



Chef Charles Says...

A newsletter for congregate meal participants for the month of November

Please read carefully.

We have new information in this section for November, 2010.

Why exercise? You may have people asking you this question. Especially if the person has not been exercising. The article "Chef Charles Asks the Questions" you will find out not only can exercise add years to your life, it can improve your chances of remaining independent. This point could mean a lot to your participants.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- 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 salmon

Eat Fish for Eye Health

Eating fish may be beneficial if you have age-related macular degeneration (AMD), a retinal disorder that can lead to blindness. Researchers analyzed the diets of over 2,900 people currently diagnosed with beginning AMD and found that, over eight years, people who eat two to three servings of fish per week were 25% less likely than those who rarely ate fish to progress to advanced AMD. The greatest benefit was associated with eating fatty fish such as salmon, tuna, and mackerel, which are rich in omega-3 fatty acids.

British Journal of Ophthalmology, Nov 2009

Activity

Say to the group: This is not an eye test! Can you see what I have as a picture? Fish. Once again we are learning that eating fish, especially fish that is called fatty fish, can make a difference in your health. This time the fish helps people with AMD or age-related macular degeneration to slow the lose sight. In my mind eating fish 2-3 times a week is a good way to help with my eye sight. Would you agree?









Chef Charles Says

Higher Vitamin D Intake Can Lower Risk of Falls

Props:

- Pictures of:
Milk
Salmon
Orange juice

After reviewing eight studies on vitamin D and fall prevention, researchers found that adults age 65 and older who took 700 to 1000 International Units of vitamin D daily substantially cut the risk of falling. Inadequate vitamin D intake contributes to muscle weakness, which increases the risk of falling. About a third of adults age 65 and older fall annually and about six percent of the falls result in a fracture. Only a few foods naturally have vitamin D. The best source is fatty fish like **salmon, tuna, and mackerel**. **Beef liver, cheese, egg yolks, and mushrooms** provide smaller amounts. You can get recommended amounts of vitamin D by eating a variety of foods with plenty of fortified milk and fatty fish. Almost all **milk** in the United States is fortified with 400 IU of vitamin D per quart. Vitamin D is also added to some **breakfast cereals and brands of orange juice, yogurt, margarine, and soy beverages**. If you do not regularly eat vitamin D-rich foods you may want to consider a dietary supplement. For many people, it is difficult to get adequate amounts of vitamin D without a supplement.

British Medical Journal, October 2009

Activity

Ask: Are you afraid of falling? Older adults have some fear of falling. Chef Charles shares in this newsletter two ways to reduce your risk of falling, and they involve food and fun. I have in front of me a picture of 1) glass of low-fat milk, 2) salmon and 3) glass of orange juice fortified with vitamin D. What nutrition quality do they have in common?

If we look at our newsletter, we see that they are sources of vitamin D. In the case of the salmon, vitamin D happens naturally and the milk and juice fortified with vitamin D. Let's look at the newsletter article and I want each of you to use a pencil or pen and circle all the foods that you see mentioned in the article that could be sources of vitamin D. How many are there? (13) This is not a complete list. Do you eat these foods? If you do not, you may want to talk to your health care provider about a supplement. The study mentioned in the newsletter indicated you needed 700-1000 IU daily and depending on food alone, you may not get enough to help prevent falls. **This was the food part of fall prevention. Now let's take a look at the fun part.**

Now let's look at the *Be Active* article.



Be Active

Props:

- Tape recorder
- Quiet dancing music on CD
- Chair for each participant

Dancing to Improve Your Balance

If you are looking for a more entertaining way to get some exercise, consider dancing. Researchers at the University of Missouri found that 18 frail older adults who participated in a 45-minute, low-impact dance-therapy program three times a week for six weeks were able to reach further forward without losing their balance. They were also faster at performing exercises that involved standing, walking, and sitting. These improvements in balance and gait suggest dancing may help improve coordination and prevent falls in older adults.

