



Chef Charles Says...



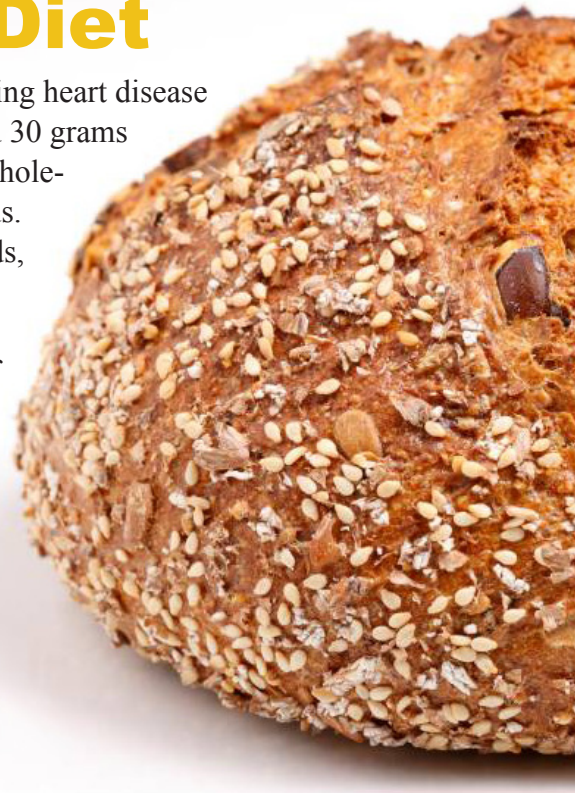
May

Pick a Better...High Fiber Diet

Dietary fiber can reduce the risk of many chronic conditions including heart disease and high blood pressure. Women over 70 need 21 grams and men need 30 grams of fiber daily. The best sources of dietary fiber are fruits, vegetables, whole-grains including whole-grain pasta and cereals, legumes, nuts and seeds.

Processed foods contain little fiber so, if you choose processed foods, select ones with added fiber. Try these ideas to increase dietary fiber.

- ◆ Switch to whole-grain products. Breads and cereals made from whole grains are higher in fiber. Check the ingredient label to see if the first ingredient is a whole-grain.
- ◆ Choose brown rice, barley, whole grain pasta and other grains over white rice and pasta.
- ◆ Chop up fresh or frozen vegetables and add them to soups, sauces or stews. For example, put broccoli florets or chopped carrots into spaghetti sauce.
- ◆ Add beans, lentils or peas to your salads or soups and serve as a side dish instead of white rice or potatoes.



Get the News

New Rule for Labeling of Meat and Poultry Products



Nutrition-facts labels are now required on 40 of the most popular cuts of meat and poultry. This includes cuts of raw, single-ingredient meat and poultry products, whole or boneless chicken breasts and other pieces of chicken, and whole beef cuts such as tenderloin steak or brisket. Examples of chopped meat and poultry products include ground turkey and ground beef.

Starting March 1, 2012, the rule requires that a label on meat and poultry packages include the number of total calories, fat calories, grams of total fat, and grams of saturated fat per serving. The new label will make it easier for consumers to understand the amounts of lean protein and fat in the packages they are considering buying.



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, <http://www.aging.iowa.gov>

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

Food Safety

Remember Safety When Eating Out



Eating out can be lots of fun, so make it an enjoyable experience by following some simple guidelines to avoid an illness from food. Do not hesitate to ask the wait staff for information on how food is prepared. Here are some suggestions:

- ◆ Ask if the food contains uncooked ingredients such as eggs, meat, poultry, or fish. If so, choose something else.
- ◆ Avoid buffets, which may contain undercooked foods or foods that have been at room temperature too long. Ordering from a menu minimizes your risk.
- ◆ Handle leftovers safely. If you plan to save leftovers to eat at a later time, refrigerate perishable foods as soon as possible — and always within two hours after purchase or delivery.
- ◆ If the leftover food is in air temperatures above 90° F, refrigerate it within one hour.
- ◆ If the dining room does not look clean, leave. It is likely the kitchen is not clean either.
- ◆ At a fast food restaurant, special order your food so that it is made fresh. This way you will not eat something that has been sitting around too long.

Smart Menu Choices

Choose	Avoid
Hard or processed cheeses; soft cheeses only if made from pasteurized milk.	Cheese made from unpasteurized milk.
Fully cooked seafood.	Raw or undercooked seafood.
Hot dogs heated to steaming hot.	Cold hot dogs.
Grilled sandwiches in which the meat or poultry is heated until steaming.	Sandwiches with cold deli or luncheon meats.
Fully cooked fish that is firm and flaky (including tuna).	Raw or undercooked fish, such as sushi.
Fully cooked eggs with firm yolk and whites.	Soft-boiled or 'over-easy' eggs, as the yolks are not fully cooked.

