



# Chef Charles Says...



June

## Pick a Better... Snack

Older adults have unique food and nutrition challenges including eating enough calories every day. Calorie consumption can decrease as people get older. Reasons for eating less include physical changes like illness, less money to spend on food, and possibly living alone.

What can be done to make sure older adults eat enough food? One study found snacking to be an “important dietary behavior” that can help older adults ensure they consume enough calories in their diets.

Eighty-four percent of the par-



### Consider These Snack Ideas:

Two graham crackers with a container of low-fat fruit yogurt or 1/2 whole-wheat English muffin with a tablespoon apple butter and a cup low-fat or fat-free milk.

ticipants ate snacks daily, with an average of about 2-1/2 snacks per day. Those who ate snacks consumed significantly higher amounts of calories, protein, carbohydrates and total fat throughout the day than non-snackers.

The researchers found that snacking may promote eating more calories and cause obesity among most age groups. But, the study found snacking to be a benefit in helping older adults consume enough calories.

*Journal of the American Dietetic Association, May 2007*

## Chef Charles Asks the Questions

**My doctor suggested I lose some weight to help my joints. I was successful. Now, how do I keep it off?**

It is confusing. Some older adults do not eat enough and some older adults eat too much. Either can be a concern. Which group do you fit into?

Statistics continue to show that elderly obesity rates are on the rise, supporting the need for older adults to exercise, consuming nutrient dense foods and lose weight when needed.

If you are successful at losing

weight, you still have the challenge of keeping the pounds off. The National Weight Control Registry (NWCR) has identified the most common ways people who have lost weight, keep it off. The participants reported that:

- ◆ 98 percent exercise at home
  - ◆ 89 percent combine diet and exercise to lose weight
  - ◆ 40 percent exercise with a friend
- Walking is the most popular

form of exercise. Other keys to maintaining weight loss include eating breakfast each day, spending less time in front of the television or computer, and controlling calorie intake.

*American College of Sports Medicine Journal, April 2011.*



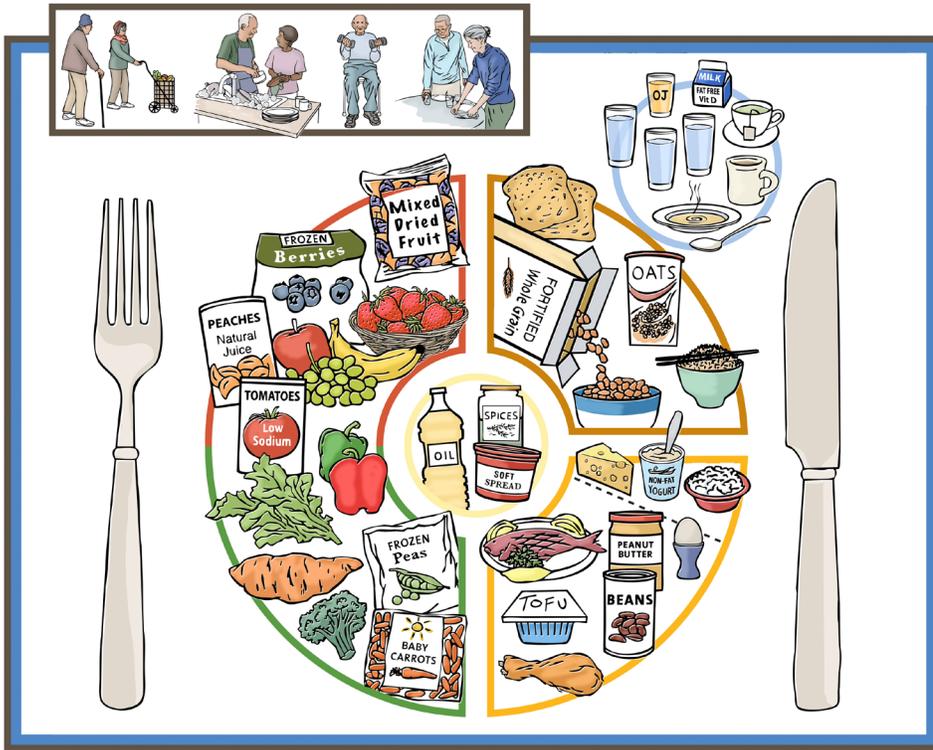
Developed by:  
Iowa Department of Public Health, [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa Department on Aging, <http://www.aging.iowa.gov>

