



Chef Charles Says...

A newsletter for congregate meal participants for the month of July

**Please read carefully.
We have new information in
this section.**

The incentive for Chef Charles participants for July through August is a sun visor. Make sure to order enough for each person before the class. You can introduce the visor with the physical activity article.

The physical activity article encourages participants to look for 'free' opportunities to exercise in their communities. Before the class you may want to check on community classes and places where people can exercise like school hall ways and school tracks. The more information you have available, the more likely the people will be willing to try and exercise.

You may have heard this past month a report on research about calcium supplements and increasing risk of heart disease. As we have discussed in the past, just one study does not usually change a recommendation that has been developed from multiple studies. That is the case with this information. If you are taking a calcium supplement, you may want to talk with your health professional to determine if you should adjust the amount you are taking. Remember that the best way to have calcium for your body is to consume more calcium-rich foods.

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:

- Print a copy of the berry chart

Berry

Enjoy The Sweet Taste Of Berries Today!

Keep fresh berries dry and refrigerated at all times in their original, specially ventilated package as close to 34F as possible for optimum freshness. Moisture will cause decay of all fresh berries, so keep them dry in storage. Rinse berries just before using.

Fresh berries of all kinds are:

- ◆ Strong sources of vitamin C, fiber, folic acid, and antioxidants. Antioxidants protect us from diseases such as cancer and heart disease.
- ◆ Sodium-free, cholesterol-free and low in calories and fat
- ◆ A delicious way to “Make half your plate fruits and vegetables.”

Strawberries

Look for symmetrically shaped berries that have a nice sheen and brilliant, even color. Berry tips should not be too seedy and the “shoulders” should not be white. For best flavor, allow strawberries to reach room temperature before serving. Strawberries keep for 2 – 5 days in the refrigerator.

Raspberries and Blackberries

Raspberries and blackberries are not only highly perishable, but are also the most fragile in the berry family. Handle them gently when rinsing. Look for plump, evenly-colored berries that have a soft, hazy “gloss.” Raspberries have tiny hairs on them called “styles,” which are a completely natural part of the fruit’s defense mechanism and do not affect the taste or indicate the ripeness of the fruit. Raspberries and blackberries keep for 1-2 days in the refrigerator.

Blueberries

Look for blueberries that are dry, plump and round and free of dents and bruises. Blueberries should have a soft, hazy white coating, which is called “bloom.” Bloom is a completely natural part of the berries’ defense mechanism protecting them from the harsh rays of the sun. Blueberries keep for 5-7 days in the refrigerator.

Activity

The snack this month incorporates summer berries that everyone likes. While you demonstrate the snacks refer to this summary chart to remember the important points about berries mentioned in the article. You may want to print the chart and keep it close while you teach.



	Strawberries	Raspberries & Blackberries	Blueberries
Quality Appearance	Symmetrical shape with nice sheen; brilliant, even color	Plump, evenly-colored with a soft, hazy 'gloss'	Soft, hazy white coating (bloom)
Special Note	Tips not too seedy & 'shoulders' not white	Raspberries have tiny hairs that do not affect taste	Soft haze protects from sunburn
Shelf life in refrigerator	2-5 days	1-2 days	5-7 days

If you do not demonstrate the snack you may use the following teaching suggestion.

Ask the group: If you only could choose one summer berry, which one would it be? *Have participants raise their hands for their favorite as you announce the name of the berries.* Do you ever have too many berries at one time? If you are concerned they will spoil before you can eat them, try freezing them. It is an easy thing to do. Just wash the berries, place in a freezer bag, remove the air, and seal tight. Dating the package is also helpful. How would you use the frozen berries? *Examples: on top of breakfast cereal, in a fruit salad.*

Chef Charles Says **Get Your Plate In Shape***

Make Half Your Plate Fruits and Vegetables

Props:

- Half sheet of paper
- Pencil for each person

With half your plate full of fruits and vegetables, there is less room for high fat and calories foods. Fruits and vegetables can help to fill you up and prevent overeating at a meal. Choose a variety of colorful fruits and vegetables to ensure that you are consuming a wide range of vitamins, minerals, and antioxidants. Frozen and canned fruits and vegetables are good alternatives to fresh produce. Choose vegetables that are low in sodium and fruits that are frozen or canned in water or in 100 percent juice.

