



Chef Charles Says...



November

Pick a Better... Dairy Food Think about a Supplement

Consuming more calcium is important. Calcium from food and supplements can help replace the calcium that is lost in bones as you age and reduce your risk for osteoporosis and fractures. For adults over 50, the current recommendation for calcium consumption is 1,200 mg each day.

A recent study suggests that boosting your intake to that level may not reduce your risk of fracture or of developing osteoporosis. The study of more than 61,000 women found that women who consumed around 750 mg of calcium daily had a much lower risk of fracture, than those who consumed less calcium. However, increasing calcium intake above 750 mg was not found to be helpful.

Research is important but what you want to know is how much calcium do I need every day and what are the best sources? The best way to support your calcium needs is to eat calcium-rich foods with each meal.

You should aim for the recommended 1,200 mg of calcium per day. Include the calcium that you eat as well as the amount in your supplement. If you take a 500 mg calcium supplement and have a cup of yogurt and a glass of milk, you are reaching your target.

Do you or your family have enough food to last the month? If not, Food Assistance may be the answer. Apply on-line at www.oasis.iowa.gov. Ask a family member to help if you are not familiar with a computer. Food Assistance is there to help when the month is longer than the money.



If you are lactose intolerant or you do not like dairy foods there are non-dairy options. Consuming milk in small amounts or in cooking may help with digestion of the milk. Some foods such as orange juice are fortified with calcium. Again it is best to think of these as supplemental sources of calcium rather than food sources. If you are unable to consume the daily

calcium goal of 1,200 mg, taking a calcium supplement is recommended.

British Medical Journal, April & May, 2011.

Talk to your doctor to determine how much calcium you need. Get as much of your calcium as possible from food, such as milk and yogurt. Supplements are important for people who do not reach their calcium target with food.

Calcium in Foods

| Food Source | Calcium (mg) |
|-------------------------------|--------------|
| Low-fat yogurt, 8 oz. | 415 |
| Nonfat or low-fat milk, 8 oz. | 305 |
| Provolone cheese, 1-1/2 oz. | 321 |
| Cottage cheese, low-fat 1 cup | 206 |
| Almonds, 2 oz. | 150 |
| Spinach, 1/2 cup, cooked | 146 |
| Ocean perch, 3 oz., cooked | 116 |
| Black-eyed peas, 1/2 cup | 106 |
| White beans, 1/2 cup | 100 |



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 Holidays Happy and Healthy

During the holidays food is usually a significant part of the celebrations. Follow these simple food safety tips.

◆ **Wash hands.** Proper hand washing is the most effective way to keep food and guests safe. Wash hands for 20 seconds with soap and water following restroom use, after handling raw meat products or before eating. Dry your hands on a clean towel or paper towel. Clean hands help prevent the spread of germs.

◆ **Keep it small.** If you're planning a potluck and are not sure how quickly the food will be eaten, keep portions small. Prepare a number of small platters and dishes ahead of time. Consider storing cold dishes in the refrigerator and keep hot

dishes in the oven (200 degrees to 250 degrees F) prior to serving.

◆ **Take temperatures.** Cooked, hot foods should be kept at 140 degrees F or warmer. Be sure to use a food thermometer (the only safe way to ensure proper temperature) to check temperatures.

◆ **Keep it cold.** Cold foods should be kept at 40 degrees F or less. Keep cold foods refrigerated until just before serving. If food is going to stay out on the table longer than two hours, place plates of cold food on ice to keep them cold.

◆ **Keep it fresh.** It can be unsafe to add new food to a serving dish that already has been used. Many people's hands may have touched the food, which has been sitting at room temperature. Re-

place empty platters with freshly filled ones and doing this frequently helps keep food at proper temperatures.

◆ **Watch the clock.** Remember the "Two-Hour Rule": Do not leave perishable food out at room temperature for more than two hours.



Chef Charles Asks the Questions

If I Exercise Most Days Of The Week, Why Is Being A Couch Potato Bad For My Health?

The average American adult spends about 70 hours a week sitting. That is more than any other activity they do, including sleeping. Inactivity is now considered a risk factor for chronic diseases such as heart disease and diabetes. Several studies show that people who stand or just move around have less heart disease than those using a chair or sofa. Dedicated exercise like walking, biking or gardening is important and we need to monitor the amount of time we spend sitting or being inactive. It is good news that standing activities such as cleaning a closet, volunteering to serve food at your congregate meal site or

washing the dishes are good for our health. You can manage this new risk factor without even having to put on exercise clothing or shoes. Track your time on the couch to see if this is a risk factor for you.



Get the News

Fiber for Life

Eating 'roughage' keeps you regular; and it could help you live longer. In a nine-year study, the National Institutes of Health followed more than 388,000 people ages 50-71 and discovered that women who consumed the most fiber were less likely to die from infections, heart disease or respiratory illness than those who ate the least. Why? Scientists speculate that fiber might work to control inflammation, lower fats in the blood, and steady blood sugar. The best source of fiber is plants with naturally occurring fiber such as grains, legumes, veggies, and fruits.

How much fiber do you need each day? After the age of 70, men need 30 grams and women need 21 grams.