Information & resources for seniors with home & family questions  
**ISU AnswerLine 1-800-262-3804**

# Get the News

The MyPlate plan was developed for the general population. A variation on the plan was developed to be a guide for healthy, older adults who are living independently and looking for examples of good food choices and physical activities. While this version looks very similar to the original plan there are some specific messages for older adults.

## MyPlate for Older Adults



USDA Human Nutrition Research Center on Aging at Tufts University

- ◆ Filling half of your plate with fruits and vegetables encourages older adults to consider fresh, frozen, pre-peeled fresh, dried and canned options.
- ◆ Alternatives to salt like spices are suggested as well as choosing the low-sodium options of items such as canned vegetables.
- ◆ MyPlate for Older Adults provides a variety of whole, enriched and fortified grains.
- ◆ Suggested protein sources include plant-based options such as beans and tofu as well as fish and lean meat.
- ◆ Vegetable oils and soft spreads are suggested when choosing fat.
- ◆ The message to drink water and other beverages is important because of age-related decline in thirst.
- ◆ MyPlate for Older Adults promotes regular physical activity with pictures. The list includes a variety of options for regular exercise.

## Food Safety

### Cantaloupe Safety Tips

To enjoy cantaloupe this summer you need to select and prepare the melon with food safety in mind.

- ◆ Purchase cantaloupes that are not bruised or damaged.
- ◆ If buying pre-cut cantaloupe, be sure it is refrigerated or surrounded by ice. After purchase pre-cut cantaloupe refrigerate promptly.
- ◆ Melons lie on the ground while growing and will carry dirt and bacteria on their rind. Before cutting through the rind and into the soft fruit, you should thoroughly clean the outside of the melon. The netted rind of a cantaloupe needs extra attention. Scrub whole cantaloupes by using a clean produce brush and cool tap water. There is no need to use soap or detergent.
- ◆ Use clean cutting surfaces and utensils when cutting melons. Wash cutting boards, countertops, dishes, and utensils with hot water and soap between the preparation of other foods and the preparation of melon. Wash hands with hot, soapy water before and after handling fresh melons.

- ◆ Once cut, any melon should be discarded if left at room temperature for more than two hours. This includes mixed fruit salads that contain cantaloupe or other melons as an ingredient.



# Chef Charles Says...

## Folate is Vital for Older Adults

Folate, a B vitamin, is especially important for women of childbearing age, pregnant and nursing women, growing children and OLDER ADULTS. Not consuming enough folate may cause you to develop anemia and increase your risk for heart disease, stroke, cancer, or memory problems.

Older adults need 400 micrograms of folate a day. Specific foods that provide excellent supply of folate include green leafy vegetables, orange juice, beans and lentils, peanuts, fortified cereals and breads.

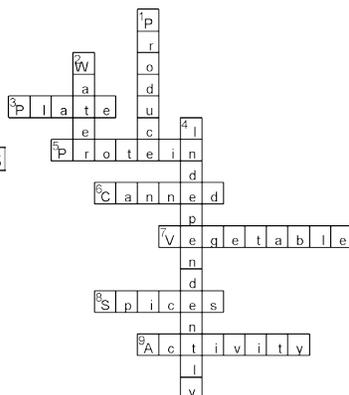
Food is the best source of folate but if you do not get enough folate from the foods you eat, you may need to take a supplement. Supplements contain a form of the vitamin called folic acid. Consult with your health professional if you are interested in taking any supplement.

