



Chef Charles Says...



September

Pick a Better... Low Sodium Diet

It is clear that Americans have a taste for salt, and salt plays a role in high blood pressure. At greatest risk are adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease. The goal for people in these groups is to consume only 1,500 mg of sodium a day. But how do you do that?



Get the News

Sodium, Potassium and Staying Alive

Researchers from the Center for Disease Control and Prevention reviewed 15 years of national health data and found that too much sodium and too little potassium can raise the risk of dying. Americans who eat a diet high in sodium and low in potassium have a 50 percent increased risk of death from any cause and about twice the risk of death from heart attacks. Remember, your goal is 1,500 mg of sodium daily.

- ◆ Think fresh. Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions, especially cheesy foods such as pizza; cured meats, such as bacon, sausage, hot dogs and deli/luncheon meats; and ready-to-eat foods like canned chili, ravioli and soups.
- ◆ Fill up on veggies and fruits. They are naturally low in sodium. Eat plenty of vegetables and fruits, fresh, frozen or canned.
- ◆ Skip the salt. Use half the salt in a recipe. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.
- ◆ Read the label. Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”
- ◆ Pay attention to condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressings and seasoning packets are high in sodium. One tablespoon of soy sauce has 1,000 mg of sodium! Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet. Consider using salt-free seasonings.
- ◆ Boost your potassium intake. Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, halibut, and orange juice.



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

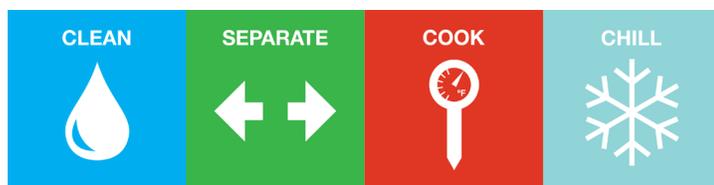
ISU AnswerLine 1-800-262-3804

Food Safety

Keep Food Safe: Check Your Steps A New USDA Campaign



Food poisoning, also called foodborne illness, is a serious public health threat in the U.S. The Center for Disease Control and Prevention estimates that approximately 1 in 6 Americans (48 million people) suffer from foodborne illness each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths. A new promotion to encourage safe food handling has been launched by many government agencies. It includes four steps to help you remember the food safety basics. Visit [Foodsafety.gov](http://foodsafety.gov).



Keep Food Safe: Check Your Steps

- ◆ **Clean:** Clean kitchen surfaces, utensils, and hands with soap and water while preparing food.
- ◆ **Separate:** Separate raw meats from other foods by using different cutting boards.
- ◆ **Cook:** Cook foods to the right temperature by using a food thermometer.
- ◆ **Chill:** Chill raw and prepared foods promptly.

Chef Charles Says...

Try a New Vegetable — Increase Variety

People who eat a wide variety of vegetables tend to be thinner than those who shy away from vegetables. That is probably because the vegetables are substituted for higher-calorie foods. Reports suggest that close to half of all Americans exclusively choose vegetables like iceberg lettuce, potatoes, onions, and canned tomatoes. There is a lot of room for increasing the variety of vegetables. Challenge yourself to try a new vegetable every month. Select one that is fresh, colorful, and in season.

Seasonal Vegetables for September:

Artichokes	Garlic
Beets	Leeks
Broccoli	Lettuce
Cabbage	Mushrooms
Cauliflower	Pumpkins
Carrots	Red Onions
Chile Peppers	Spinach
Cucumber	Squash
Curly Kale	Sweet Corn
French Beans	Fresh Tomatoes

Source: Women's Day.com, August 31, 2009.
<http://www.womansday.com/Articles/Food-Recipes/Kitchen-Tips-Shortcuts/Seasonal-Foods-September.html>

Chef Charles Asks the Questions

Will All Fruits And Veggies Finish Ripening After I Bring Them Home?

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they are picked. The tomato, which is actually a fruit, also continues to ripen after picking. Fruits that you should pick or buy ripe and ready to eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon. To speed the ripening of fruits such as peaches, pears, and plums, put them in a loosely closed brown paper bag at room temperature. Plastic bags do not work for ripening.

Vegetables are best harvested at peak maturity and you should not plan on additional ripening after purchase. Eat fresh vegetables while they are the freshest for maximum nutrients.



Resource:

The newly released Food Safety campaign is very user friendly. The website has videos, print documents and tips by type of food, type of events and types of preparation and storage. Visit www.foodsafety.gov



Answers

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

A V O I D F O O D B O R N E I L L N E S B Y
 10 9 19 18 11 5 19 19 11 8 19 21 20 23 18 4 4 20 23 25 25 8 22
C H E C K I N G Y O U R S T E P S C L E A N .
 7 14 23 7 12 18 20 24 22 19 1 21 25 13 23 17 25 7 4 23 10 20
S E P A R A T E . C O O K A N D C H I L L
 25 23 17 10 21 10 13 23 7 19 19 12 10 20 11 7 14 18 4 4

Be Active Start Exercise at Any Age

It is never too late to start exercising for aerobic fitness and muscular strength. One study followed inactive men who started exercise at age 50. By age 60, they had achieved survival rates comparable to men who had been active for far longer. No matter how old you are, your muscles will respond quickly to training. Men and women in their 80's and older who started resistance training gained strength as rapidly as younger adults did. A reminder: If you are over 60 and are sedentary, make sure to check with your doctor before beginning.

Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging Page. March 7, 2011.



Carrot Muffins



- | | |
|---------------------------------|----------------------------------|
| 1/2 cup whole wheat flour | 1/2 teaspoon cinnamon |
| 1/2 cup all-purpose white flour | 2 eggs, beaten |
| 1/3 cup granulated sugar | 1/4 cup oil |
| 1/2 teaspoon baking powder | 1 1/2 cups finely grated carrots |
| 1/2 teaspoon baking soda | Sifted powdered sugar |

In a large mixing bowl, blend together whole wheat flour, white flour, sugar, baking powder, baking soda, and cinnamon. Add beaten eggs, oil and carrots, blending until mixed well.

Divide batter into 12 cupcake papers in muffin baking pan. Bake at 325° F for 20-24 minutes until toothpick tests done. Sift powdered sugar over tops before serving.

Yield: 12 cupcakes. 117 calories; 2 g protein; 5.7 g fat; 15 g carbohydrate; 24 mg calcium; 97 mg sodium; 89 mg potassium



SAFETY FIRST

Decode the message by finding each substitute letter or symbol.

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

10 9 19 18 11 5 19 19 11 8 19 21 20 23 18 4 4 20 23 25 25 8 22
 7 14 23 7 12 18 20 24 22 19 1 21 25 13 23 17 25 7 4 23 10 20
 25 23 17 10 21 10 13 23 7 19 19 12 10 20 11 7 14 18 4 4

FIND THE SODIUM

- Basil
- Banana
- Curry
- Frozen
- Fruits
- Garlic
- Ginger
- Halibut
- Ketchup
- Nutrition Facts
- Pepper
- Reduced
- Rosemary
- Salt
- Sodium
- Soy Sauce
- Spices
- Vegetables
- Vinegar
- Yogurt

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



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.