



Chef Charles Says...

A newsletter for congregate meal participants for the month of February

Please read carefully.

We have new information in this section.

The February newsletter includes two articles using ingredient labels from two different cereal boxes. You can use the teaching prop that is provided or buy the cereals. You may want to ask participants to look at their cereal boxes at home and bring to the next meeting for the group to review the information.

The 'Chef Charles Asks the Questions' article and activity teaches that fresh produce is not always the more expensive for snacks. Make sure to review the calculations used in the article before the presentation. If the prices for bananas and chips are different than what is used in the article feel free to use those prices. Do not substitute sale prices as the outcome could be different.

The resource section in this newsletter is an on-line site that shares where people can get medications at a lower cost. This is a non-profit organization. Remind participants to use caution when using any website.

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 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. To help you discuss the use of Food Assistance with your participants, we have created a feature article in the newsletter. Please share with your participants.

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**.

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.



Get the News

Props:

- None

Lose Weight to Improve and Maintain your Independence

You may not be worried about extra weight today, but a new study finds that the additional weight may eventually make it difficult for you to function throughout the day. Specifically, the study stated that older adults who are overweight or obese have trouble performing day-to-day activities, making it harder for them to care for themselves and maintain independence. Participants were asked about important daily activities such as bathing, dressing, walking, making meals, doing housework and shopping. Those considered overweight or obese reported increased difficulty with many activities that became worse over time. Older adults need to be aware that they are at risk of losing their ability to carry out normal daily activities if they do not control their weight.

If you are overweight, losing just 10 percent of your body weight may lower your cholesterol, reduce your blood pressure, increase your energy and relieve pressure on your knees. A person who is 5' 4" tall and weighs 150 pounds would need to lose 15 pounds to meet the 10 percent goal.

Annals of Internal Medicine, May 2011

Activity

Say to the group: Extra weight can threaten your daily independence. You most likely know if this is a problem for you.

At every doctor's visit, what measurement does the nurse do before you see the doctor? *Answer: Weighing me on the scales.*

With that information, ask your doctor if you need to lose weight to help you maintain your independence. If you do, use the weight measurement to calculate what 10 percent would be. This can be your target. Do you remember that health experts recommend no more than 1 to 2 pounds of weight loss per week? Plan for three months or more to lose 10 pounds.

If you do need to lose weight, remember that exercise and choosing healthier foods will help you reach your goal. Exercise is important for both burning calories and to help you lose fat rather than your muscles.



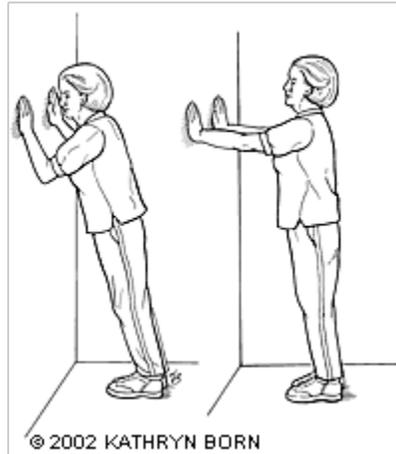
Be Active

Props:

- Wall space for each participant
- Stable chair for each participant

Wall Push Ups

1. Place hands flat against the wall.
2. Slowly lower body to the wall. Push body away from wall to return to starting position.



Chair Squats

1. Begin by sitting in the chair.
2. Lean slightly forward and stand up from the chair. Try not to favor one side or use your hands to help you.



Activity

Please practice the exercises before class. Demonstrate the two exercises and ask the participants to try each. These are exercises you can practice every day.



Pick a Better...

Props:

- Print list of ingredients for two breakfast cereals. Select cereal boxes with fruit name (one with fruit ingredient and one without) and read ingredients from the box

Activity

Cereal and Fruit Combination

Beware of products pretending to contain fruit in cereals and other foods. The plump berries and other pieces of fruit pictured on the package may not be what are inside the box. Instead, you may find imitation fruit made with sugar, flour, flavorings, colorings, and other additives. Fake blueberries, sometimes called blueberry bits, are used in a number of cereals, muffins and breads. Some products contain no fruit at all. Others have a little fruit or fruit puree concentrate, which is mostly sugar, mixed with the fake fruit. To avoid this, check the ingredient label for fruit. Better yet, add your own fresh fruit to cereal and other foods.

Ask the group: Last month you received a small picture of the MyPlate. Do you remember how much of the plate was covered by fruit? *Answer: About one-fourth*

Eating some fruit at every meal will help to meet the fruit recommendation. At breakfast adding fruit to your cereal is an easy step. But when you go to the store to buy cereal, do not be confused by the names of cereals that include fruit in the name. The only way you can be sure that there is fruit in the cereal, is to read the ingredient label. I have the ingredient list for two cereals. Each name sounds like it would include fruit with the cereal. I will read the ingredients and you tell me which one has real fruit? How many of you add fruit to your cereal? What type of fruit do you usually add?

