



## Chef Charles Says...

A newsletter for congregate meal participants for the month of January

**Please read carefully.**

**We have new information in this section for January, 2011.**

The quarterly incentive is available this month. You can order stretch bands with the newsletters. There will be no instructions with the bands.

This month's leader's Guide uses three cans of green beans with three different articles. We used a national brand as examples. When you purchase your cans of green beans, make sure to use the information found on the nutrition facts label of the cans you purchase.

Remind participants that all answers to the puzzle can be found in the newsletter. If they have trouble, share this additional information with them.

Across	Down
7. (2 words)	1. (2 words)
11. (2 words)	2. (3 words)
	6. (3 words)

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](http://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.
- Encourage participants to apply on-line for Food Assistance [www.yesfood.iowa.gov](http://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.

And finally, beginning in January 2011, we will be retiring the bingo card that usually accompanies your newsletter.

## Get The News

### Props:

- Can of regular green beans (**780**)
- Can of reduced salt green beans (**190**)
- No salt added green beans (**10**)

### Activity

**Demonstration Note:** The sodium content is from Del Monte company.

## Putting Nutrition Labels to Work

Nutrition facts labels work, but not enough of us are using them. People who read nutrition facts labels eat fewer calories, and less total fat, saturated fat, cholesterol and added sugars than non-label readers. In a nationwide survey, only 61.6% said they regularly check the nutrition facts label. Usage of other label resources was even lower: 51.6% check the ingredients list, 47.2% look at serving size, and 43.8% consider health claims when pondering a food purchase.

*Journal of American Dietetic Association, August 2010*

**Say to the group:** Let's look the labels on our cans of green beans. Have volunteers look at nutrition facts labels on the canned green beans and share the amount of sodium in the canned product. Answer: In parenthesis found in list of props. This is an excellent example of how reading a nutrition facts label is a health benefit for you. How many of you read at least one nutrition facts label when you shop? For which foods do you read the label? Share information from article regarding label reading.

Now let's get back to controlling the sodium or salt in a canned vegetable. (return to Chef Charles ask the questions article)

## Be Active

### Props:

- Small basket
- Bulleted items printed on small piece of paper and placed in the basket
- Pen or pencil for each person

## Resistance Training Fights Muscle Loss

From age 60 to 70, people who are physically inactive can lose about one percent of lean muscle mass a year. The loss doubles again about every 10 years. This eventually causes frailty in old age, making older adults more susceptible to falls and fractures, which limit their ability to live independently. Through resistance weight training with enough sustained intensity and time, older adults can slow down the loss of lean muscle mass or delay the losses that happen with normal aging. Stretch bands are a great



example of resistance training. Before you start, always check with a qualified health care provider. To support success remember to:

- Get good information from web sites, books, physical therapists and personal trainers on resistance training.
- Warm up before each exercise session with stretches and as much as five minutes of walking.
- Stop if you feel pain other than the resistance you expect to feel.
- Use resistance training only every other day, giving your muscles time to rest.
- Slowly increase your repetitions per set until you feel real resistance (tiredness of the muscle).
- Keep records of which exercises you use and muscle groups worked. Change exercises on a regular basis every six weeks to get the most from your workout.
- Always cool down with stretches.
- If you're on vacation or "fall off the wagon," try to get back into your routine within two weeks, as any prolonged layoff reduces the benefits developed during the prior period of exercise.

## Activity

**Say to the group:** Our incentive this quarter is stretch bands. How many of you have used stretch bands? Do you remember the kind of exercise you are doing with a stretch band? *Answer: resistance training.* Just like aerobic exercise (ex. walking) you need to know how to best use stretch bands. In my basket are some of the details you need to pay attention to. You can also find these details in your newsletter. As I pull them out and read to you please put a check mark by the detail in your newsletter.

Visit the [Iowa Department of Public Health website](http://www.idph.state.ia.us/nutritionnetwork/common/pdf/chef_charles/strength_training.pdf) for some basic ideas for using stretch bands. Click here:

[http://www.idph.state.ia.us/nutritionnetwork/common/pdf/chef\\_charles/strength\\_training.pdf](http://www.idph.state.ia.us/nutritionnetwork/common/pdf/chef_charles/strength_training.pdf)



<p>Get good information from web sites, books, physical therapists and personal trainers on resistance training.</p>	<p>Warm up before each exercise session with stretches and as much as five minutes of walking.</p>
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<p>Slowly increase your repetitions per set until you feel real resistance (tiredness of the muscle).</p>	<p>Keep records of which exercises you use and muscle groups worked. Change exercises on a regular basis every six weeks to get the most from your workout.</p>
<p>Always cool down with stretches.</p>	<p>If you're on vacation or "fall off the wagon," try to get back into your routine within two weeks, as any prolonged layoff reduces the benefits developed during the prior period of exercise.</p>



## Pick a Better...

### Props:

- A really dry sponge
- Bowl of water

## Beverage

Water, whether you consume it as a beverage or in food, is essential for life and good health. Because water has zero calories, drinking water is one way to limit calories. To increase your water intake consider the following:

- When you are thirsty, think water first instead of caloric beverages.
- When you are dining out, order water with meals. It is usually free.
- When you eat at home, serve water with meals.
- Keep a jug or bottles of cold water in the refrigerator.
- When choosing a beverage remember to use a large glass for water and a small glass for juice.

