



Chef Charles Says...



April

Pick a Better...Fruit

What is your favorite food? If you are thinking fruit, you are in the minority. Fruit is taken for granted. Here is why fruit deserves more respect.

◆ **Fruit is nutrient-packed.**

Vitamin C, potassium, folate, and many other micro-nutrients are found in fruit. Do not forget fiber, and in a few cases, some calcium and iron. Some fruits have more nutrients than others. Eating a variety of fruit is the best way to access all the goodness of fruit.

◆ **Fruit is low in calorie density.**

Most fruits are a real nutrition bargain as they have all of their nutrients for less than 100 calories per serving. Fresh fruit is about 85 percent water and it fills you up. There are exceptions like dried fruits that have more calories per bite; that is, they have a higher calorie density.

◆ **Fruit helps lower blood pressure.**

Fruit is one of the richest sources of potassium, which may help explain why people who eat more fruit have lower blood pressure. The DASH diet, which can

lower blood pressure, includes four to five servings of fruit a day. The best way to increase potassium intake is to eat more foods that are high in potassium, like fruit.

◆ **Fruit is convenient.**

Most fruit requires no refrigeration and little packaging. Apples, grapes, bananas and peaches are finger foods that you can grab any time. Fruit is user friendly. You really do not need a recipe.

◆ **Fruit can be cheap.**

Fruit is not always a bargain. Raspberries are almost always expensive because they are so perishable. Almost any fruit that is shipped long distances and is out of season will be costly. But in season, you can often find grapes, apples, and pears at reasonable prices.

◆ **Fruit is fabulous.**

Fruit adds blasts of color that zips up any dish. Fruit has a range of textures, flavors and colors.

Adapted from *Nutrition Action Health Letter*, June 2011.



Food Safety

Refrigerator Thermometers

Refrigerators should maintain a temperature no higher than 40 degrees F.

Frozen food will be top quality when the freezer maintains 0 °F.

To maintain food safely, it is important to verify the temperature using a thermometer. Most refrigerators are easy to adjust. Check the owner's manual for specific details on adjusting the temperature.

Temperatures will vary throughout the refrigerator and with the type you have. The door is usually the warmest part and the top shelf is often the warmest shelf. Place the thermometer below the top shelf and towards the door to give a general indication of the temperature. If the temperature is not 38 to 40 °F, adjust the refrigerator temperature control and check again in 5 to 8 hours. An adjustment period is often required when you change the temperature. Checking the temperature can be important during a power outage. When the power goes back on, if the refrigerator is still 40 °F the food is safe.



Developed by:

Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, <http://www.aging.iowa.gov>

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

Chef Charles Says...

Eating Plant Foods Reduces Dangerous Fat

Excess visceral fat, which surrounds internal organs, raises the risk of diabetes and fatty liver disease, and is more dangerous than the subcutaneous fat that lies just underneath the skin. Eating more plant foods that contain soluble fiber can help reduce this unhealthy fat, according to a recent study.

Soluble fiber dissolves slowly during digestion which helps delay a feeling of being hungry. An increase in the amount of soluble fiber consumed daily decreased the amount of stored visceral fat significantly. Adding vigorous activity for 30 minutes two to four times a week further decreases visceral fat.

Soluble fiber can be found in vegetables, fruits, beans, and some grains. Good sources include oatmeal, oat cereal, lentils, apples, oranges, pears, oat bran, strawberries, nuts, flaxseeds, beans, dried peas, blueberries, cucumbers, celery, and carrots. While the nutrition facts label does not list soluble fiber, it has total dietary fiber. Eating a variety of fiber rich foods can be a benefit.

Obesity, June 16, 2011



Men over the age of 70 need 30 grams of fiber and women need 21 grams of fiber each day. This recommendation is based on the amount of calories a person needs. Your congregational meal provides 8 grams or more of fiber based on the average weekly menu.

Get the News

Eating Out and Eating Healthy

If you follow a healthy diet for conditions like diabetes or heart disease, it may be hard to stick to your plan when eating in restaurants. In 2012, restaurants with 20 or more locations will be required to post calories for a menu item. When you do dine out, here are some tips for sticking to your healthy eating plan:

- ◆ Do not be afraid to make healthy requests. Ask for dressing on the side, no butter and go easy on the salt. Having sauces on the side will help you control what you are eating. If the dish is large, ask to split with your luncheon partner or ask if a half portion is available.
- ◆ Avoid the bread basket. While waiting for your meal to arrive, you may start snacking on bread without even knowing how much you are eating. Limit yourself to one piece of bread while waiting for your dinner to arrive, or ask your server to hold the bread.
- ◆ Just because it sounds healthy, does not mean it is. Some people think that if you are eating a salad, you are eating healthy, but that isn't always the case. Salads can have a lot of added calories from cheese, meats, croutons, dressings and other foods.

Be Active...

Aerobic Exercise Battles Visceral Fat

According to research, aerobic exercise is better than resistance training if you want to lose the belly or visceral fat that poses a serious threat to your health. The eight-month study compared the effectiveness of aerobic exercise (such as brisk walking), resistance training (such as weight lifting), or a combination of the two activities in 196 overweight, sedentary adults, aged 18 to 70.