*The Academy of Nutrition and Dietetics 2012 National Nutrition Month®

Activity

Ask the group: Can you picture half of your dinner plate full of fruit and vegetables? What would you put on your plate? It has been said that a picture is worth a thousand words. I am giving each of you a half sheet of paper and a pencil. Draw a circle and a line to mark half a plate. On one side of the circle print the name of fruits



and vegetables you plan to eat this week. This is your picture of many words that can help you remember to fill half your plate with fruits and vegetables.

Be Active

Props:

- Sun visor incentive

Be Physically Active Without Spending a Dime

You don't need to spend much to be physically active. In fact, you can be active in many ways without spending any money. Here are a few ideas to get you moving for free or a small fee!

Close To Home

- ◆ Get some exercise and socialize with friends while you walk at the mall.
- ◆ Get your garden or yard in shape, and you'll shape up, too.
- ◆ Make your own weights from household items: plastic milk jugs filled with sand or water, bags of rice, soup cans or bottles of water.
- ◆ Walk when doing errands if you live close to stores.

In Your Community

- ◆ Try out free demonstration exercise classes at your local senior center or fitness center.
- ◆ Go for a hike in a park.
- ◆ Help your community by participating in a stream clean-up effort.
- ◆ Participate in a community gardening project.

Activity

Distribute the incentive (sun visor) to all participants.

Say to the group: There are so many ways and places we can be active. Where do you do your walking? Are any of the suggestions in the Chef Charles article places you exercise? During the summer it is important to protect yourself from the sun when you are outside. Your sun visor can be used for protection.

Get the News

Props:

- Print copy of Multi-Grain Cheerios nutrition label

Vitamin B12 Levels May Affect the Brain

Older adults with low levels of vitamin B12 may be more likely to lose brain volume and function. During a study with older adults, levels of vitamin B12 were measured in participants, and their memories and other cognitive skills were assessed. Four years later, MRI scans measured total brain volume and looked for signs



of brain damage. Having low levels of vitamin B12 was associated with lower scores on the cognitive tests and smaller brain volume. **Vitamin B12 occurs naturally in animal foods, including fish, meat, milk eggs and poultry.** The Dietary Guidelines advise older adults to obtain some vitamin B12 from fortified foods (e.g. breakfast cereals) or supplements as they may have difficulty obtaining all the vitamin B12 they need from what occurs naturally in foods.

Neurology, September, 2011

Activity

Say to the group: At our June Chef Charles class we learned about the importance of Folate. Folate is in the B vitamin family. Did any of you bring a nutrition label of a folate-rich food? You might have found a fortified cereal or on an orange juice nutrition label. I have a Multi-grain Cheerios label. How much folate does this cereal provide? **50%** And how much B12? **25-35%** What foods provide B12? See highlight in article for answers. B12 is found primarily in animal foods **but fortified cereal can be an important source for many older adults.** B12 in your diet may help your brain function.

Chef Charles Asks the Questions

Props:

- None

Can strawberries and blueberries actually keep your brain sharp in old age?

A new study found that a high intake of nutrient-rich berries, such as strawberries and blueberries, over time, can delay memory decline in older women. This study was unique because of the amount of data studied over a long period of time. Among women who consumed two or more servings of strawberries and blueberries each week, there was a modest reduction in memory decline. Eating more berries is an easy change for us to make. Maybe your health professional will be writing a prescription for you to eat more berries each week to help your memory. How easy is that?

Annals of Neurology, April 2012.