### Sources of Folate

FOOD	FOLATE (mcg)
Spinach, cooked, 1/2 cup	130
Kidney beans, cooked, 1/2 cup	115
Fortified cereal, 1 serving	100 - 400
Peanuts, dry roasted, 1/2 cup	80
Orange juice, 1 cup	75
Romaine, shredded, 1 cup	75

## Answers

ADNOSLM ALMONDS  
 TWNLUAS WALNUTS  
 SPEATNU PEANUTS  
 EPCSNA PECANS  
 POICSSATH PISTACHIOS  
 HSTNELUAZ HAZELNUTS  
 CSWSAEH CASHEWS  
 DAMMCAAIA MACADAMIA



# Be Active...

## Treadmill Exercise Safety Tips

The treadmill is one of the most popular pieces of exercise equipment. It is not a difficult to use but learning how to use it properly will give you a safe and effective workout.

### ◆ Understand the Control Panel Including Safety Features

Read the instructions before you turn it on. Most treadmills have the same features, including preset or manual workout selections, start and stop buttons, speed and incline adjustments and body weight input.

### ◆ Start Slowly

To start walking on the treadmill, it is easiest for a beginner to hold on to the handrails and place one foot on the belt followed by the second foot. When you are comfortable with the pace, let go of the handrails, and walk normally.

### ◆ Get Walking

Start by walking at a slow comfortable pace. Keep your head up, and stay centered in the middle of the belt (not too far forward or back). Find a comfortable walking speed for you. Warm up by walking for a few minutes before increasing the pace.

### ◆ Stop the Treadmill

Have a plan for stopping the treadmill. You can decrease the speed with the control panel until the belt stops.

*Journal of Cardiopulmonary Rehabilitation, Nov. 2006*

## Splendid Fruit Salad

- 2 medium apples, chopped
- 1 banana chopped
- 1 6-oz container low-fat vanilla yogurt
- 1/4 teaspoon cinnamon
- 1 tablespoon orange juice



Mix yogurt, cinnamon, and orange juice in a medium bowl. Wash and chop the fruit and add to the yogurt mixture. Stir and serve. Makes 4 servings of 3/4 cup each.

98 calories; 1 gm fat; 29 mg sodium; 2 gm fiber; 3 gm protein; 80 mg calcium; 14 mcg folate; 279 mg potassium

Recipe provided by IDPH BASICS program, 2012

## Resource

Would you like to see a copy of the MyPlate for Older Adults? You can find a copy at:

