



Chef Charles Says...

A newsletter for congregate meal participants for the month of February

Chef Charles Club is defined as a group of people who meet with a leader or instructor to learn and discuss how nutrition and physical activity can make a difference in their lives. Participants receive a monthly Chef Charles newsletter from the instructor.

The survey data we collect from Chef Charles participants tells us that instructors do make a difference. For example, in 2009 Chef Charles focused on encouraging participants to eat more fruits and veggies. Chef Charles Club members who participated in activities reported eating more fruits and veggies at meals (56%) and snacks (50%) while those who **just read** the newsletter alone reported more produce consumption at meals (40%) and snacks (39%). While both groups were eating more fruits and veggies, those with an instructor made a bigger change. The time you spend preparing for a Chef Charles Club is valuable for the health of your participants. **Thank you.**

In 2010, Chef Charles wants to answer your questions. What questions do you have? Start thinking about them now and discuss it at your meal site. You can send questions to susanklein50@gmail.com. Each month you will find a column that answers a question from a meal site.

You can also look forward to columns on the importance of protein, eating a wider variety of colorful fruits and veggies, consuming calcium-rich foods, reducing salt, and getting enough vitamin D in your diet. Daily physical activity will continue to be promoted as well.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program. It is now called SNAP (Supplemental Nutrition Assistance Program); in Iowa the program is called Food Assistance. As an instructor for Chef Charles you can help those in your club understand that the SNAP program can make a big difference in their food budget. Consider the following activities:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Bookmark www.benefitscheckup.org on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then



again at the end. This will reinforce key points and identify if the participants know the answers.

Get the News

Props:

- Picture of meat, milk, beans, eggs
- Barbell or stretch bands

Protein Plus Strength Training Is Key To Staying Strong

Losing muscle and strength as we grow older may no longer have to be a common symptom of aging. Health experts have believed that the loss of muscle naturally occurs late in life because muscle proteins break down faster than older adults can restore them. This leads to a weakened condition of the muscles called sarcopenia.

New research has shown that an effective and practical way for older adults to avoid sarcopenia and preserve muscle strength is to eat high-quality protein at each meal and participate in strength training twice a week. The optimal amount of protein needed to maintain muscle is 25 to 30 grams at each meal - breakfast, lunch and dinner. In the March newsletter, Chef Charles will show you how to get this amount of protein in your diet. Strength training will be discussed in April's newsletter.

Why is maintaining your muscle important? As older adults lose muscle mass and strength, they increase their risk for falling and injuries such as hip fractures. This can lead to a loss of independence. In addition, a loss of muscle or lean body mass may contribute to other health problems, including type 2 diabetes and osteoporosis..Source: *American Journal of Clinical Nutrition*. 2008

Activity

Say to the group:

I have a new nutrition 'formula' that I would like you to remember.

**3 X a day/Protein + 2 X a week/strength training
= strong muscles**

Note to instructor: On average, an ounce of meat or cheese, 1/2 cup of beans, an egg white and a cup of milk provide 7 to 8 grams of protein. Chef Charles will give more suggestions on how to reach 25 grams of protein in next month's newsletter.

Show the pictures of meat, milk, cheese, egg, beans, (protein) and barbells when you introduce the formula to help illustrate the formula. When you consistently eat lean protein and participate in strength training you will have strong muscles. What does consistently mean? It turns out that you need to have protein at each meal throughout the day. The numbers to remember are 25-30 grams at each meal every day. You can use the nutrition facts label on food packages to help determine good sources of lean protein. How many of you know a friend or family member that has fallen recently? Or maybe you have fallen? Surprisingly, falls can be avoided if you have strong muscles. Following this formula may help.



3 X a day/Protein
+
2 X a week/Strength
Training

= Strong Muscles



Eggs



Beans



Milk



Lean Meat



Pick a Better...

Props:

- None

Share Another Idea:

Egg whites provide high quality protein. If you want less fat and cholesterol, use fewer egg yolks and more egg whites in scrambled eggs.

