



Chef Charles Says...



March

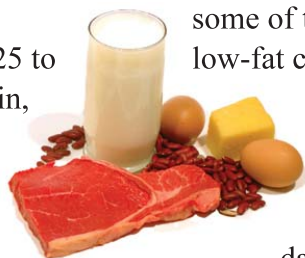
Get The News Protein All Day Long

Last month Chef Charles talked about the importance of eating protein to prevent sarcopenia – or the chronic loss of muscle – that may impact over 50% of people over the age of 80. Current research indicates that most older adults who do not have kidney disease should eat about 25 to 30 grams of quality protein, three times each day, to prevent losing muscle.

This month Chef Charles is going to show you how to do this. Refer to the chart below. What could you eat for breakfast to reach 25 grams? It may be one cup of milk and scrambled eggs made with two eggs (the whites contain protein). Combine this with toast and fruit and you have a well-rounded breakfast with 24 grams of high quality protein. If you want to get 30 grams you could drink two cups of milk instead of one, or add ¼ cup of cottage cheese to the fruit.

What about lunch? If you have a roasted chicken on hand from

the deli, slice about three ounces into small pieces and add to your favorite mix of salad greens and chopped vegetables. Throw in a few canned Mandarin oranges or chopped apples for color and flavor. Don't enjoy meat? Replace some of the chicken with nuts or low-fat cheese.



Dinner is the meal that typically has the most protein. Distribution of protein throughout the day is important, so it may be necessary to reduce the usual amount of protein you eat at dinner. A hamburger patty about the size of a deck of cards will provide plenty of protein for this meal. Chili made with beans and hamburger is a protein-rich entrée.

You can minimize the amount of muscle you lose as you age by eating well – including quality protein throughout the day – and getting daily exercise. Eat smart. Live strong.

Source: American Journal Clinical Nutrition 2008; 87(Suppl): 1562S-6S

Pick a Better... Menu With Protein

Plan a day of menus to include protein. Here is an example.

Breakfast (25 g protein)

- 1 cup oatmeal, served with 1/2 cup low fat milk
- 1 slice whole wheat bread, toasted
- 1 slice Mozzarella cheese
- 1/3 cup unsalted peanuts and raisins,
- Orange juice

Lunch (30 g protein)

- Sample menu from the Polk County Congregate Meals
- 1-1/2 cup ham & bean soup
 - 1/2 cup spinach
 - 1/2 cup mixed fruit
 - 1 slice corn bread
 - 1/2 cup chocolate pudding

Dinner (32g protein)

- Lean hamburger patty on whole wheat bun
- Carrot sticks
- Apple slices
- 6 oz. fruit flavored yogurt



See the back page for a quick protein reference chart .



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa State University Extension, www.extension.iastate.edu
Iowa Department on Aging, www.state.ia.us/elderaffairs

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

Chef Charles Asks the Questions

I worry about falling so I just stay home. What can I do?

Meet Tim Getty, Nutrition and Health Coordinator for Heritage Area Agency on Aging.

Tim oversees their Older Americans Act dining program, which serves approximately 2,500 meals per day in seven counties. In addition to good nutrition, Tim is interested in fall prevention. As older adults age, they tend to develop a fear of falling and begin to limit their activities and level of exercise. Actually, limited activities and moving less can put someone at greater risk of falling. According to a 2006 study by the University of Iowa, College of Public Health, falls are the number one cause of death for older adults in Iowa. To help older adults with concerns about falling, Tim became a master trainer for a program that helps manage risk for falls called A Matter of Balance. The program emphasizes practical strategies to manage falls. Participants learn to 1) view falls as controllable, 2) make changes to reduce fall risks at home and 3) exercise to increase strength and balance.

Food Safety

Older adults are at greater risk than young people to become ill from food poisoning. As you age, the immune system weakens, making it harder to fight off bacteria and serious illness. Additionally, you have less stomach acid to control bacteria and weakened kidneys to help filter bacteria from the blood. The good news is that food poisoning can be prevented if you follow proper food safety practices at home. Older adults can help protect themselves by keeping raw meats and ready-to-eat foods separate on the cutting board. Try these suggestions:

- ◆ Use two cutting boards: one strictly for raw meat, poultry and seafood; the other for ready-to-eat foods like breads and vegetables.
- ◆ Wash cutting boards thoroughly in hot soapy water after each use or place in dishwasher. Use a bleach solution (i.e., one teaspoon bleach in one quart water) and rinse with clean water.
- ◆ Discard old cutting boards that have cracks, crevices and excessive knife scars.

