of Sodium (mg) per serving*
Canned soup	1 cup	50-950
Canned vegetables	1/2 cup	10-550
Sliced bread	1 slice	100-240
Frozen meals	6-10 ounces	330-1130
Tomato juice	8 ounces	140-680
Salad Dressing	2 tablespoons	80-620
Potato Chips	1 ounce	10-380
Pretzels	1 ounce	50-610

*Ranges may vary, based upon product availability

Answers

Many fresh fruits and vegetables are good sources of potassium, and low in sodium which may help regulate blood pressure.



WHERE IS THE SODIUM?

- Canned soup
- Chicken
- Frozen meals
- Grocery store
- Low sodium
- Meat
- No salt added
- Nutrition Facts
- Potato chips
- Processed foods
- Pretzels
- Salad dressing
- Serving size
- Sliced bread
- Tomato juice
- Vegetables

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

Resource

To learn more about the DASH diet go to:
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.

EQUATION FOR GOOD HEALTH

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

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



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.