Not everyone likes the taste of plain water. Here are some suggestions for other low calorie options:

- Make water more exciting by drinking carbonated water or adding slices of lime, lemon, cucumber, or watermelon, which add flavor with few calories.
- Add a splash of 100 percent juice to plain sparkling water for a refreshing, low calorie drink.

So how much water do you need? In general, doctors recommend 8 or 9 cups a day. One approach is the "8 x 8 rule." Drink eight 8-ounce glasses of water a day. The rule could also be stated, "drink eight 8-ounce glasses of fluid a day" as all fluids count toward the daily total. Although the approach really is not supported by scientific evidence, many people use this easy-to-remember rule as a guideline for how much water and other fluids to drink.

## Activity

**Ask the group:** How useful is a dry sponge when you have a mess to clean up? Does it clean up the mess? What do you do to get the best performance from a sponge? *Answer: Add water.* Now this wet sponge can do the work of cleaning the table or floor.

You are kind of like a sponge. Unless you have water or hydration, you do not 'work' very well. You may experience symptoms such as muscle cramps, heart racing and it is even hard for your doctor's office to draw a good blood sample. Water is important year round and not just in the summer when you may think you are more thirsty.

Let's look at the newsletter to review some suggestions for increasing your water consumption. Have a participant read a bulleted point and share practical experiences when following the idea. **Make sure to emphasize that water should not replace the three**



cups of milk needed daily. And, the milk can count as part of the daily eight cups of fluid.

How much water or fluid does the article recommend you consume daily? Eight. And do note that it does not have to be all water, but a combination of water and fluids.

## Chef Charles Asks the Questions

### Props:

- Can of regular green beans (780)
- Can of reduced salt green beans (190)
- no salt added green beans (10)
- Frozen package of green beans (10) (see demonstration note)
- Picture of fresh green beans

## Is Fresh Food Really Better?

University research has found that canned, fresh and frozen fruits and vegetables all contain important nutrients that contribute to a healthy diet. Each form has benefits. Long shelf life, variety, convenience and out-of-season availability are great reasons to keep canned items on hand, for instance. Results also showed that by the time food is eaten; fresh, frozen and canned fruits and vegetables are nutritionally similar.

### What about all the sodium in canned foods?

Sodium is not needed in the canning process, but salt may be added to enhance the food's taste. Literally hundreds of canned items are available in low- and no-sodium options, and many manufacturers are continuing to reduce sodium content in their products by simply draining and rinsing canned food before reheating it, sodium can be reduced by 23-45%, according to a 2007 study published in the *Journal of the American Dietetic Association*. Take a second look on the grocery shelf for a no- or low-sodium version of your favorite canned items. The recommended daily intake of sodium for people over the age of 40 is 1500 mg.

### Are the preservatives found in canned foods a problem?

No chemicals or added preservatives are needed for the canning process. Fresh fruits and vegetables are picked at the peak of freshness and often within hours, packed into a can, sealed and preserved through cooking. It is a simple concept that has provided consumers with nutrient-rich, freshly preserved food for the past 200 years. Since canned foods do not use preservatives, once they're opened, treat the ingredients as fresh. Transfer any unused portion to a clean, covered container, refrigerate and use within a couple of days.

## Activity

**Part 1:** How many of you had green beans for your holiday meal? It is a very popular side dish. Were the green beans fresh, canned or frozen? It sounds like mostly canned. Why did you use canned beans? *Answer: Convenience and fresh beans are out-of-season for Iowa.*



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**Demonstration Note:** Remove frozen beans from bag, rinse and dry bag, fill bag with tissue paper, and tape bag closed. This makes it easier to carry the bag of vegetables to your sites and not have perishable foods in your basket.

This brings us to what Chef Charles wants you to remember—all forms of fruits and vegetables (canned, frozen and fresh) contain important nutrients and contribute to a healthy diet.

What is the biggest health concern for canned foods like green beans? *Answer: Salt or sodium.* Do we have any control over the amount of sodium we eat from canned vegetables? *Answer: Yes.*

**Go to 'Get the News' for a Nutrition Facts Label reading exercise.**

**Part 2:** If you buy the regular canned green beans you will consume a lot of sodium. How can we change the amount of sodium? *Answer: drain and rinse the beans before cooking (reduces by 23-45%) or purchase reduced or no-salt-added beans.* Remember that the recommended amount of sodium for a person over the age of 50 is 1500 mg.

