



# Chef Charles Says...



December

## Pick a Better... New Year's Resolution

If you are looking for a Healthy New Year's Resolution consider the 2010 Dietary Guidelines. Which one would you choose for a new behavior?

- ◆ Fill half your plate with fruit and vegetables. Americans eat a lot of bread and sweets, not leaving much room on the plate for fruits and vegetables. The new message is fill half the plate with fruits and vegetables before adding other food.
- ◆ Cut sodium. The guideline is 1,500 mg daily for people over 50 years of age, African-American, and people with diabetes, hypertension or kidney disease. You have an opportunity to control sodium when you are cooking but remember to check the nutrition label for sodium when shopping. Foods that are particularly high in sodium include pack-
- aged and processed foods like pasta dinners, frozen meals and soups. Congregate meals provide no more than a daily average of 1,000 mg of sodium per week.
- ◆ Choose protein from different sources such as beans/peas, eggs, lean meat, poultry, nuts/seeds, seafood, and soy products. Your goal is five ounces a day.
- ◆ Evaluate your beverages. Drink water and unsweetened drinks like iced tea. Sweetened drinks account for over thirty percent of the sugar consumed daily.
- ◆ Just move. Review your daily physical activities and look for ways to increase them. Plan to move as much as you can.

## Chef Charles Asks the Questions

**I find it hard to consume enough dairy foods to ensure my bones are healthy. What other foods could I eat?**

One food to consider is dried plums or prunes according to a study released in 2011. The year-long study used two groups of postmenopausal women. The first group ate 10 dried plums each day, and the second ate half a cup of dried apples. All of the study's participants received daily doses of calcium and vitamin D.

The group that consumed dried plums had significantly higher bone density in the forearm and spine, compared to the group that ate dried apples. Researchers believe this is due in part to the ability of dried plums to suppress the rate of the bone breaking down. The breakdown of bone usually exceeds the rate of new bone growth as people age. In the first five to seven

postmenopausal years, women are at risk of losing bone at a rate of 3 to 5 percent per year.

If you start eating dried plums, begin with two to three per day and increase gradually to perhaps six to 10 per day.

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

Information & resources for seniors with home & family questions

ISU AnswerLine 1-800-262-3804

# Food Safety

# 4 Day Throw Away Campaign



Just in time for December holidays is a message to remind you that leftovers do not last forever. The slogan, 4 Day Throw Away, reminds us that leftovers have a four-day shelf life. Refrigeration does not kill germs, only slows their growth. After four days, the germs could have multiplied enough to be unsafe for eating. Remember to mark leftover containers and discard after four days. 4 Day Throw Away is a partnership between Iowa State University Extension and Outreach and University of Nebraska-Lincoln Extension.

## Chef Charles Says... Winter Safety is Important

Winter is a dangerous time for older adults. Falling temperatures can cause the heart to work harder in order to keep the body warm. Cold weather may raise blood pressure and increase the risk for heart attack or stroke. Pay attention to the changes in weather.

- ◆ The internal thermostat does not work as effectively for older adults and you may not be aware of the cold. This could lead to hypothermia.
- ◆ Are you checking the floor? After coming inside following a snow, you can leave puddles of water. Left on the floor, the water can be a hazard for falling.
- ◆ Who removes your snow? Finding a neighborhood teenager is probably the best answer, but, if you insist on doing the shoveling yourself, consider these points:
  - ◇ Check with the doctor to make sure you are healthy enough to shovel.
  - ◇ Shoveling is aerobic exercise and you need to warm up.
  - ◇ Use a lightweight shovel with a curved handle and bend at the knees to protect your back.
  - ◇ Never have the shovel more than half full. And rest between each load.
- ◆ Wear non-slip shoes to avoid falling and, if you use a cane, make sure the rubber tip is intact.
- ◆ Winterize your car to insure you will not be stranded in the cold weather.



## Get the News Boost Your Potassium

Researchers analyzing food diaries from a broad section of Americans found that consumption of potassium, as well as sodium, had an impact on the risk of heart disease and death. According to the study, people with a higher sodium-to-potassium ratio (sodium intake was higher when compared to potassium intake) were more likely to have heart disease and a higher mortality rate than people with a lower ratio. These findings suggest that more focus should be placed on increasing potassium intake and lowering intake of sodium. Good sources of potassium include fruits and vegetables.

*Archives of Internal Medicine,*  
July 11, 2011



# Be Active

## Simple Daily Stretches

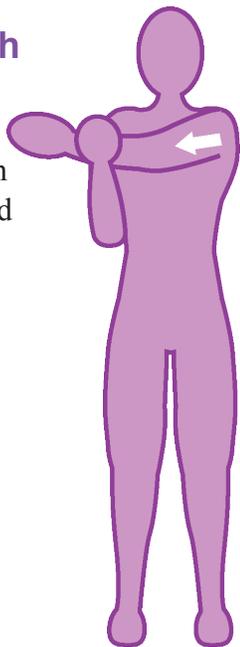
Use these stretching exercises to prepare for shoveling the sidewalk or just every day activity.

### Posterior Shoulder Stretch

Stand upright and cross one arm across your body.

Using the opposite arm, gently push the elbow of the arm being stretched towards the opposite shoulder.

Hold for 8-10 seconds or longer on each side.



### Wrist Rise & Fall

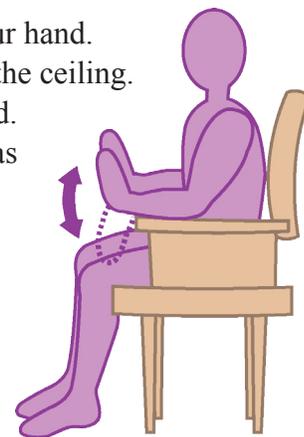
Place your arms on armrest of a chair. Gently let your hand hang off the edge of the armrest. Use a tabletop if armrests are not available.