Nursing Administration Quarterly, Sept. 2010

Activity

What could be more fun than dancing to some great music? Can you share some memories of dancing? I am going to play some music and invite you to stand by your chair and move to the music. While we do this let me share with you the information from the newsletter. **This is the fun part of fall prevention.**

Pick a Better...

Props:

- Green paper
- Bowl
- Sweet potato
- White potato
- Yellow potato (optional)
- Blemished sweet potato (optional)

Sweet Potato

Sweet potatoes are part of the morning glory family and are an excellent source of **vitamin A**, as well as a good source of **vitamins E and C, B vitamins, manganese, potassium and dietary fiber**. Choose sweet potatoes that show no signs of bruising and are firm to touch. Store them in a dry, unrefrigerated bin, since refrigeration can alter the texture and taste. Simply scrub sweet potatoes, trim off any damaged parts, and bake, boil, roast or microwave them. The rich flavor of sweet potatoes pairs well with many spices, fruit flavors such as citrus and apricots, and nuts like pecans and walnuts.

Activity

On a small piece of paper (one for each preparation idea) write ideas for preparing sweet potatoes. Some ideas are: baked in skin, sliced and baked with a little olive oil and favorite herbs, twice baked with brown sugar and pecans mixed into the potato; mashed; salad; quick bread made with sweet potatoes.

Say to the group: Sweet potatoes are a great nutrition find. It is full of so many nutrients. Let's see what nutrition is waiting for us when we eat a sweet potato.

Which of these potatoes provides more nutrients? *Hold up the three potatoes.* You may have heard the term "nutrient dense" and this means that a food is relatively rich in nutrients for the number of calories contained in the food. A sweet potato is definitely



nutrient dense! Can you find the many different nutrients in the newsletter article? (*nutrient highlighted*) Now, on the papers in the bowl we will find some ideas on how to prepare sweet potatoes. Have volunteers select one of the preparation ideas and read to the group. Ask the group if they have every had sweet potatoes prepared that way? Ask if there are any other ideas on how to prepare sweet potatoes.

Instructors: If you find a sweet potato in the store that has blemishes or looks like it has deteriorated in quality, bring it to Chef Charles class and compare it to a better quality sweet potato.

Baked in skin or cut in pieces and bake with olive oil and herbs	Twice baked
Mix brown sugar & pecans into the potato	Mashed
Salad	Bread or pie

Chef Charles Asks the Questions

Props:

- None

Do I need to exercise?

Getting older is not an excuse to reduce your activity level or remain sedentary. In fact, the opposite is true. Older adults who stay active, or begin regular physical activity, are more likely to live longer and remain independent compared with those who are inactive. Check out these findings which compare physically active to sedentary people:

- Active 70-year-olds were half as likely to die within eight years compared to sedentary.
- Active 78-year-olds were significantly less likely to die within



eight years compared to sedentary peers.

- Active 85-year-olds were three times less likely to die within three years compared to sedentary.
- Starting a physical activity program between ages 70-85, resulted in significant survival benefits compared with remaining sedentary.
- An individual's physical activity level at age 78 was associated with his or her ability to remain independent at age 85.

Archives of Internal Medicine, Sept 2009

Activity

We often talk about doing healthy behaviors so that we can live a longer life. Research findings often show a relationship between living longer and healthy behaviors. Looking at the first four bullet points, you see that being active can extend your life. This is a good thing. I want to look at another outcome of healthy behaviors. The last bullet point is about living **independently**. That is important as well as we age. So, doing exercise and staying active not only will help you live longer; you are also more likely to be able to live an independent life. Raise your hand or give a "shout out" if you think that is worthwhile!

Food Safety

Props:

- Make signs before class
 - Two-hour rule
 - Heat to 165 degrees
 - Store below 40 degrees
- Before teaching, ask the site manager about policy regarding taking leftovers home and share with participants

Take Leftovers Home Safely

Attending a family or community holiday dinner can be great fun. You enjoy the conversation and catching up with family and friends. When the meal is finished it is inevitable there will be leftovers. Chef Charles wants to remind you that older adults are at particular risk for foodborne illness, so you need to be very careful in handling the leftovers when you take them home.