<http://fyces.ifas.ufl.edu/Extension/HNFS/ENAFS/MyPlate.php>

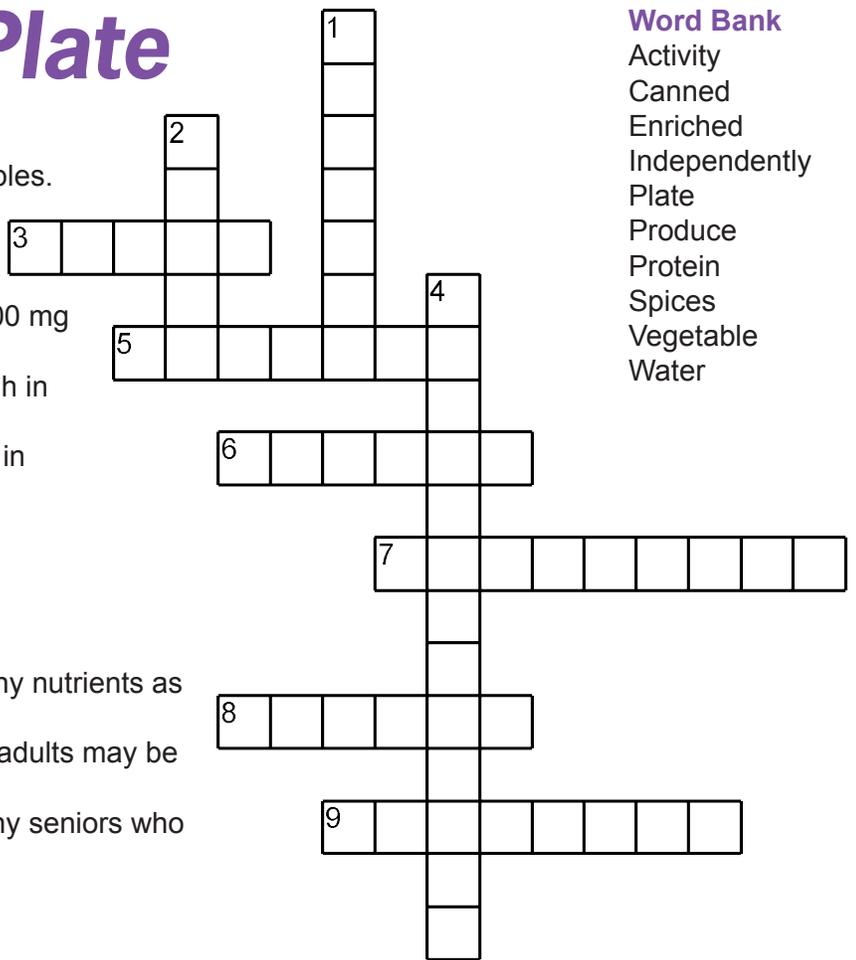
# A Lot On Your Plate

## Across

- Fill half of your \_\_\_\_\_ with fruits and vegetables.
- Beans and tofu are plant-based options for protein.
- Choose low-sodium options of \_\_\_\_\_ vegetables to keep sodium under 1500 mg daily.
- \_\_\_\_\_ oils are good alternatives to foods high in animal fats.
- \_\_\_\_\_ are suggested as a substitute for salt in MyPlate for Older Adults.
- MyPlate for Older Adults promotes regular physical \_\_\_\_\_.

## Down

- Frozen, dried and canned \_\_\_\_\_ has as many nutrients as fresh.
- It is important to drink \_\_\_\_\_ because older adults may be at risk for dehydration.
- MyPlate for Older Adults is a guide for healthy seniors who are living \_\_\_\_\_.



**Word Bank**  
 Activity  
 Canned  
 Enriched  
 Independently  
 Plate  
 Produce  
 Protein  
 Spices  
 Vegetable  
 Water

# Oh, Nuts!



Unscramble each group of letters to find the name of a popular nut. Nuts make good snacks and provide nutrients such as folate.

ADNOSLM	<input type="text"/> <input type="text"/> M <input type="text"/> <input type="text"/> D <input type="text"/>
TWNLUAS	W <input type="text"/> <input type="text"/> N <input type="text"/> <input type="text"/>
SPEATNU	<input type="text"/> E <input type="text"/> <input type="text"/> U <input type="text"/>
EPCSNA	<input type="text"/> <input type="text"/> C A <input type="text"/>
POIICSSATH	P <input type="text"/> <input type="text"/> <input type="text"/> C H <input type="text"/>
HSTNELUAZ	<input type="text"/> <input type="text"/> Z E <input type="text"/>
CSWSAEH	C <input type="text"/> <input type="text"/> <input type="text"/> S
DAMMCAAIA	M <input type="text"/> <input type="text"/> <input type="text"/> M <input type="text"/>

## Enjoy Farmer's Markets in Iowa

If you are unable to grow a garden, then visit a farmer's market. Iowa has more farmer's markets per person than any other state. Limited income older adults can receive help buying fresh produce at markets through the Senior Farmer's Market Nutrition Program. The funds provide low-income seniors funds to purchase fresh fruits and vegetables. Local farmers benefit from the program as well by attracting more customers to their markets. The vouchers are distributed each spring by the Iowa Area Agencies on Aging. Ask your congregate meal manager about the program.



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](http://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.