Activity

Say to the group: If eating more berries like strawberries and blueberries can help our memory, we had better think of some ways to add them to our plate. At your table share the month of your birthday and one idea for preparing berries that month including ideas for frozen berries. Some suggestions are below:



June-August	September- November	December- February	March-May
<ul style="list-style-type: none"> • Fresh berries in a spinach salad 	<ul style="list-style-type: none"> • Fruit salad with berries • Blueberry cornbread 	<ul style="list-style-type: none"> • Blueberry pancakes 	<ul style="list-style-type: none"> • Berries on top of cold cereal

Food Safety

Props:

- Clean wash cloth
- Kitchen sponge

Keeping A Clean Sponge

Just rinsing and squeezing out a sponge under running water is not going to make your sponge safe from germs. Microwaving a wet sponge for one minute gets rid of a significant portion of the bacteria. Running through the dishwasher kills almost all bugs. Don't try to microwave sponges that have metal in them and make sure they are wet as a dry sponge could catch fire. Another option is to keep a supply of clean dish cloths handy. Start out each morning with a fresh, dry one and at the end of the day toss the used cloth into the laundry.

Toxicology Science, 2010

Activity

Hold up a clean kitchen wash cloth and a sponge. Which do you use to clean your kitchen? And when you finish cleaning up, how do you clean the cloth or sponge? You have some choices but you do need to take action. The sponge cleans best in a dishwasher or a microwave-with special handling. The cloth is a good alternative if you make sure to start each day with a clean cloth.

Snacks

Teaching Points:

- Choose one snack to demonstrate. Check out the teaching suggestions in the Pick a Better Snack... article for talking points.

Berry Snacks

Fresh fruit, especially berries can be used to make a colorful and delicious snack. The yogurt in each snack idea will add calcium to your diet.

Berry Blast

Mix berry-flavored yogurt with fresh blueberries or raspberries. Save a handful of berries to top off the blast.

Parfait Pleaser

Layer granola and fresh berries with low-fat raspberry yogurt. Use a container made of clear glass to display the layers.



Chef Charles
Says...

Instructors' Guide July 2012



Berry Smoothie

Blend fresh orange sections with strawberry yogurt and ice in your blender.



Multi-Grain Cheerios Label

Nutrition Facts		
Serving Size 1 cup (g)		
Servings Per Container about 12		
Amount Per Serving		
		with 1/2 cup milk
Total Fat 1g	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 120mg	1%	7%
Potassium 140mg	4%	10%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 3g	10%	10%
Sugars 6g		
Total Carbohydrate 15g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	45%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	50%	50%
Vitamin B12	25%	35%
Phosphorus	8%	20%
Magnesium	4%	8%
Zinc	25%	30%

Ingredients: Whole Grain Corn, Whole Grain Wheat, Sugar, Whole Grain Oats, Whole Grain Barley, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Corn Bran, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Color Added, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium (Calcium carbonate), Iron and Zinc (mineral supplements), Vitamin C (sodium ascorbate), Vitamin B (niacinamide), Vitamin B (pyridoxine hydrochloride), Vitamin B (riboflavin), Vitamin B (thiamin mononitrate), Vitamin A (palmitate), Vitamin B (folic acid), Vitamin B, Vitamin D.

CONTAINS WHEAT INGREDIENTS.





Did You Learn Any New Ideas?

Your Answers

1. Name the fruit that may keep your memory from declining?
2. Which foods naturally provide vitamin B12?
3. Name one 'free' physical activity in your community.
4. How much space on your plate should be used for fruit and vegetables?
5. How long can strawberries remain fresh in a refrigerator?

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
July, 2012	_____ Congregate Meal Site Participants	The incentive for July-August is a Chef Charles sun visor. Please indicate how many are needed. _____

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Your Answers

Blueberries & Strawberries

Animal foods

Ideas are in newsletter

Half a plate

2-5 days

Chef Charles Says...

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