



## **Chef Charles Says...**

A newsletter for congregate meal participants for the month of April

**Chef Charles Club is defined as a group of people who meet with a leader or instructor to learn and discuss how nutrition and physical activity can make a difference in their lives. Participants receive a monthly Chef Charles newsletter from the instructor.**

The survey data we collect from Chef Charles participants tells us that instructors do make a difference. For example, in 2009 Chef Charles focused on encouraging participants to eat more fruits and veggies. Chef Charles Club members who participated in activities reported eating more fruits and veggies at meals (56%) and snacks (50%) while those who **just read** the newsletter alone reported more produce consumption at meals (40%) and snacks (39%). While both groups were eating more fruits and veggies, those with an instructor made a bigger change. The time you spend preparing for a Chef Charles Club is valuable for the health of your participants. **Thank you.**

In 2010, Chef Charles wants to answer your questions. What questions do you have? Start thinking about them now and discuss it at your meal site. You can send questions to [susanklein50@gmail.com](mailto:susanklein50@gmail.com). Each month you will find a column that answers a question from a meal site.

The *Get the News* column in the February, March and April newsletters is focusing on the role of protein in helping to maintain strong muscles. The emphasis on muscle strength is very important for older adults to maintain independence. **There are some older adults, because of kidney disease, who should first consult with their health care provider if they are planning to increase their consumption of protein.** We encourage you to share this with all of your participants. Older adults will know if they have kidney disease if they visit a health professional regularly.

Along with your incentive (orange squeeze ball) this month you will receive a booklet from the Soy Food Council. Some great recipes with protein built in. Before you teach your lesson, check out a local grocery store to find the soy products shared in the newsletter.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program. It is now called SNAP (Supplemental Nutrition Assistance Program); in Iowa the program is called Food Assistance. As an instructor for Chef Charles you can help those in your club understand that the SNAP program can make a big difference in their food budget. Consider the following activities:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Bookmark [www.benefitscheckup.org](http://www.benefitscheckup.org) on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at



local stores for food purchases. Many of the farmers' markets also take EBT cards.

- Encourage participants to apply on-line for Food Assistance [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

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:

- February poster 3X a day(protein)+2X a week(exercise)=strong muscles
- Salt shaker
- Container of fat drained from ground hamburger that has been browned
  - **Note:** If you do not have a container of grease, ask the participants to describe what is left after a burger is browned. Answer: grease. This is the kind of fat we want to avoid. Mention this instead of the container of fat.
- Stick of butter
- Tofu package
- Container with each of the five headings on one piece of paper

### Activity

Ask the group: Remember our 'nutrition formula' for better muscles? *Show poster from February newsletter and remind participants of the need for both protein and exercise.*

Protein can be found in various foods. Selecting protein foods involves more than just looking at the amount of protein. **Protein**

## Quick Tips to Increase Protein with Healthy Food Choices

**Mix it up.** Most reasonable diets provide enough total protein throughout the day. The trick is to select foods so you will have 25-30 grams of protein in a meal. Following this guideline and participating in strength training will promote stronger muscles. The constant availability of protein helps to keep your muscles strong. Remember, breakfast is often short on protein.

**Go low on fat.** Low fat dairy foods, beans, fish, poultry and lean red meats provide plenty of protein, without much fat. Steer clear of fatty meats and use whole-milk dairy products sparingly. **(container of fat + stick of butter)**

**Limit processed meat.** Skip processed meats like bacon, hot dogs, and deli meats like bologna because sodium and high fat come along with the protein. **(salt shaker + container of fat)**

**Consider soy for protein.** Tofu and other soy foods are excellent protein sources. Plan to include soy foods in your meals 2 to 4 times a week. Two ideas are included in this newsletter. **(tofu package)**

**Pay attention to the protein package.** You seldom eat protein alone. Select protein that is packaged with nutritious foods such as beans, nuts, and whole grains. Examples such as chili or hamburger with a whole grain bun come to mind. Choose the leanest cuts of meats and the skim or low-fat versions of dairy. **(container of fat +butter)**



# Instructors' Guide

## April 2010



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foods are rich in many important nutrients like vitamins and minerals. But protein foods can provide unwanted amounts of fat (show container of fat) and salt (show salt shaker). Let's consider some protein rich foods and how they can increase the salt and fat in your diet. Have a participant select one of the slips of paper and ask the group to tell you if fat or salt would be a feature of the protein source and how would they control the fat and salt.