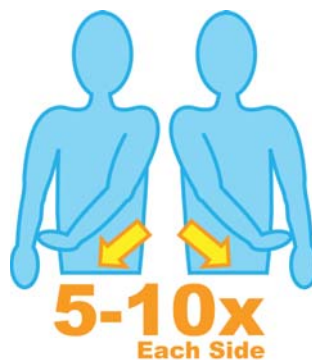
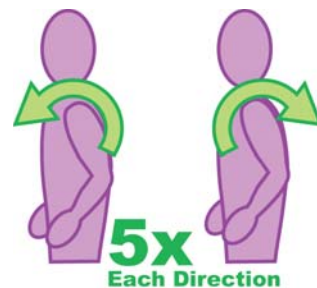
Tim enthusiastically shares the success of A Matter of Balance such as the 93 year-old participant in a recent class. She lives by herself and got to and from the class by herself. She did some exercises every morning before deciding to take the class. During the class, she used the A Matter of Balance exercises before she got out of the bed and did a few exercises before she went to bed for the night. She was very excited about what she learned and attended every session.

During the class, participants learn to view falls and fear of falling as something they can control. They also find ways to change the environment to reduce fall-risk factors and learn simple exercises to increase strength and balance. A Matter of Balance is available in many locations in Iowa. Check out the Chef Charles resources to learn more about this program.

Be Active

Would you like to know what kind of balance exercises are taught in A Matter of Balance? Try these two examples.

Shoulder Rolls: Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5. The shoulder rolls help improve the range of motion of the shoulders and upper back and they are an excellent way to relieve muscle tension.



Diagonal Arm Press Across the Body and Toward the Floor: Starting with your left arm, press to the right, toward the floor and across your body. Alternate your right and left arm. Repeat 5 to 10 times. This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.

Seniors should always consult with their health care professional when developing and using any exercise program.

Source: A Matter of Balance Volunteer Lay Model, Maine Health Partnership for Healthy Aging. Used with permission from Boston University.

Lazy Day Beef & Vegetable Soup

- 2-1/2 pounds beef for stew,
cut into 3/4-inch pieces
- 2 cans (14 to 14-1/2 ounces each)
reduced-sodium beef broth
- 1 can (15 ounces) reduced-sodium chickpeas,
drained
- 1 can (14-1/2 ounces) no-salt added diced
tomatoes with garlic & onion, undrained
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon dried Italian seasoning, crushed
- 1/2 teaspoon pepper
- 2 cups frozen mixed vegetables
- 1 cup uncooked small pasta

Combine beef, broth, chickpeas, tomatoes, water, salt, Italian seasoning and pepper in 4-1/2 to 5-1/2-quart slow cooker; mix well. Cover and cook on HIGH 5 hours, or on LOW 8 hours. (No stirring is necessary during cooking.)

Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Stir well before serving. Serve with cheese, if desired.

Makes 6 to 8 servings (1-1/2 to 2 cups each).
Nutrition information per serving, 1/6 of recipe: 389 calories; 11 g fat 94 mg cholesterol; 481 mg sodium; 34 g carbohydrate; 5.4 g fiber; 41 g protein, potassium 1290 mg, folate 108 mcg

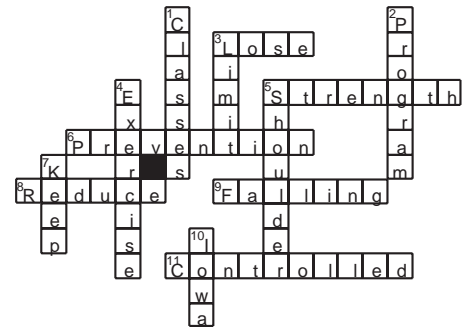


Recipe courtesy of National Cattlemen's Beef Association



Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt. Congregate Meals generally provide 1,567mg of potassium and less than 1000 mg of sodium.