The researchers found that aerobic exercise reduced the visceral fat and significantly reduced risk factors for heart disease and diabetes, such as insulin resistance. Resistance training did not deliver the same benefits. Aerobic exercise plus resistance training achieved results similar to aerobic exercise alone, the investigators found.

Resistance training is great for improving strength and increasing lean body mass. If you are overweight, and need to lose belly fat, aerobic exercise is the better choice because it burns more calories. Aerobic exercise burned 67 percent more calories than resistance training.

American Journal of Physiology, Aug. 25, 2011

Chef Charles Asks the Questions

Do Men Need To Be Worried About Osteoporosis?

A new perspective on why older people are at risk for broken bones, and how to reduce those risks, is changing the treatments to prevent and treat bone loss. For decades, research focused on postmenopausal osteoporosis with special attention to Caucasian women who are at greatest risk for brittle bones. But the research was missing a large portion of the population—men. In fact, men suffer 25 percent of hip fractures, and their one-year survival rate is significantly lower than that of women with the same injury. Men also lose bone for most of their lives at about the same rate as women. Studies have revealed that half of osteoporosis-related fractures occur in people whose bones had been considered strong by bone mineral density testing. While bone density remains the best measurement for determining fracture risk, newer assessment tools consider many other factors that contribute to fractures such as age, low body weight, lifestyle factors, and medication.

Women should have their bone density measured and fracture risk assessed at age 65. Men should be measured at 70 or sooner if they have risk factors for osteoporosis, such as family history of the disease, or if they smoke, have a poor diet, or are very thin. Using the bone density screening is only one piece of the picture. Ask your health professional to also consider other factors to lower your risk of bone fractures.

Circulation, June 2011



Answers

TENURINTS **NUTRIENTS**
 RECALOI **CALORIE**
 PMSATIUSO **POTASSIUM**
 FIERB **FIBER**
 BGANARI **BARGAIN**
 OAFRLSV **FLAVORS**
 VAETRIY **VARIETY**
 WRATE **WATER**
 SVGERISN **SERVINGS**
 NSEAS **SEASON**

**FILL UP ON FRUIT FOR
 NUTRITION AND HEALTH!**

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

SOLUBLE FIBER HELPS REDUCE
 19 3 14 11 9 14 10 7 16 9 10 1 12 10 14 26 19 1 10 13 11 6 10
VISCERAL FAT AND CAN BE FOUND
 4 16 19 6 10 1 23 14 7 23 24 23 20 13 6 23 20 9 10 7 3 11 20 13
IN VEGETABLES, FRUITS, BEANS,
 16 20 4 10 25 10 24 23 9 14 10 19 7 1 11 16 24 19 9 10 23 20 19
AND SOME GRAINS.
 23 20 13 19 3 5 10 25 1 23 16 20 19

Breakfast in a Snap

Cottage cheese for breakfast provides protein that is needed throughout the day.

- 1/2 cup low-fat cottage cheese
- 1/2 cup pears or favorite fruit, fresh, canned, light syrup or juice pack
- 1/4 teaspoon cinnamon or nutmeg

Spoon cottage cheese into a small bowl, top with fresh or canned fruit. Serve cold and eat with a spoon.

Makes one serving. Calories 143; Protein 14 g; Fat 1 g; Carbohydrates 19 gm; Fiber 2 gm; Folate 14.8 mcg; Potassium 216 mg; Calcium 80 mg; Sodium 464 mg

Food Assistance Myth Busters

Let's clear up some myths about Food Assistance (SNAP). Have you heard this statement before?

**I do not want to accept charity.
 I can just do without.**

Food assistance isn't charity; it is a federal program of the USDA. It is funded for all who are eligible. You have paid taxes throughout your life to support these programs.

No one should have to choose between medications or food, or having the heat on and food, or any necessity and the necessity of food. This program is here so you can be as healthy as possible.

Fascinating Fruit

Unscramble each word. Then use the circled letters to solve the second puzzle. The red letters are hints in the scrambled words, and circled red letters have been placed into the second puzzle.

- TENURINTS ○○○T○○○○
- RECALOI C○○○○○
- PMSATIUSO ○○○○○○○○M
- FIERB ○I○○○
- BGANARI ○○○G○○○
- OAFRLSV ○L○○○○○
- VAETRIY ○○○○E○
- WRATE ○○T○○○
- SVGERISN ○○○○○○N○
- NSEAOS S○○○○○



Resource Check Your Fiber Intake

To check your fiber intake go to:
<http://www.webmd.com/diet/healthtool-fiber-meter>
 The site was created by WebMD to help people find foods high in fiber.

○○L ○○ ○○ ○○○○T F○○

NU○○○T○○ ○○○D H○○LH!

Find the Fiber

Decode the message by finding each substitute letter.

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

19 3 14 11 9 14 10 7 16 9 10 1 12 10 14 26 19 1 10 13 11 6 10

4 16 19 6 10 1 23 14 7 23 24 23 20 13 6 23 20 9 10 7 3 11 20 13

16 20 4 10 25 10 24 23 9 14 10 19 7 1 11 16 24 19 9 10 23 20 19

23 20 13 19 3 5 10 25 1 23 16 20 19



Funded by USDA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov or call 2-1-1 for more information. 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.