- Transport food in insulated containers with ice or ice pack.(3)
- Store all perishable leftovers in the refrigerator and set it to be cooler than 40 degrees Fahrenheit. Use a refrigerator thermometer and check it regularly.(3)
- Put perishable foods in the refrigerator as soon as you get home. You must have the food in a refrigerator within two hours to help slow bacterial growth. (1)
- If you plan to stop and shop or visit friends longer than two hours on the way home, your food will not be safe to eat. (1)
- Store foods in small, shallow containers (two inches deep or less). This helps the food cool faster. (3)
- Prevent cross-contamination by keeping raw foods, such as meats, separate from leftovers in the refrigerator. (3)
- Always use a meat thermometer to check the temperature of



Activity

leftovers. (2)

- Reheat leftovers to at least 165 degrees; verify temperature with food thermometer. (2)
- Boil leftover soups and gravies for several minutes.(2)

Leftovers don't just happen at holiday time. For instance, if you have food left over at a meal site, the above rules would still be important. Check to see what the policy for taking food home is at your local meal site.

Handling leftovers safely boils down to three statements. Hold up the signs as you give the definitions.

1. Two-hour rule (*perishable foods should not be at room temperature for more than two hours*)
2. Heat to 165 degrees (*foods that need to be heated as a leftover should reach 165 degrees—best to use a thermometer*)
3. Store below 40 degrees. (*perishable foods should be stored below 40 degrees even for short times*)

Now have participants read the bulleted statements and ask which of the three statements apply. The answer is in () after each statement.

If you feel participants may not be paying attention to these statements when they take food home from the meal site, this would be a good time to review the policy of taking food home. If you are not a site manager, ask the manager about the policy before the meeting.



Two-hour rule



Heat to
165
degrees



**Store
below
40 degrees**



Snacks

Teaching Points:

- Piercing potatoes is important so they do not explode.
- If your microwave does not rotate, stop the microwave and turn the potato at least once during cooking.
- Frozen peas can be rinsed with hot water to thaw and would not need to be cooked.
- Since the dressing is much like a marinade, you can store this salad for 5-7 days, if it lasts that long.
- This version is very low sodium, only 12 mg. Try it before you add salt. You will be surprised.

Sweet Potato Salad

1 pound sweet potatoes (4 medium)
1 cup green peas, cooked
¼ cup sliced green pepper
¼ cup diced red onions
1 tablespoon cider vinegar
1 tablespoon oil
1 teaspoon dried oregano
Black pepper to taste

Wash, pierce, and dry the sweet potatoes. Microwave on high until tender or about 5 minutes per sweet potato. Cool sweet potato, then peel them and cut into 1-inch pieces. Transfer to a serving bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use. Makes 4 1-cup servings.

Nutrition per serving: 143 calories; 2.5 g total fat; 12 mg sodium; 20 g carbohydrates; 3.5 g fiber; 2 g protein; 34.8 mcg folate; 633 mg potassium.
Source: *Communicating Food for Health*

Pick a **better** snack





Instructors' Guide November 2010



Did You Learn Any New Ideas?

1. If you eat this kind of fish, you can slow the progress of age-related macular degeneration (AMD).
2. Name two ways you can reduce risk of falling.
3. Exercise may add years to your life and help you remain_____.
4. How long can perishable food stay at room temperature?
5. Sweet potatoes are excellent source of _____.

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
November, 2010	_____ Congregate Meal Site Participants	The incentive for October-December is a chopping mat. If you did not receive them in October please indicate how many are needed .:_____

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Instructors' Guide November 2010



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Your Answers

Fatty fish

Vitamin D and dancing

independent

No more than 2 hours

Vitamin A

Chef Charles Says...

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