Canned green beans are an example for all canned vegetables. If participants indicate they do not like canned vegetables, discuss frozen vegetables. While the frozen vegetables do not have a lot of sodium, it is tempting to add sauces. Remember that sauces are typically high in fat.

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## Food Safety

### Props:

- Can of regular green beans
- Can of reduced salt green beans
- no salt added green beans



### Activity

## Understanding Dates on Food Products

Expiration dates can alert you to danger, but not all foods carry them. While you can simply toss bad food, how do you know what is bad? Here is what to look for:

Check for product dates. An **expiration date** shows the last date the food should be consumed. A **use-by date** indicates the last day the product is likely to have peak flavor. A **sell by or pull date** indicates the last day a product should be sold.

**Product codes**, a series of letters and numbers, are used to track foods and if needed, recall them. They do not indicate a use-by date.

If you cannot find a date on canned food, remember that high-acid canned foods, such as tomatoes, can last 12-18 months and low-acid foods (fish, meat, and most vegetables) can last two to five years.

Do not open a can that is bulging, dented, or rusting because it can harbor harmful bacteria. Once opened, the food becomes perishable and should not be left unrefrigerated for more than two hours.

It is never a good idea to taste food to see if it is bad and the best advice is when in doubt, throw it out.

**Say to the group:** Let's look one more time at the canned green beans. Ask a participant holding can to see if they can find any dates and/or series of numbers on each can. Have participant read the information on the can and compare to the descriptions that you find in the newsletter. Discuss the different meaning and how you would use this information.

**Expiration date:** Do not consume past this date.

**Use-by date:** One or two days past the date is safe to eat but not two years.

**Sell by or pull date:** Actually should not be on shelves if past this date. Do not buy.

**Product Code:** Gives no information on food safety but is used to track foods in a food recall.



## Snacks

### Teaching Points:

- **Please note: the nutrition analysis in the newsletter is for the entire recipe. Below are the correct numbers for one serving.**
- Substitute frozen broccoli for fresh, it only needs to be rinsed with warm water in a colander
- If you do not have almonds, almost any nut can be substituted including peanuts.
- Leftover green onions can be chopped and used in a green salad.
- If you are out of olive oil, substitute vegetable oils.

## Broccoli Mandarin Orange Salad

- 2 1/2 cups broccoli florets
- 1 tablespoon almonds
- 1 - 11 oz. can of mandarin orange sections, well drained
- 1 orange, grated peel and juice
- 2 green onions, chopped
- 4 teaspoons white vinegar
- 1 teaspoon sugar
- 1 tablespoon olive oil

Steam broccoli florets in covered saucepan for 3 minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients. Toss gently and allow to stand at room temperature for about 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently. Season to taste with salt and pepper, if desired, and serve. Makes three one-cup servings.

**Chef's Notes:** Vividly green vegetables such as green beans, cucumbers, broccoli, and zucchini will slowly turn a drab yellow-green color when in the presence of acids for a moderate period. To keep this salad bright in color, the orange-flavored salad dressing is added just before serving.

### Pick a better snack



Calories 165; Sodium 81 mg; Protein 3 gm; Calcium 80 mg; 147mcg folate; 571 mg potassium



### Did You Learn Any New Ideas?

1. Name one nutrient you read at the grocery on the Nutrition facts label.
2. Resistive exercises can help prevent \_\_\_\_ especially as we age.
3. How many glasses of water or other liquids do you need daily?
4. How do you reduce sodium or salt in canned vegetables?
5. On a food package, what does expiration date mean?

### Your Answers

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

Contact Name

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.

Address

City, State and Zip

Phone Number

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Month	# Newsletters	# Incentives
January, 2011	____ Congregate Meal Site Participants	The incentive for January-March is a stretch band. Please indicate how many are needed. _____

Return to: Marilyn Jones,  
IDPH, Lucas Building, 4<sup>th</sup> Floor,  
321 E. 12<sup>th</sup> Street,  
Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.



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5. On a food package, what does expiration date mean?

## Your Answers

(any nutrient found on label)

Falls and/or fractures

eight

Drain and rinse

Last day to eat the food

## Chef Charles Says...

### Written By:

**Susan B. Klein**  
Retired Family Nutrition & Health Field Specialist

### Designed By

**Laura MacManus**

### Technical & Creative Assistance:

**Carlene Russell, MS RD LD, Iowa Department on Aging**  
**Doris Montgomery, MS RD LD, Iowa Department of Public Health**  
**Marilyn Jones, Administrative Assistant, Iowa Department of Public Health**

This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with low income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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