A personal recommendation: Even if the cereal includes dried fruit, adding fresh fruit to the cereal is always a good idea.

Chef Charles Says Vitamin B12 Is Important for Older Adults

Props:

- Breakfast cereal ingredient lists

As many as 30 percent of older adults suffer from a digestive condition that decreases stomach acid and in turn decreases absorption of vitamin B12. Individuals with this condition are unable to absorb the vitamin B12 that is naturally present in food. Most, however, can absorb the synthetic vitamin B12 added to fortified foods and dietary supplements. As a result, the Institute of Medicine recommends that adults 50 years and older, consume most of their vitamin B12 from vitamin supplements or fortified foods. Fortified foods include breakfast cereals and many soy products. If you are diagnosed with this condition, be sure to talk to your health professional about recommendations for your diet.

NIH, Office of Dietary Supplements—Vitamin B12, Reviewed June 2011



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Activity

Ask the group: Did you notice the last ingredient on the breakfast food list? *Answer: Vitamin B12.*

This is very important for those of us who are over 50 years old. Fortified foods like breakfast cereal can be a good source of this vital vitamin. Make sure to look carefully at breakfast cereal ingredients to see if the cereal has been fortified or has added vitamin B12. Usually a serving of breakfast cereal will be enough for your daily requirement of 2.4 mcg. Bran cereal for instance has 3.0 mcg in one cup.



Rice, Whole Grain Wheat, Sugar, Wheat Bran, **Freeze-Dried Strawberries**, High Fructose Corn Syrup, Soluble Wheat Fiber, Salt, Malt Flavoring, Ascorbic Acid (Vitamin C), Reduced Iron, Alpha Tocopherol, Niacinamide, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Vitamin A Palmitate, Folic Acid, **Vitamin B12**



Whole Grain Oats, Whole Grain Wheat, Sugar, Corn Syrup, Barley Malt Extract, Brown Sugar Syrup, Wheat Flakes, Malt Syrup, Rice Flour, Salt, Oat Flour, Brown Rice Flour, Canola Oil, Natural and Artificial Flavoring, Red 40, Blue 2 and Other Color Added, Soybean and Corn Oil, Sucralose, Molasses, Honey, Corn Starch, Nonfat Milk, Vitamin E (Mixed Tocopherols) and Bht Added to Preserve Freshness, Calcium Carbonate, Vitamin C (Sodium Ascorbate), Zinc and Iron (Mineral Nutrients), Vitamin E Acetate, A B Vitamin (Niacinamide), A B Vitamin (Calcium Pantothenate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), A B Vitamin (Folic Acid), Vitamin A (Palmitate), Vitamin D3, **Vitamin B12**



Chef Charles Asks the Questions

Props:

- Chalk board and chalk or newsprint and marker
- Optional: a small banana and 17 potato chips

Activity

Are Healthy Foods Always More Expensive?

Healthier foods are not always pricier than less nutritious foods, according to a USDA study. Researchers compared prices by weight of different foods. Whole grains were more expensive than refined grains, and dark green vegetables cost more than potatoes and other starchy veggies. But whole fruits were 60-70 percent cheaper than packaged savory snacks. Orange vegetables such as carrots and sweet potatoes were another bargain, comparable to, or cheaper than starchy veggies. Though more costly than carbonated soft drinks, low-fat milk costs less than whole milk. The report also found geographic differences in the price of healthier choices. If a food was grown locally and was seasonally abundant, the price often was lower.

USDA Quarterly Food-at-Home Price Database, Fall 2011.

Print the calculation on the board or newsprint before class.

60 cents/4 bananas=15 cents for each banana

**\$2.99/10 servings (16 chips per serving) potato chips=
29 cents for a serving of potato chips**

Say to the group: The increasing cost of food is a major concern for all Americans. Would you agree? It is tempting to think that healthier foods like fresh produce are too expensive. According to a USDA study that is highlighted in the newsletter that may not always be true. I calculated and compared the cost of bananas to potato chips. Would you agree that bananas and potato chips are easy snacks? But we know bananas are more nutritious. When I did the calculation, I found that a serving of potato chips are twice as expensive per serving as a small banana. (29 cents to 15 cents) Let me share how I calculated the cost. I assumed:

- One pound of small bananas = 4 small bananas with the cost of 60 cents per pound. This could be a higher price than you pay, so if you pay less the cost of each banana would be less.
- A serving of chips = approximately 17 chips with the cost of a 15 ounce bag being \$2.99. There are approximately 10 servings of chips in the 15 ounce bag. While the nutrition label on package stated that one serving is 11 chips, few people eat just 11 chips. I used 16 chips as a serving of chips.
- The cost of one serving of one banana is 15 cents. (60 cents divided by 4 servings)



- The cost of one serving of chips is 29 cents. (\$2.99 divided by 10 servings)

Which would you choose for a snack? Price at the store is just one factor to consider. Buy just what fresh produce you know you can eat. Waste only adds to the cost of the food.

