



Chef Charles Says...

A newsletter for congregate meal participants for the month of March

Please read carefully.

We have new information in this section.

The March newsletter includes information on potassium rich foods. The chart which is included will be used by participants to create meal plans including potassium rich foods. Note that the snack recipe is a good source of potassium and you may want to encourage participants to include it in the menu plan.

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.

Pick a Better...

Props:

- Tear pad or chalk board
- Easy to read calculator

Potassium Rich Foods

A high-potassium diet is good for your heart. In fact, the more potassium in your diet, the better your whole diet tends to be. That is why the 2010 Dietary Guidelines for Americans emphasize potassium-rich foods. Studies have found that an average increase of three, high-potassium foods a day is linked to a 21 percent reduction in the risk of stroke. The daily recommendation for potassium is 4,700 milligrams of potassium. Most Americans get half that much.

Vegetables, fruits and beans are rich in potassium. Dairy products, fish and nuts are also good sources. Natural forms of these potassium-rich foods are low in sodium – an added bonus!



People who have impaired kidney function or are taking certain medications will want to discuss with their health care provider the amount of potassium that is recommended for them. These individuals should not take potassium supplements or use high-potassium salt substitutes, unless recommended by health care providers.

Journal of the American College of Cardiology, September, 2010

List of Foods High in Potassium

Foods	Serving Size	Potassium (mg)
Apricots, dried	5 halves	204
Bananas, raw	1 small	594
Beets, cooked	1/2 cup	260
Brussels sprouts, cooked	1/2 cup	252
Cantaloupe	1 cup	494
Kiwi fruit, raw	1 medium	252
Lima beans	1/2 cup	478
Melons, honeydew	1 cup	461
Milk, fat free or skim	1 cup	407
Nectarines	1 nectarine	288
Orange juice	1/2 cup	248
Oranges	1 orange	237
Pears, fresh	1 pear	208
Potatoes, baked	1 potato	926
Prune juice	1/2 cup	354
Prunes, dried	1/2 cup	414
Raisins	1/4 cup	272



Spinach, cooked	1 cup	839
Tomato products, canned sauce	1 cup	909
Winter squash	1 cup	896
Yogurt plain, skim milk	1 cup	579

Activity

Ask the group: Please take a look at our newsletter. What kind of foods are the best sources of potassium? *Answer: fruits and vegetables.* And how much potassium do we need every day? *Answer: 4700 mg.* We are going to do a little potassium menu planning to practice including potassium-rich foods in our diet. I need a volunteer to count the potassium found in the foods we choose. *Select a volunteer and provide a calculator for them.*

Using the list of potassium-rich foods in the newsletter, let's start with breakfast. What are some foods on the list you would like to eat for breakfast? *Continue listing foods for snack time, lunch and dinner. There are no right answers. The total just needs to add up to 4700 mg. Here is sample menu*

Breakfast

Breakfast cereal
Skim milk (1 cup) 407 mg
Orange Juice (1/2 cup) 248 mg

Snack

Banana 594 mg

Lunch

Spinach salad (1 cup) 839 mg
Pear cut into salad 208 mg
Yogurt or low-fat milk (1 cup) 579 mg

Dinner

Baked chicken
Baked potato (1 medium) 926 mg
Lima Beans (1/2 cup) 578 mg
Cantaloupe (1 cup) 494 mg



Chef Charles Says Let the Sun Shine In

Props:

- Milk carton
- Picture of a sunny day.
Can be a family picture, or a picture from a magazine

The winter season is just about finished. We have been content to stay inside where it is warm. And when we do go outside in the winter, we bundle up to protect ourselves from the cold. It is important to be warm and protected. The downside of all the protection is limited exposure to the sun, a major contributor of vitamin D.

Unfortunately, as we age, the skin does not absorb vitamin D as well. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It is used, along with calcium, to increase bone density and decrease fractures. Recently, research also suggests that vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases. Vitamin D is also found in foods, such as fish, eggs, fortified milk, and cod liver oil. A supplement with vitamin D is also recommended for older adults. As spring begins, remember to put a little sunshine in your day. It is good for your body.

Activity

Ask the Group: What are sources of vitamin D? *Answers: milk, sunshine, other fortified foods like orange juice.* Let's look at the milk carton to see how much Vitamin D it provides.

Now let's look at my picture of a sunny day. This picture was taken in June. This is a good month to soak up vitamin D from the sun. How much sunshine do you think we have during the month of March? *Answer: see chart. Use chart to share information.* Because we do not have much sunshine in March, we need to pay attention to the other sources of vitamin D.

Additionally, winter sun in Iowa is not strong enough to allow our bodies to make vitamin D. The sun is only strong enough in April through October.

Days of Sunshine in March			
City	Sunny	Partly Sunny	Total Days With Sun
Des Moines	7	7	14
Dubuque	6	8	14
Sioux City	7	8	15
Waterloo	6	7	13

Number of Sunny Days

Background: In the table, the average number of Sunny Days for cities in Iowa is the total days this month when the sky is mostly clear. This includes the days when clouds cover up to 30% of the sky during daylight hours. Partly Sunny Days have cloud covering from 40% to 70% of the sky during the daytime. The rest of the days during March are mainly overcast, with at least 80% cloud cover. Total Days with Sun is a sum of the Sunny plus Partly Sunny days. All the numbers are averages, made from years of weather watching, for total days in the month.