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**3 X a day/Protein**  
**+**  
**2 X a week/Strength**  
**Training**  
  
**= Strong Muscles**



### Pick a Better...

**Props:**

- None

### Ground Meat

Ground turkey is frequently suggested as a substitute for ground beef to lighten fat and calorie content in popular dishes such as burgers, chili and meatloaf. But ground turkey is not always the healthiest choice. Be careful, depending on what products you buy lean ground beef can be an equally healthy choice. Some packaged ground turkey includes white meat, dark meat, and skin, which increase the fat and calorie content. The chart illustrates the differences in the ground meats. Remember that higher fat ground meats can be lower in fat if you rinse the meat after you brown it. Either ground meat contains about 21 grams of protein in a three-ounce serving.

**Activity**

	Size	Calories	Fat (g)
85% lean ground turkey	3 ounces	173	13
80% lean ground beef	3 ounces	216	14
Ground turkey breast	3 ounces	90	1

Ask the group: How many of you believe that no matter what, ground turkey is a better nutrition choice than ground beef?

As we were just discussing in 'Get the News' we need to look at the whole package. You have a chart in the newsletter that shows the fat and calories in three kinds of ground meat. Which choice has the least amount of fat? **Ground turkey breast.** Does anyone know the difference between the ground turkey and the ground turkey breast? **Answer is highlighted in the article above in yellow.** If you are a savvy shopper, you know that the lower the fat content in ground meat, the higher the cost. All three ground meats on our chart have the same amount of protein. To eliminate some of the fat in the higher fat meat, after you brown the meat place in a colander and rinse with hot water to eliminate excess fat. Has anyone ever done that? How did you like the taste?

### Chef Charles Asks the Questions

**Props:**

- Newsprint or chalk board

### Meet Christa Hanson, Chef Charles Instructor

Christa Hanson is a very busy nutrition educator as she is responsible for 16 Chef Charles Clubs reaching over 550 participants in the Greater Des Moines area. Christa told Chef Charles that each site has its unique features. Some sites are



large, while others may have as few as 10 participants. According to Christa, teaching Chef Charles allows her to learn and change her habits as well. When asked what she has personally learned, she shared that she owes Chef Charles her routine for strength training. When everyone received a stretch band as an incentive, Christa started following her own advice and keeps her stretch band by the television so she can exercise while watching the news or a favorite show.

Christa strongly believes that the older adults she teaches each month can and do learn new healthy behaviors. Participants share these success stories with her:

- Type II diabetics have shared that they have learned that reading the list of ingredients on a package is as important as reading the nutrition facts label. You can find the hidden sugar sources.
- One group was surprised that they needed to wash the outside of fruit before cutting off the outside on such items as cantaloupe. This ensures that they will not contaminate the fruit.
- A wide variety of people were inspired to use kitchen shears when they learned that using the wrong kitchen utensil could be dangerous. Think safety first.

Thanks to Christa's hard work, older adults in central Iowa are living healthier lives.

### Activity

Did you know that your Chef Charles educator learns new information and new habits while they are teaching you? According to our guest this month, it is true for her. *Either read Christa's story or have a participant read the story.*

Next, ask the group to share one healthy behavior they have started because of attending Chef Charles. You can record on a news print if you want to post. End with—While you may not think you are able or interested in improving your healthy habits, you have just shown us that it is never too late to change. Would you agree?

## Be Active

### Props:

- Container with each of the red headings on one piece of paper

## Physical Activity Improves Endurance and Muscle Strength in Older Adults

It is no secret that older Americans benefit from physical activity including strength training. Study after study has shown that being physically active can benefit strength and endurance and in turn people experience better balance and mobility. This usually leads to a better quality of life. What makes you want to stay with a program? Most people share that feeling safe and comfortable with



a program is what makes them more likely to stay with it.

The most important aspect of any strength-training program is consistency. But how do you keep up the routine?

- **Choose something you like to do.** Make sure it suits you physically, too. For instance, water exercise is easier on arthritic joints.
- **Get a partner.** Exercising with a friend or relative can make it more fun.
- **Vary your routine.** You may be less likely to get bored or injured if you change your exercise routine. Walk one day. Bicycle the next. Consider activities like dancing and even chores like vacuuming or mowing the lawn.
- **Choose a comfortable time of day.** Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- **Don't get discouraged.** It can take weeks or months before you notice some of the changes from exercise, such as weight loss or greater strength.
- **Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Take a break if you hurt or if you are injured.
- **Make exercise fun.** Read, listen to music or watch TV while riding a stationary bicycle, for example. Find fun things to do, like taking a walk through the zoo. Go dancing. Try going to the mall for a walk with friends and stop for a cup of coffee later.

### Activity

Exercise including strength training is vital for our health and muscle strength as we have learned the in the last three newsletters. But like Christa Hanson said, it is hard to be consistent with your exercise. Let's see if we can name some ways to make it easier to exercise.