Answers



CUCUMBER & ONION SALAD

- 1 medium onion, sliced thin
- 1 large cucumber, sliced thin (leave peel on)
- 1/2 16oz. can red kidney beans, rinsed and drained

Dressing:

- 1/2 teaspoon sugar
- 2 teaspoon Italian seasoning
- 1 teaspoon fresh parsley, chopped fine (optional)
- 2 teaspoons olive oil
- 2 tablespoons vinegar
- 2 tablespoons water

In a medium bowl, combine onions, cucumbers, and kidney beans. Toss together, separating onion rings. Set aside. In small jar with tight-fitting lid, combine dressing ingredients. Shake well, let sit 30 minutes in refrigerator. Pour dressing over vegetables. Refrigerate 2 hours and serve.

Makes 5-1/2 cup servings.

78 Calories; 2g fat; 116 mg sodium; 13 g carbohydrates; 250 mg potassium; 20 mcg folate



Resource

The A Matter of Balance program is an evidence-based fall/injury prevention program that was started at Boston University and is designed to benefit older adults who are concerned with falls. The program targets older adults who have sustained falls in the past, have limited physical activities due to concerns about falling, and are interested in learning more about flexibility, strength and balance, and how to prevent falls. Classes are held twice a week for four weeks and are taught by trained leaders in the community. To see a list of classes in Iowa go to

<http://www.iowahealthylinks.org/workshops.html>

BALANCING ACT

Across

- Don't ____ your balance. You may fall.
- Exercise increases ____ and balance.
- Good balance helps with injury ____.
- Learn to ____ your risk of falling at home.
- Fear of ____ causes some people to be inactive.
- Fear of falling is something that can be ____.

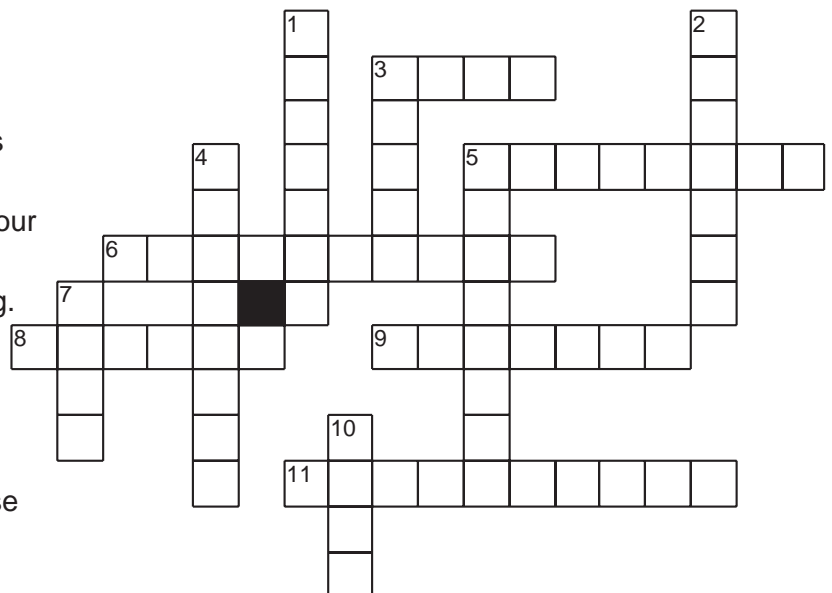
Down

- Many ____ are available to benefit older adults who are concerned with falls.
- Before starting an exercise ____, check with your doctor.
- Don't ____ exercise because of a fear of falling.
- ____ helps you to keep your balance.
- The ____ Rolls exercise on page 2 helps with range of motion.
- ____ your balance!
- According to a study, falls are the leading cause of death in older adults in the state of ____.

Protein Sources

Use this table to help select good protein sources.

Foods	Protein Content
Beef	7 grams/ounce
Poultry	7 grams/ounce
Fish	7 grams/ounce
Large Egg (protein in the egg white)	7 grams/egg
Milk	8 grams/cup
Cheese (eg. Cheddar)	7 grams/ounce
Nuts (1oz)	Protein (g)
Almonds	6 g
Brazil Nuts	4 g
Cashew Nuts	4 g
Hazel Nuts	4 g
Macadamia Nuts	2 g
Pecans	3 g
Peanuts	7 g
Walnuts	4 g
Beans (1 cup)	Protein (g)
Beans, baked, canned	12 g
Beans, baked, canned with franks	17 g
Beans, black, cooked	15 g
Beans, Great Northern	15 g
Beans, kidney, canned	13 g
Beans, navy	16 g
Beans, pinto	14 g
Beans, snap, green, canned	2 g



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at www.yesfood.iowa.gov. 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.