Food Safety

Props:

- None

How Are You Handling Your Food?

Ready-to-eat fresh foods found in a store's deli can help you save time but some of the foods present a high risk for food-borne illness, especially for older adults. When shopping, choose ready-to-eat fresh foods that are packaged safely and are clean. The food should be stored in the refrigerator, both at the grocery and at home. At home, ready-to-eat fresh food should be eaten as soon as possible and disposed of after four days. Do you remember 4 A Day Throw Away? To be sure you do not keep things too long, write the date you opened the package on the container.

Some foods need special attention for storage. The foods listed here should never be at room temperature for very long. Since these foods are at higher risk of causing foodborne illness handle with care.

- Soft cheeses such as brie, feta, ricotta, and blue-veined cheese
- Raw, unpasteurized milk (should never be drunk)
- Hot dogs, luncheon meats, cold cuts (older adults should not eat unless they have been reheated to steaming temperatures)
- Pâtés and meat spreads (choose only canned)
- Precooked chicken
- Deli-type salads (such as coleslaw)
- Pre-packed raw vegetables and mixed raw vegetable salad
- Pre-cut fresh fruits and fruit salads

Institute of Food and Agricultural Sciences, University of Florida, Gainesville, May 2010

Activity

Ask the group: Without looking at your newsletter can you tell me the food safety rule we learned in December? A clue: How long do you keep prepared food in the refrigerator? *Answer: 4 Day Throw Away.*

Now let's look at the newsletter. Do you see the logo? In December we discussed food that you would bring home from a holiday dinner or party. When you bring prepared food home what do you do before you place the food in the refrigerator? *Answer:*



Mark the date the food is put in the refrigerator.

How will that date help you? *Answer: If it is more than 4 days since I put the food in the refrigerator, I should throw it away.*

This month we are looking at a list of foods that also use the 4 Day Throw Away rule. (Read the list of foods from the newsletter and ask participants to raise their hands if they buy these products.)

While you may not have been accustomed to throwing away some of the food on this list, remember older adults are at higher risk for food-borne illness.

You may question this rule especially on the last two items. There is a difference between pre-packaged fresh and fresh when you consider food safety. The last two items on the list have been prepared for you. For example, the 4-day rule would apply when you buy a vegetable salad with chopped celery and carrots from the deli, but not when you buy a bunch of celery stalks or a bag of carrots. When you bring one of these pre-packaged, pre-prepared foods home, mark the package with the date and use the rule: 4 Day Throw Away.



Snacks

Teaching Points:

- What is your favorite flavor of yogurt?
- Since the calories are high for one serving, remember that it can be your total breakfast.
- If you are watching your weight, take a close look at the different types of yogurt and their calories.
- How will you know what is a seasonal fruit? (*price is usually lower on a in-season fruit or it is promoted in store advertisement*)
- You do not have to use a parfait glass but the presentation can make it fun to eat, especially if you are making the recipe for a friend.
- The recipe provides about one-fourth of the calcium you need each day.

Easy Breakfast Yogurt Parfait

6 ounces vanilla yogurt, divided (or other flavors)

1/2 cup granola cereal, divided

Your favorite seasonal fruit

Place 1/4 cup of granola in a parfait glass. Top with half of the yogurt. Repeat layers. Top with remaining granola. An alternative would be to mix any of your favorite fruits into the yogurt before assembling or layer fruit in between yogurt and granola layers if so desired.

Each serving of the recipe made with 1/2 cup strawberries contains: calories 359, total fat 5, sodium 219, protein 13, carbohydrates 69, fiber 5, calcium 320, potassium 617, folate 438.



Did You Learn Any New Ideas?

1. The best way to know if a cereal includes fruit in its mixture is to _____.
2. T or F All fresh produce will be more expensive than other snacks.
3. What is the slogan that reminds us to handle ready-to-eat food safely?
4. Which vitamin is found in fortified cereal and important for older adults?
5. Which snack costs less? One banana or 17 chips?

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
February, 2012	_____ Congregate Meal Site Participants	The incentive for January-March is a MyPlate repositionable sticker for January through March. If you did not receive yours last month, please indicate how many are needed. _____

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Your Answers

Read the ingredient label
False
4 Day Throw Away
Vitamin B12
Banana

Chef Charles Says...

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