Have a participant pull a red highlighted statement from the container. After they read the idea, you will follow up with the rest of the statement to share more information. Hold back the statement- **Make exercise fun**, and say you have one more idea. Read the idea and suggest that today we will practice making exercise fun with our prizes-orange squeeze balls. Hand out orange squeeze balls and practice the hand exercises in the newsletter.





Choose something you like to do	Get a partner
Vary your routine	Choose a comfortable time of day
Don't get discouraged	Forget "no pain, no gain"
Make exercise fun	





## Food Safety

### Props:

- Sample bag of crumbles
- Microwave picture
- Ice cube
- Casserole dish
- Thermometer

## Meatless Protein Crumbles

Meatless protein crumbles made from soybeans are a good source of protein. One cup of soy crumbles provides 22 grams of protein. It is important to remember that you handle meat substitutes, like crumbles the same way you would any protein source with some differences.

- Check the *better if used before* date and discard if it has expired. While the *better if used by date* is a quality assurance feature, it also means the product is not at its very best quality, but is still good. (show date on bag)
- The soy crumbles need to be kept frozen and thawed just before use. If they thaw and have no ice crystals left, discard. The instructions will always assume the crumbles are frozen. (ice cube)
- Make sure to place leftovers in the refrigerator immediately after the meal for safety. (casserole dish)
- Manufacturers recommend not using the microwave for cooking because it is difficult to achieve a uniform temperature. (picture of microwave with X through it)
- Always make sure to cook the soy crumbles to an internal temperature of 160 degrees. To test the temperature, you will need to use a tip-sensitive thermometer. You can use a bi-metallic thermometer if the crumbles are included in a mixture.

### Activity

One of our recipes this month uses meatless crumbles. Have any of you ever used these? Where did you find them in the store? **Freezer section by frozen meat entrees.** While crumbles are not meat, they are protein so they need to be handled safely. *Read the recommendations and hold up the props to illustrate the idea.*



## Snacks

### Teaching Points:

- Tofu is found in the produce section of the grocery store.
- Tofu can be firm or silken (soft).
- Provide Soy Council booklet for each person.
- Strawberries can be fresh or frozen.
- One serving has 9 g of protein.

### Pick a better snack



## Strawberry Tofu Smoothie

- 4.5 ounces firm tofu (this is  $\frac{1}{4}$  of a package)
- 1 cup strawberries
- 1  $\frac{1}{2}$  tablespoons sunflower seeds
- 1  $\frac{1}{2}$  tablespoons honey
- $\frac{1}{2}$  cup orange juice
- 1 tablespoon lemon juice

Roughly chop tofu; hull and roughly chop strawberries. Put all ingredients in a blender and blend until smooth. Pour in glass and sprinkle with extra seeds and strawberry chunks.

Makes two one-cup servings.

195 calories; 6g fat; 0mg cholesterol; 25mg sodium; 29g carbohydrate; 3g fiber; 9g protein; 377 mg potassium; 55 mcg folate

## Recipes

### Teaching Points:

- One serving has 19 g of protein.
- This recipe lets you enjoy a taco salad year round.

## Taco Salad With Meatless Crumbles

- 1 cup frozen meatless ground crumbles
- $\frac{1}{4}$  cup commercial salsa
- 3 cups torn lettuce
- $\frac{1}{2}$  cup rinsed canned black beans
- $\frac{1}{2}$  cup frozen corn, cooked
- $\frac{1}{3}$  cup thin green pepper strips
- 1 tablespoon chopped cilantro (optional)
- 1 tablespoon lime juice

Cook crumbles and salsa in a skillet on medium heat for five minutes or 160 degrees. Stir while cooking. Place lettuce on two plates; top with crumbles mixture and remaining ingredients.

180 calories; 19 g protein; 1 g fat; 31 g carbohydrates; 444 mg sodium; 9 g fiber; 775 mg potassium; 106 mcg folate



### Did You Learn Any New Ideas?

1. Select protein rich foods for strong muscles but limit \_\_\_\_\_ and \_\_\_\_\_.
2. Three ounces of ground meat (beef or turkey) has \_\_\_\_\_ grams of protein.
3. What healthy behavior did Christa Hanson adopt because of Chef Charles?
4. What is the most important aspect of staying with exercise?
5. T or F Meatless crumbles should stay frozen until used in a recipe.

### Your Answers

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### Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name \_\_\_\_\_

Congregate Meal Site \_\_\_\_\_

Address \_\_\_\_\_

City, State and Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Month	# Newsletters	# Incentives
April 2010	_____ Congregate Meal Site Participants	The incentive is an orange squeeze ball. Please indicate how many are needed _____

Return to: Marilyn Jones,  
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Des Moines, IA 50319

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## Did You Learn Any New Ideas?

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## Your Answers

Fat, sodium
21 grams
Use stretch bands while watching TV
Consistency
True

## Chef Charles Says...

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