Slowly bend the back of your hand.

Lift your fingers up toward the ceiling.

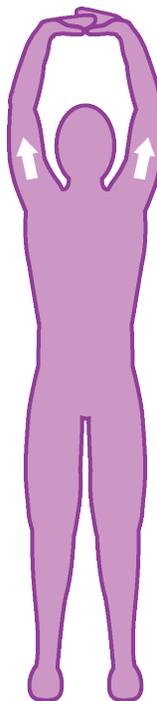
Then gently lower your hand.

Repeat five times. Increase as appropriate.



## Answers

H A O Q M R Z A R T S D Y S S G E N M S  
G A N P J Z Z U V E E D E T B E G E U P  
D N W A D Y T H K O P K U E S D N C S  
A K A C N A A O O B C O R E S G A T T N  
T K J P B A H J D N K A N D E D R A A S  
E O E A D C B S I P E U D H H S O R R R  
S P G T I J P H S B R Y C O W E E D A  
H A X T N H C S V P A X B E W R C N G P  
S S R C O L L A R D G R E E N S E R P  
O A A O P E K S M F R T L R W J U Q E U  
D U T U S P E I O M P O A H H M I S E M  
D S P S O O I K W O U I L M O A E H N P  
S U H T S R R T L S J Z S V K G L S K  
P R M A E A R A X I F B E E T S N M O  
B U T M M F T E N I X R K M U A A X M N  
T O M A T O E S T K M N U W A P R R E V  
P E D J E U P R U N E J U I C E O Y E Q  
D U H S N B S T O C K R P A T S M A Y Q  
H C A N I P S D E V H W O B Z R C Q X H  
S T O O H S O O B M A B O O L X Y W F N



### Overhead Stretch

Standing straight up, lace your fingers together with palms facing out. Extend your arms overhead. Hold 10-20 seconds. Release and repeat.

## Dried Fruit Bars

- |   |                              |
|---|------------------------------|
| 1 cup water                               | 1 teaspoon vanilla extract   |
| 3/4 cup chopped prunes                    | 1 cup all-purpose flour      |
| 3/4 cup raisins                           | 1 teaspoon baking soda       |
| 1/2 cup margarine                         | 1/2 teaspoon ground cinnamon |
| 1/2 cup egg substitute<br>or 2 whole eggs | 1/4 teaspoon ground nutmeg   |



In a small saucepan, combine water, prunes and raisins. Cook over medium heat until fruit is softened, about 10 minutes. Remove from the heat; add margarine and stir until melted. Cool. Stir in egg substitute or eggs and vanilla; mix well. Combine dry ingredients in a large bowl; stir in fruit mixture. Spread into a 9 X 9 inch baking pan that has been coated with nonstick cooking spray. Bake at 350 degrees F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Optional: Dust with powdered sugar just before serving. Makes 12 bars approximately 2-1/2 inches by 1-1/2 inches.

Pick a **better snack**™



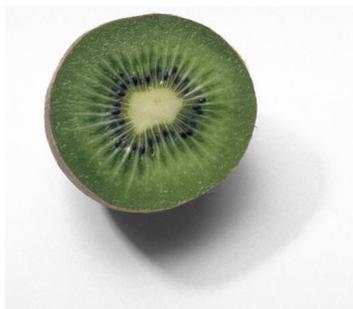
221 calories; 8 gm fat; 187 mg sodium; 25 gm carbohydrates; 2 gm fiber; 238 mg potassium; 21.5 mcg folate

# Potassium Power

Apricots  
 Artichokes  
 Avocado  
 Bamboo Shoots  
 Banana  
 Beets  
 Brussels Sprouts  
 Chard  
 Collard Greens  
 Dates  
 Honeydew Melon  
 Kiwifruit  
 Kohlrabi  
 Mustard Greens  
 Nectarine  
 Okra  
 Orange  
 Orange Juice  
 Parsnips  
 Potatoes  
 Prune Juice  
 Prunes  
 Pumpkin  
 Raisins  
 Rutabagas  
 Spinach  
 Sweet Potatoes  
 Tomatoes  
 Winter Squash  
 Yams

The fruits and vegetables on this list are good sources of potassium.

H A O Q M R Z A R T S D Y S S G E N M S  
 C A N P J Z Z U V E E D E T B E G E U P  
 D H W A D Y T H K O P K U E S D N C S I  
 A K A C N A A O O B C O R E S G A T T N  
 T K J R B A H J D N R A N D E D R A A S  
 E O E A D C B S I P E U D H H S O R R R  
 S P G T I J P H S B R Y C O W E E I D A  
 H A X T N H C S V P A X D E W R C N G P  
 S S R C O L L A R D G R E E N S I E R P  
 O A A O P E K S M F R T L R W J U Q E U  
 D U T U S P E I O M P O A H H M J S E M  
 D S P S Q O I K W O U I L M O A E H N P  
 S U U H T S R R T I S J Z S V K G L S K  
 P R M A E A R A X I F B E E T S N M O I  
 B U T M M F T E N I X R K M U A A X M N  
 T O M A T O E S T K M N U W A P R R E V  
 P E D J E U P R U N E J U I C E O Y E Q  
 D U H S N B S T O C I R P A T S M A Y Q  
 H C A N I P S D E V H W O B Z R C Q X H  
 S T O O H S O O B M A B O O L X Y W F N



Source:

<http://www.med.umich.edu/llib/aha/HighPotassiumFoodList.pdf>

## Resource:

Share the “4 Day Throw Away” message with your family by viewing the clever videos online at [www.4daythrowaway.org](http://www.4daythrowaway.org). The message is appropriate for all age groups.



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](http://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.