



Instructors' Guide May 2011



Chef Charles Says...

A newsletter for congregate meal participants for the month of May

Please read carefully.

We have new information in this section for May 2011.

The 2010 Dietary Guidelines for Americans were released January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

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. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

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, you will notice that we have retired the bingo card that usually accompanies your newsletter.



Pick a Better...

Props:

- Chalk board or large tear pad page
- Chalk or marker
- Nutrition labels from Cheerios, Post Raisin Bran, Kellogg's Frosted Flakes
- Magnifying glass (optional)
- Detective hats (optional)

Breakfast Cereal

The most healthful cereals are made with whole grains. If you are trying to lose weight, control cholesterol or diabetes, or just need a lot of energy, your best bet is a hot, cooked cereal of whole grains, such as oatmeal or barley and brown rice cooked and served like oatmeal. Flavor it with raisins or other dried fruits, cinnamon, and perhaps a handful of nuts.

For convenience, cold cereal can be a good choice. **When you shop for cold cereals, make sure the first ingredient is whole grain.** Raisins or other dried fruits will add grams of sugar on the nutrition panel of cold cereal. The sugar from dried fruit is not distinguished from added sugars in cereals. To control the added sugar in your cereal, plan to add dry fruit like raisins or Craisins® to the cereal at the table.

The fiber content listed on the nutrition label can be confusing because it is based on serving size, and very light cereals (such as puffed wheat) show little fiber per serving, but an acceptable amount when you adjust for weight. **Cereals made from bran (the outer covering removed from whole grains) will have higher fiber content than cereals made from whole grains (which have the germ and starchy parts of the grains as well as the fiber).** The dietary fiber is not digested and therefore is helpful by providing bulk in the intestinal track and keeping the bowels regular.

Cereals may have added B vitamins. If you have difficulty finding a variety of foods you like that are good sources of folate or B12, cereal may be an option. Read the label to find the vitamin content. If your grocery store uses the NuVal scoring system you will find it useful when you are selecting cereals. The single number score takes into consideration over 30 key nutrients. The higher the score, the more nutritious is the cereal.

Activity

Using the 'Cold Cereal Comparison Chart' create a chart (without the numbers) on the chalk board or tear pad page.

	Cheerios	Raisin Bran	Frosted Flakes
Serving Size	1 cup	1 cup	1 cup
Calories	100	190	143
Fiber (g)	3	8	>1
Sugar (g)	1	19	15
Vitamin B-12 (% daily value)	25	25	52
Folate (% daily value)	50	50	37
Nu Val Score			



Ask for three volunteers to be your cold cereal detectives. Hand each volunteer one of the three boxes of cereal.

Say to the group: There are hundreds of cereals to choose from when you go to the grocery store. How do you decide which one to take home? I would suggest nutrition should be a key element. I have with me today three boxes of cereal. Let's do a consumer survey. *Ask each volunteer to hold up the cereal box and ask the group to raise their hands if they have ever eaten each of the cereals.*

Do you know what nutrition each cereal provides? Let's look at this chart. The Chef Charles article encourages us to look at fiber, sugar, folate, and vitamin B-12. *Have each volunteer share the information one line at a time from the cereal box while you fill in the numbers they read. The chart uses General Mills Cheerios, Post Raisin Bran and Kellogg's Frosted Flakes. If you use another brand the numbers may be slightly different. When you have the numbers filled in for each row, share the highlighted information regarding the nutrient found in the newsletter article. Calories are not discussed in the article. The following chart provides a summary statement for each nutrient.*

Sugar	<i>The sugar listed on the nutrition label does not distinguish between added sugar and sugar found in dry fruit. To control sugar in cold cereal, buy cereal without dry fruit and add the amount of dry fruit you want when eating breakfast.</i>
Fiber	<i>When looking for a whole grain cereal, make sure the first ingredient is a whole grain. Cereal high in fiber provides bulk in the digestive track and keeps bowels regular.</i>
Vitamin B	<i>Cereal may be a good source for B vitamins. Check the nutrition label for folate and B12.</i>

Some stores make shopping for better nutrition choices easier by providing a scoring system. One such system in Iowa is called Nu-Val. It uses over 30 nutrients to create the score. And the higher the score the better the nutrition. Do you ever use this system? Does it help you with your shopping?



Chef Charles Says **Are You Eating Your Vegetables & Fruit?**

Props:

- Slips of paper with one barrier written on each
- Hat to place slips of paper
- Chalk board and chalk (optional)
- Tear pad and marker (optional)

About 70 percent of Americans fail to eat five servings of fruits and vegetables every day, which is the low end of what is recommended by the Dietary Guidelines for Americans. Eating more fruits and vegetables can reduce the risk of heart attacks, strokes, Type 2 diabetes and some cancers. So, why are Americans not living up to this recommendation? Here are some barriers mentioned in a recent survey. Are they the same barriers you face and how would you overcome them?