Go Lean With Protein!

Choose Lean Protein

Check Out These Tips

Start with a lean choice:

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra **lean ground beef**. The label should say at least **90% lean**. You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

Keep it lean:

- **Trim away visible fat** from meats and poultry before cooking.
- **Broil, grill or roast** meat and poultry instead of frying.
- **Drain off any fat** that appears during cooking.
- **Skip or limit the breading** as it adds fat and calories. It will also cause the food to soak up more fat during frying.
- **Prepare dry beans and peas without added fats**. If you do add fat, use a healthy option such as Canola oil.
- • Choose and prepare foods without high fat sauces or gravies. Add a can of garlic-roasted tomatoes to a beef roast for moisture and extra flavor.

Activity

After introducing the formula in the *Get the News* article, review the suggested protein foods and emphasis they want to insure that the choices are lean. The yellow highlighted phrases should be shared.

Chef Charles Asks the Questions

Meet JaNeil Long, Site Supervisor, Polk County Senior Services

JaNeil is responsible for one of the largest congregate meal sites in Iowa. The Southside Senior Center in Des Moines, Iowa will feed over 100 people for lunch on an average day. Since Chef Charles started in 2004, she has been a Chef Charles instructor with an average of 15 people participating each month. She reports that her members look forward to the get together where they can interact, share what they know, and learn about better nutrition and health. Many have made significant changes in their behaviors and they always look forward to the tasting part of the class. JaNeil likes



Props:

- Medication bottle (a bottle with a grapefruit warning would be good)
- Three questions printed on strips of paper placed in the bottle

A registered dietician is another good resource to ask questions about food and drug interactions.

the features on fruit and says that is one of her favorite foods. Her group is always full of questions like this one that she shared with Chef Charles.

Why can't you eat grapefruit and green leafy vegetables when taking some medications? Many foods can have an interaction with medications. It is very important to talk with both your doctor and pharmacist about such questions. Basically when a drug interacts with a food in a negative way it will either increase or decrease the strength of the medication. Because the success of a drug is dependent upon the right dosage, altering its strength it can be harmful.

When you are instructed to limit a food because of a medication make sure to ask these questions:

- May I wait for a period of time after taking the drug and then eat the food?
- What would be the consequence of eating the food with the medication?
- Are there foods other than the one you mentioned that can cause the same concern?

Activity

Say to the group:

Perhaps you have had this question. *Read highlighted question in article (hold up a medication bottle when you read the question). Share the answer.* It is good for us to know why these foods can be a concern with some drugs, but the more important idea I want to share with you is what you need to do as a consumer taking medications. You are responsible to know as much as you can. So you need to ask questions. Let's see if the medication bottle can help us. Open the bottle and have a participant read the three questions one at a time.

May I wait for a period of time after taking the drug and then eat the food?

What would be the consequence of eating the food with the medication?

Are there foods other than the one you mentioned that can cause the same concern?



Be Active

Props:

- 5 volunteers
- 3 chairs

Exercise Adds Life

Your daily workout may help you live longer than your 'couch potato' friend. A new research report finds that physical activity boosts longevity and you don't have to run a marathon to get the benefit. In the nine year study over 4,000 middle-aged and older adults were divided into five groups according to their fitness level. The least fit group had the most deaths during the study while the most fit group had the fewest deaths. But what about the three groups in the middle? The more active the group was the fewer deaths were reported even when age was not considered. The findings remind us that even a little activity can be beneficial and the more activity we can do, the better we will feel and it can add time to our lives.

Activity

Ask for 5 volunteers. Have them stand in a line. Have them help illustrate activity as follows:

- First person (most fit)=march in place
- Second person=walk in place
- Third person=sit on chair and count to 5; stand up count to 5 and repeat
- Fourth person=sit on a chair and kick legs in front of self
- Fifth person (least fit)=sit on a chair with eyes shut

Share with group that the 5 volunteers represent that exercise helps us live longer. Read the findings from the study which are highlighted in yellow. So our 5 volunteers help us remember that being active can help us live longer.

