



# Chef Charles Says...



October

## Pick a Better... Snack For Your Grandchild

As a grandparent do you think you influence what your grandchild eats? The answer is yes, and you can help your grandchild develop healthy eating habits for life. The bonus is that you will be eating healthier as well.



*You are an important influence on your grandchild. You can do many things to help develop healthy eating habits for life.*

◆ **Set a Good Example** If your grandchild eats a meal with you, sit down and enjoy the meal with him. Let him see you eating healthy choices like fruits, vegetables and whole grains. If you are on the go with your grandchild, bring along healthy snacks such as oranges, bananas, or other ready to eat fruit. Let your grandchild see that you like to munch on raw vegetables and are willing to try new foods.

◆ **Offer a Variety of Foods** Try something new with your grandchild. Here are just a few ideas: fresh pineapple, green peppers, a fresh spinach salad, lowfat cheese, canned salmon, or a whole wheat pita with hummus. Put rinsed and cut fruits and vegetables on a shelf in your refrigerator where your grandchild can choose them for a snack.

◆ **Follow Meal and Snack Schedule** Children need three meals and one or two snacks each day. Preschoolers need snacks since they do not eat enough at a meal to stay full until the next mealtime. Make sure that the foods offered at each meal and snack provide the most nutrition for the child.

◆ **Cope with Picky Eater** Let your grandchildren be a “produce pickers.” Let them help pick out fruits and veggies at the store. It’s a great idea for helping your picky eater try fruits and vegetables. Offer choices. Rather than ask “Do you want broccoli for dinner?” ask “Which would you like for dinner: broccoli or cauliflower?”

## Be Active Fight a Cold

In a study analyzing data about the physical activity of 1,002 men and women, researchers found that the more a person exercised during the fall and winter, the fewer sore throats, headaches, fevers, and other ailments they suffered. Those who engaged in aerobic activities like brisk walking at least five times a week spent 4.3% fewer days with upper respiratory infections than those who exercised less than once a week and when the exercisers did get sick, their illnesses were milder. *British Journal of Sports Medicine*, 2010.



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## Grandparents to the Rescue

In 2009, about 13,000 Iowa grandparents had primary responsibility for caring for their grandchildren. If you or a friend has this challenge, you can make a difference in their health. How?



- ◆ Eat vegetables, fruits as snacks. Let your child see that you like to munch on raw vegetables.
- ◆ Try new foods yourself. Describe its taste, texture, and smell.
- ◆ Offer one new food at a time. Serve something your child likes along with the new food.
- ◆ Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.
- ◆ Go shopping together. Grocery shopping can teach your child about food and nutrition.
- ◆ Discuss where vegetables, fruits, grains, dairy, and protein foods come from.
- ◆ Get creative in the kitchen. Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes”

for dinner. Encourage your child to invent new snacks.

- ◆ Offer the same foods for everyone. Don’t be a “short-order cook” by making different dishes to please children. It’s easier to plan meals when everyone eats the same foods.
- ◆ Reward with attention, not food. Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods.
- ◆ Encourage physical activity. Make physical activity fun and include yourself. Walk, run, and play with your grandchild—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

## Get the News

### Wait to Sleep After You Eat

Waiting an hour between eating and sleep may lower stroke risk according to a study released earlier this year. The study found that waiting 60 to 70 minutes before going to bed after eating may reduce the risk of stroke by 66%. The study included people who already had a stroke and people with acute coronary syndrome. Researchers also cited previous research that showed going to bed soon after a meal can increase the risk of acid reflux disease, which is associated with sleep apnea, a risk factor for stroke.

WebMD August 2011

## Chef Charles Asks the Questions How Do I Substitute Applesauce For Oil In A Recipe?

To lower the amount of fat in a recipe, use applesauce in place of oil. Your results may vary depending on the recipe, but this works very well for things like cakes and brownies. When substituting applesauce for cooking oil, use an equal amount of applesauce for oil. In other words, if a recipe calls for half cup of oil, use half a cup of applesauce. As for taste, you really cannot tell the difference. The baked goods may be moister, which is usually a good thing.

What is the benefit? A cup of unsweetened applesauce has about 100 calories. A cup of vegetable oil has roughly 1950 calories. Which will you choose?



# Food Safety

## Heat Processed Meat to Prevent Being Sick

This spring the Center for Disease Control and Prevention issued a warning for all adults over the age of 50 and especially those over 65, suggesting that they should reheat processed meats normally served cold to reduce the risk of listeriosis, an infection. Listeriosis can continue to grow in cold temperatures, and it can cause serious complications, and even death, in older adults and people with compromised immune systems. The CDC advises that hot dogs, cold cuts, and luncheon and deli meats be



heated to 165 degrees, or until they are steaming hot, before eating. They also recommended that an opened package of sliced deli meat should be discarded after five days. Most people who get listeriosis develop mild symptoms, including a slight fever, muscle pain and diarrhea. The severe form of this infection requires hospitalizations and aggressive treatment with antibiotics. You may want to use the deli meat in a modified toasted cheese sandwich to make sure and heat the meat.

### Answers

Y o u c a n h e l p y o u r g r a n d c h i l d  
 d e v e l o p h e a l t h y e a t i n g h a b i t s  
 f o r l i f e b y m a k i n g h e a l t h y  
 c h o i c e s f o r y o u r s e l f .

o l n b p y r o u r n l a  
 d f o c i h e a y f h a u i a g i s e d c h i d  
 Y e v e c l p i e e l l t m y k r n t r a e a f t b y t s

LDOC TCUS C O L D C U T S  
 26 12 5  
 DLEI AMET D E L I M E A T  
 25 2 9  
 EFVRE F E V E R  
 6 16 14  
 HTO GSDO H O T D O G S  
 1 10 23 24  
 CITIFNNOE I N F E C T I O N  
 22 20 4 21 18  
 OESSRPCDE P R O C E S S E D  
 13 8 15  
 TEERAURTMPE T E M P E R A T U R E  
 11 7 3 19 17  
 H E A T T H E M E A T T O  
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 P R E V E N T B E I N G S I C K  
 13 14 15 16 17 18 19 20 21 22 23 24 25 26

## Yam & Jam Muffin



- 1-3/4 cups all-purpose flour
- 1/3 cup packed brown sugar
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 of a 17-ounce can sweet potatoes, drained (about 1 cup)
- 1 beaten egg
- 1/2 cup fat-free milk
- 1/3 cup fruit jam or preserves (such as plum, strawberry, peach, or apricot)
- 1/4 cup applesauce

*A Snack For You  
And Your Grandchild!*

Lightly grease twelve 2-1/2-inch muffin cups or line with paper bake cups; set aside. In a large bowl combine flour, brown sugar, baking powder, baking soda, and cinnamon. Make a well in center of flour mixture; set aside. In another bowl mash the drained sweet potatoes with a fork. Stir in egg, milk, jam, and applesauce. Add sweet potato mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Spoon batter into prepared muffin cups, filling each about three-fourths full. Bake in a 400 degree F oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Cool slightly.

Makes 12 muffins.



137 calories; 1 gm fat; 18 mg cholesterol; 143 mg sodium; 30 gm carbohydrates; 1 gm fiber; 3 gm protein; 38% vitamin A; 38% vitamin C; 104 mg potassium; 39 mcg folate

Recipe modified from BHG.com