- Vegetables are hard to store or spoiled before they can be eaten.
- Fresh produce costs too much.
- Fresh produce takes too long to prepare.
- Someone in the family does not like fruit or vegetables.
- The person did not like fruits and vegetables.

Consumer Reports National Research Center, 2010

Activity

Create five groups for this activity. Have one member from each group choose a slip of paper with the barrier written on it. Have group choose a spokesperson. Give the groups 5-10 minutes to discuss how to overcome the barrier. Have spokesperson share the ideas with the whole group. If you choose, you can record the ideas. Here are some ideas in case groups do not have many suggestions. Share these ideas during report back time.

- Vegetables are hard to store or spoiled before they can be eaten. **Choose small packages; place produce in the produce drawer of the refrigerator; freeze part of the package; make plans for using the produce before you buy it.**
- Fresh produce costs too much. **Buy in season when produce tends to be less costly; know how much you can eat in a given time so there is less spoilage.**
- Fresh produce takes too long to prepare. **Learn to use a steamer for vegetables, it only takes a few minutes; eat without cooking if it works for you**
- Someone in the family does not like fruit or vegetables, or the person completing the survey did not like fruits and vegetables. **Try new ways of preparing; make a list of favorite fruits and vegetables and how you like them fixed.**



Vegetables are hard to store or spoil before they can be eaten.	Fresh produce costs too much.
Fresh produce takes too long to prepare.	Someone in the family does not like fruit or vegetables.

Get The News

Props:

- Nutrient-density chart, cut in half
- Carton each of fat-free and whole milk

Nutrient-Dense Diet Influences Fractures

Eating a nutrient-dense diet is associated with a lower number of fractures that occur from a fall from standing height or less, experienced by older adults. This is especially true in women over the age of 70. Men and women who ate a nutrient-dense diet experienced 17 and 14 percent fewer fractures respectively, than those who ate more calories with fewer fruits, vegetables and whole grains.

American Journal of Clinical Nutrition, January, 2011

Nutrient-dense foods have lots of nutrients, generally with fewer calories. Colorful fruits and vegetables, whole grain bread, low-fat dairy products are examples.

Energy-dense foods have more calories for the volume of food and generally fewer nutrients. Examples are pastries, cookies, fried foods, soft drinks, potato chips, or desserts.

Activity

Say to the group: Eating food that is nutrient-dense means that the food provides a lot of nutrients, but not a lot of calories. Nutrient-dense foods are good for your health, and according to the Chef Charles article, contribute to fewer bone fractures if you fall. This is true even when you choose foods other than milk products.

To help you find nutrient-dense foods let's look at two examples: a cup of fat-free or skim milk, and a cup of whole milk. Which is higher in calories? *The whole milk.*

Compare the amount of protein and other nutrients. Which is better? *They are almost the same.*

If we look at the chart comparing the two different kinds of milk, we see they are very similar with the exception of calories. Share



chart with calories and nutrition information. Using the definition of nutrient dense-foods that you find in the Chef Charles newsletter which kind of milk is more nutrient-dense? *Fat-free or skim milk.*

What are some other examples of nutrient-dense foods?

Whole wheat bread *or* donuts

75% lean *or* 93% lean ground beef

Fresh apple *or* apple pie

Skim or Fat-free Milk (1 cup)



Calories 80

Sodium 120 mg

Carbohydrates 12g

Protein 8g

Sugar 11g

Vitamins >5%
Vitamin A & D

Minerals:
Calcium 300 mg
Potassium 382 mg
Phosphorus 247 mg

Whole milk (1 cup)



Calories 146

Sodium 98mg

Carbohydrates 13g

Protein 8g

Sugar 13 g

Vitamins > 5%
Vitamin A & D

Minerals:
Calcium 280mg
Potassium 349 mg
Phosphorus 222 mg



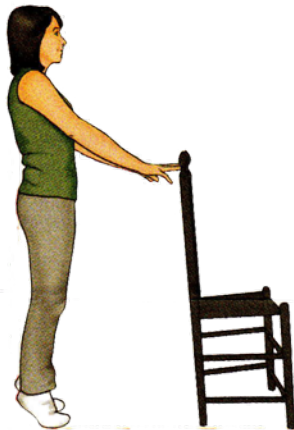
Be Active

Props:

- Chair
- Steps

Calf Raises:

Stand with your feet a few inches apart, facing forward. Keeping your legs straight but not locked, rise up onto the balls of your feet. Hold for a few seconds, then allow your heels to return to the ground. Do three sets of 10 raises daily or before doing any other calf stretches.



Build Strong, Shapely Calf Muscles

When it comes to walking and climbing steps, strong calf muscles are important. The function of the calf muscle is to raise the heel as you extend or point your foot so they come into action every time you take a step. With aging, the calf muscles become less flexible. Tight, inflexible calf muscles make it harder to change directions quickly and can cause a sprain or potential fall. To strengthen your calves and make them more flexible try these stretching exercises before you walk.