Food Safety

Props:

- Bleach bottle
- Teaspoon measure

How to Bleach Countertops

Bleach is an effective sanitizer because it kills both bacteria and viruses. The first step in cleaning your counters in both the kitchen and bathroom is to use plain soap and water. Once they are clean, spray a diluted bleach solution for a little extra protection. While it may seem weak, use no more than one teaspoon of bleach in a quart of warm water. Spray it onto the counter and let it air dry for best results. Because the bleach is not very stable, the bleach solution needs to be mixed every day to be most effective. Remember that the number one way to control germs is to wash your hands with soap and warm water, especially before and after preparing food.

Activity

Say to the group:

You do not have to use special chemical solutions to keep your counters clean and sanitary. You can do it with common bleach



and water. How much? Let's look at our newsletter. How much bleach and water is needed to sanitize? *See highlighted answer.* Yes and we mix the bleach and water in a spray bottle. After spraying the counter top how to you get the best results? *See highlighted answer.* You may look around the senior center to find the Food Establishment License. This means a kitchen has good procedures for cleaning the kitchen and washing hands.

Snacks

Teaching Points:

- Can be used as either a salad or a dip
- Used as a salad will provide 20 g of protein—a good way to get the daily protein you need
- You can use other herbs or spices in place of cinnamon such as chives, rosemary
- The sodium is primarily from the cottage cheese

Cottage Cheese Fruit Dip or Salad

½ cup 1% low-fat cottage cheese
 ½ cup vanilla nonfat yogurt
 1 apple, peeled, cored and grated
 or ½ cup seasonal fruit
 1 teaspoon sugar
 1 teaspoon cinnamon
 low-fat crackers

Add cottage cheese and yogurt to food processor or blender; process until smooth. Blend in apple, sugar and cinnamon. Serve as dip with low fat crackers.

Note: To use this recipe as a salad, place all ingredients in a bowl except sugar and mix. Serve on a lettuce leaf.

Pick a better snack



Eaten as a salad the snack will provide: 300 calories, 3g fat, 540 mg sodium, 3g fiber, 20g protein, 513 mg potassium, 31 mcg folate



Recipes

Teaching Points:

- Check out the protein per serving (24 g)
- Make sure to use reduced sodium broth
- The liquid in the can of diced tomatoes adds flavor
- To limit the sodium in the canned black-eyed peas, rinse with warm water
- If six servings is too large for you, freeze leftovers for future meals

Hamburger Soup with Black-Eyed Peas and Kale

- 1 pound lean ground beef
- 1 medium onion, chopped
- 2 small cloves garlic, minced
- 2 medium carrots, diced
- 2 cups chopped kale
- 2 cups reduced sodium beef broth, canned
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (15 ounces) black-eyed peas, drained and rinsed
- 1 cup frozen corn kernels
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper

Heat oil in a large saucepan or Dutch oven over medium-low heat. Add beef and onion; sauté, stirring until the ground beef is browned. Add garlic and carrots and cook for 1 minute longer. Add the beef broth and bring to a boil. Simmer for 10 minutes. Add the kale, tomatoes, peas, corn, and seasonings. Cover and simmer for 20 to 25 minutes. Serves 6.

Each serving contains: 243 calories, 5 g fat, 401 mg sodium, 27 g carbohydrates, 5.6 g fiber, 24 g protein, 912 mg potassium, 72 mcg folate



Did You Learn Any New Ideas?

1. To create lean poultry remove the _____?
2. How much lean protein do you need at each meal to encourage strong muscles?
3. How will you know if a medication is affected by any food?
4. T or F Exercise can help you live longer.
5. How much bleach do you add a quart of water to sanitize in your kitchen?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
February 2010	_____ Congregate Meal Site Participants	The incentive is a potholder. Please indicate how many are needed _____

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Your Answers

Skin
25-30 grams
Ask the doctor or pharmacist
True
1 teaspoon

Chef Charles Says...

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