Be Active

Add Some Activity To Your Life

Steps to increasing your daily activity

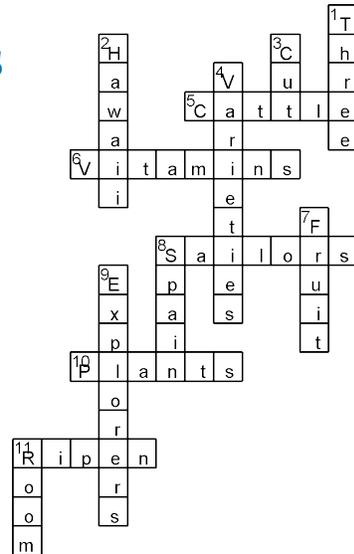
- ◆ During TV commercials plan an activity like standing and sitting down very slowly 5-10 times. If possible do this without using your hands and arms to push you out of the chair. Avoid dropping back into the chair. Lower yourself slowly to get the most benefit.
- ◆ Use a soft squeeze ball for grip strength during commercials.
- ◆ Lift one leg at a time, rotate ankle in circles then repeat with your other leg.
- ◆ Put one or two cans in an old knee high sock. Keep this by your chair. Grab the top of the sock and lift bending your elbow (bicep curl) several times with each arm.



Chef Charles Says... Watch for Whole Grain

Foods labeled multigrain or made with whole grain can still contain refined flour (for example, white flour). A true whole grain should have at least 3 grams of fiber per serving and be listed on the ingredient list first. Whole grains include barley, buckwheat, corn (whole cornmeal and popcorn), oats (oatmeal), brown rice, rye, wheat (cracked wheat, wheatberries) and wild rice.

Answers



Broiled Pineapple Snack



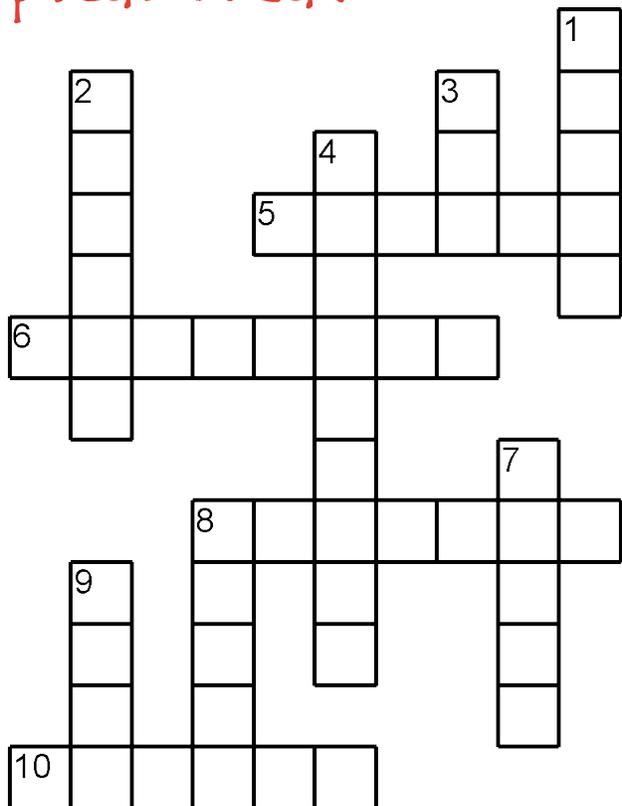
- 1 can (8 ounces) unsweetened sliced pineapple, drained and patted dry
- Reserved pineapple juice
- 1/4 teaspoon cinnamon
- Dried cranberries for garnish

In an ungreased nine inch square dish, overlap the pineapple in two stacks of two slices each. Combine pineapple juice and cinnamon; sprinkle over pineapple. Broil four to six inches from the heat for 1 to 1 1/2 minutes. For color add a red cherry or small mound of dried cranberries to the center of each slice before serving. Makes two servings.

Nutrition: 94 calories; 0 fat; 0 cholesterol; 2 mg sodium; 24 g carbohydrate, 2 g fiber; 116 mg potassium; 8.4 mcg folate.



Tropical Treat



Word Bank

| | |
|-----------|-----------|
| Cattle | Room |
| Cut | Sailors |
| Explorers | Spain |
| Fruit | Three |
| Hawaii | Varieties |
| Plants | Vitamins |
| Ripen | |

Across

5. Leftovers from the pineapple canning process are used for _____ feed.
6. Pineapples are a good source of _____ B1 and C.
8. Pineapples originated in Brazil and Paraguay. _____ took them to the West Indies.
10. Pineapple _____ only bloom for one day.
11. Pineapples do not _____ after they are picked. Avoid fruit that is too green.

Down

1. It takes about _____ pineapples to produce one can of slices.
2. One-third of the pineapples in the world are produced in _____.
3. _____ pineapple will keep 3-4 days in an airtight container with some pineapple juice to retain flavor and a soft texture.
4. Three _____ of pineapples are Smooth Cayenne, Red Spanish and Sugar Loaf.
7. Pineapples are not a single _____, but a cluster of "fruitlets."
8. Christopher Columbus brought pineapples from the New World to _____.
9. European _____ called the fruit pineapple because the flesh was like an apple and appearance was like a pinecone.
11. Keep uncut pineapples at _____ temperature for two days before serving.



Resource:

If you need help with holiday cooking contact:

- ◆ USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)
(Staffed 10 a.m.–4 p.m. ET Monday-Friday; Recorded messages with answers to frequently asked questions 24/7)
- ◆ Butterball Turkey Hotline
Phone Number: 1-800-BUTTERBALL (1-800-288-8372). The Butterball® Turkey Talk-Line is open annually in November and December.
- ◆ HolidayFoodSafety.org

Source: <http://pineapplesweb.com/>



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.