Calf Stretch/Wall:

Stand with your arms extended straight out at shoulder level, hands pressing against a wall. Take a step back with the left foot, keeping the foot facing directly forward. Press into the heel of the left foot as you bend the right leg. Hold for 30 seconds, then soften the knee of the left leg while still pressing back into the heel. Hold for another 30 seconds. Switch legs and repeat. Do three sets of 10 with each leg daily, or any other time your calf muscles feel tight.



Calf Stretch/Step:

Stand on a step with both feet facing forward. Take a small step back with your right foot so that the heel of the foot is off the step (make sure you have something to hold onto for balance, if needed). Gently push your right heel down, keeping your right leg straight but not locked. Hold for a few seconds, then return to the start position and repeat on the left side. Do three sets of 10 with each leg daily, or any time your calf muscles feel tight.



Activity

Illustrate the three exercises. Make sure to use a chair and a wall for safety.



Food Safety

Props:

- Tennis shoe
- Two plastic meat bags
- Soap
- Reusable grocery bag



Activity

Cloth Grocery Bags

Cloth grocery bags are friendlier to the environment than plastic. They are reusable and reduce the waste taken to the landfill. A recent test of grocery bags which tested 'used' grocery cloth bags found that 64% had some level of contamination. To ensure that your cloth grocery bag is as clean as possible, follow these tips.

- Do not use the bag to carry anything but groceries. Avoid carrying gym clothes or diapers. (tennis shoe)
- Double pack your meat in a plastic bag to prevent leaks and drips. (2 plastic bags used to package meat from grocery)
- Wash your bag as often as possible. This will not guarantee a bacteria free bag, but it will improve your chances. (soap)
- While the bags are reusable, even they have a limit on the number of times to use. (just the bag)

Canadian Environment and Plastics Industry, 2010

Using the props indicated, pull from bag and state the tip for keeping clean reusable grocery bags.

Chef Charles Asks the Questions

Props:

- Raisin Bran cereal
- Cheerios

Which Foods Help Me To Maintain A Healthy Brain?

B vitamins: B-6, B-12 and folate, all nourish the brain. But much remains to be discovered about the relation between these essential nutrients and our brainpower. A recent study took a closer look at the role B vitamins in brain health. This several year study is part of the Sacramento Area Latino Study on Aging, or "SALSA" which started in 1996 to study Hispanic seniors ages 60 to 101. Lower levels of one B vitamin, folate, were associated with symptoms of dementia and poor brain function, also called "cognitive decline."

In women, low levels of folate were associated with symptoms of depression. In fact, females with folate levels in the lowest third were more than twice as likely to have symptoms of depression. That finding provided new evidence of an association between lower blood folate and depression. Depression is already known to affect brain function.

This research with vitamin B-12 may lead to identifying decline in brain functioning earlier and more accurately.

The Journal of Nutrition, Health, and Aging, August 18, 2010.



Food and B Vitamins

B-6	B-12	Folate
Liver	Liver	Yeast
Meat	Meat	Liver
Brown rice	Egg yolk	Green vegetables
Fish	Poultry	Whole grain cereals
Butter	Milk	
Wheat germ		
Whole grain cereals		
Soybeans		

Activity

Say to the Group: Earlier we learned that whole grain cereals like Raisin Bran and Cheerios are good sources for B vitamins. This article reports why it is important to eat foods rich in B vitamins: for brain health. Let's look at the list of foods that provide B vitamins. How many of these do you include in your diet? Let's check out the B vitamins on the cereal boxes. While the amount of B vitamins needed vary, eating whole grain foods, low-fat dairy, and green vegetables insures that you will have enough.



Snacks

Teaching Points:

- A simple snack for one or two people
- Fiber is an important part of this snack
- A good source of B vitamins
- During the summer, strawberries are naturally sweet and you will not need the honey.

Peanut Butter Strawberry Snack

- 2 Triscuits or 1 Rye Krisp Cracker
- 1 tablespoon peanut butter
- 2 medium strawberries, thinly sliced.

Spread peanut butter on crackers. Top with sliced strawberries. For a sweet flavor, drizzle honey on peanut butter before adding strawberries.

1 Serving. Each serving contains: 137 calories; 10 g fat; 11 g carbohydrate; 23 mg sodium; 2 g fiber; 19.8 mcg folate; 164 mg potassium



Did You Learn Any New Ideas?

1. The most healthful cereals are made with _____.
Eating _____ foods is associated with a lower number of
2. fractures that occur from a fall from standing height or less, experienced by older adults.
3. Walking and climbing require strong _____ muscles.
4. Name a nutrient that helps keep your brain healthy.
5. When using a reusable bag to bring home food, it is recommended to _____ the meat to avoid contamination.

Your Answers

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

Month	# Newsletters	# Incentives
May, 2011	_____ Congregate Meal Site Participants	The incentive for April-June is an orange peeler. If you did not receive enough with your April newsletters, indicate how many are needed. _____

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Your Answers

Whole grains

Nutrient-dense

Calf

B vitamins

Double bag

Chef Charles Says...

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