Food Safety

Props:

- Food package with sell by date
- Plastic bag from produce section
- Milk carton from grocery store
- Egg carton
- Can without dents

Become a Safe Food Shopper

- Read food labels to make sure food is not past the 'sell by' date. **Food package with sell by date**
- Place raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart. Juices will not drip on and contaminate other foods. **Plastic bag**
- Buy only pasteurized milk, cheese, and other dairy products. If you buy fruit juice from the refrigerator section, be sure the juice label indicates it is pasteurized. **Milk Carton**
- Purchase eggs in the shell from the refrigerated section of the store. Store the eggs in their original carton in the main part of your refrigerator. For recipes that call for eggs that are raw or undercooked when the dish is served—Caesar salad dressing and homemade ice cream are two examples—use either shell eggs that have been treated to destroy salmonella by pasteurization, or pasteurized egg products. **Egg carton**
- Purchase canned goods that are free of dents, cracks, or bulging lids. Always clean each lid before opening the can. **Can without dents**

Activity

Say to the Group: Careful grocery shopping is your first line of defense for safe food. If you take home food that has been handled safely from the grocery, you are limiting your risk for food borne illness. So, I have some items here that will help you remember how to handle food safely when grocery shopping. Please find the article on food safety in the newsletter. I am going to hand out the five props to five volunteers. I want the volunteers to read or explain in their own words the information about food safety from the newsletter for your prop. *After each volunteer reads the information, ask the participants if they have ever heard this before? If they have not heard of the safe handling practice, ask if they will now use the information?*

Chef Charles Asks the Questions

Props:

- Fast-food bag or some other prop that would make you think of eating out.

Can I Trust The Calorie Count On A Restaurant Menu?

In 2012, restaurants with more than 20 locations will be required to include calorie counts for the foods they serve. Is the information accurate? According to a USDA study of 42 fast food and sit-down chain restaurants, the answer overall is yes. In fact, researchers found that 52 percent of menu items tested actually had fewer calories than posted. But be wary of lower-calorie menu options. Foods with less than 600 calories per serving were the most likely to



be off by 100 or more calories. JAMA, vol. 306, p. 287. Nov., 2011

Activity

Show prop and say: I have been to the _____ restaurant recently and noticed some information on the menu that I had not seen before.

When you are eating out, have you noticed anything different about the menu, including fast-food restaurants? *Answer: calories are on the menu.* But do all businesses have the calories on menu? *Answer: no.* What is the difference between those that do and those that do not have calories included? *Answer: the number of restaurants in the business.* If there are more than 20 locations in a business they must provide the calorie information at point of purchase. Now, what about our home town diners? They are not required to include calories on the menu, but they may do it voluntarily.

Do you think the calorie counts are accurate? Let's check out the newsletter. I think you will be surprised.

Be Active

Props:

- One chair per person

Heel-to-Toe Walk

Position your heel just in front of opposite foot each time you take a step. Your heel and toes should touch or almost touch as you walk. Repeat 3-5 times.



Hip Flexion

Stand beside a chair, gripping it for balance. Slowly bring one knee toward your chest without bending your waist. Hold for one second, and then slowly lower your leg all the way down. Repeat with your other leg. Alternate legs until you've done 8-15 repetitions with each leg. Rest, then repeat. Progress until you can balance without holding on.





Knee Flexion

Stand behind a sturdy chair, holding on for balance. Lift one foot off the floor and slowly bend your knee as far back as possible. Hold the position for one second. Slowly lower your foot, and then repeat with your other leg. Alternate legs until you have done 8-15 repetitions. Rest, and then do another set. As you progress, hold onto the chair with one hand, then with only one fingertip, then without holding on at all.



Activity

Make sure every participant has a chair for the exercises. Demonstrate the leg exercises. The first time a participant does the heel-to-toe walk make sure they have a chair to help with balance.



Snacks

Teaching Points:

- Many ingredients in the recipe have alternatives such as:
 - Onions: could use green onions or Vidalia
 - Vinegar: try flavored such as red wine
- To avoid soggy salad do not stir in last ingredients until almost ready to serve.
- How much potassium is in this recipe? 620 mg. If I eat this salad, how much more potassium do I need today? 4080 mg

Broccoli Mandarin Orange Salad

2 1/2 cups broccoli florets
1 tablespoon almond slivers (optional)
1 - 11 oz. can of mandarin orange sections, well drained
1/2 orange juice
1/4 cup onions, chopped
4 teaspoons vinegar
2 teaspoons sugar
1 tablespoon oil

Steam broccoli florets in covered saucepan for 3 minutes only. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, chop onions, and remaining ingredients. Toss gently and allow to stand at room temperature for about 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

Makes three servings. Each serving contains: 151 calories; 5 g fat; 59 mg sodium; 25 g carbohydrates; 6 g fiber; 154 mcg folate; 620 mg potassium



Did You Learn Any New Ideas?

1. How much potassium do you need daily?
2. Name one source of vitamin D?
3. When shopping wrap meat, poultry and sea food in a _____ to protect other foods in the basket.
4. In 2012, larger restaurants are adding this to their menu?
5. There are 620 mg of potassium in the recipe. How much more potassium is needed to reach the recommended?

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
March, 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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Did You Learn Any New Ideas?

1. How much potassium do you need daily?
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When shopping wrap meat, poultry and sea food in a
3. _____ to protect limit contamination of other foods in the basket.
4. In 2012, larger restaurants will be adding this to their menu?
5. There are 620 mg of potassium in the recipe. How much more potassium is needed to reach the recommended?

Your Answers

4700 mg
Fortified foods, sunshine, supplements
Plastic bag
Calories
4080 mg

Chef Charles Says...

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