Chef Charles Asks the Questions

What Is The Best Way To Keep My Bones Strong?

- ◆ **Maintain A Healthy Weight.** Being too thin has been linked to a higher risk of osteoporosis and fractures. Overweight puts added stress on bones, especially joints.
 - ◆ **Exercise.** Choose weight-bearing activities like walking or dancing.
 - ◆ **Do Not Smoke.** Chemicals in cigarette smoke are not good for bone cells and lead to weaker bones.
 - ◆ **Get Enough Calcium and Vitamin D.** The recommended daily intake for calcium is 1200 mg for people over the age 65. Aim for 800 IU for vitamin D for age 70 and older.
 - ◆ **Go Easy on Alcohol, Caffeine and Sodium.** When consumed in excess, they interfere with the body's ability to retain calcium or form new bone.
- Adapted from *Consumer Reports on Health*, October 2011.

Food Assistance

I like to grow a garden. Can I use Food Assistance to buy my seeds?

Iowa Food Assistance (SNAP) allows you to purchase seeds to grow food. You don't have space for a garden? Grow tomatoes and fresh herbs in flower pots and mix them with other flowers on your deck or porch. Starting plants from seeds requires planning ahead, but the seeds cost a fraction of the price of plants.



Chef Charles Says...

High Fiber Lowers Breast Cancer Risk

Women who want to lower their risk of developing breast cancer should eat more dietary fiber. A review of ten studies of women's diets and cancer risk found that women who consumed the most fiber had a lower risk of developing breast cancer compared to women who ate the least fiber.

The study did stress that it appears a high dietary fiber intake is linked to better overall health, which possibly lowers breast cancer risk, rather than just the fiber lowering risk.

The review found that the women who ate the most fiber were 11% less likely to have breast cancer compared with those who ate the least. Variables such as alcohol consumption, hormone replacement therapy, family history of breast cancer, and body weight were factored out when considering the impact of consuming fiber.

Approximately 1 in every 8 women in the United States develops breast cancer, and between 20% and 25% of them die from the disease.

The American Journal of Clinical Nutrition, Jan. 2011.

Answers

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

Resource

To learn more about gardening and home food preservation contact your local Iowa State University Extension office.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	9	19	25	7	21	16	18	17	23	24	22	10	15	6	11	8	5	26	20	13	1	3	14	12	2

E	A	T	I	N	G	A	H	I	G	H	F	I	B	E	R	D	I	E	T	M	A	Y	
7	4	20	17	15	16	4	18	17	16	18	21	17	9	7	5	25	17	7	20	10	4	12	
R	E	D	U	C	E	T	H	E	R	I	S	K	O	F	H	I	G	H	B	L	O	O	D
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P	R	E	S	S	U	R	E	H	E	A	R	T	D	I	S	E	A	S	E	A	N	D	
11	5	7	26	26	13	5	7	18	7	4	5	20	25	17	26	7	4	26	7	4	15	25	
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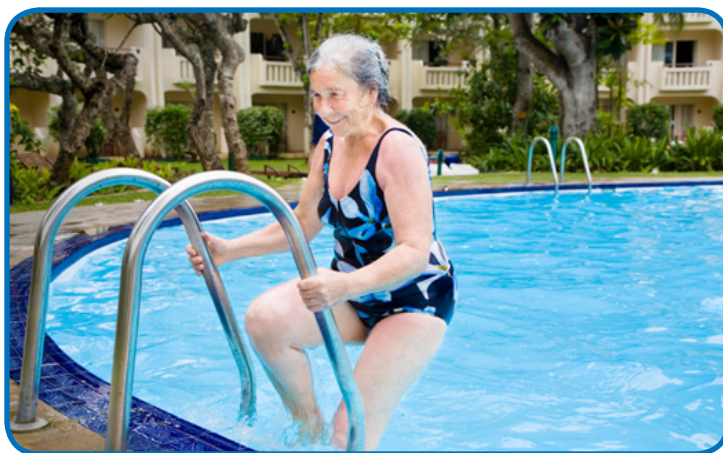
Be Active...

Facts About Swimming That You May Not Know

Swimming is one of the safest and most effective forms of exercise. It is almost impossible to get injured while swimming and it is also a great workout for your body. Whether you are trying to lose weight or stay in shape, swimming has something to offer just about anyone at any age. Here are some facts about recreational swimming that you may or may not know.

- ◆ People with heart conditions or other ailments, as well as elderly people, should avoid swimming in water that is too cold. Cold water cools down the human body 25 times faster than cold air does. Exercising in cold water can lead to thermal shock, hypothermia, and eventual death.
- ◆ Swimming is considered to be low impact and easy on the bones and joints. You can do exercises in the water using floats and weights and enjoy a good workout without worrying about serious injury. This is especially true if you have arthritis or other types of physical limitations.
- ◆ It really is true that you should not swim for about an hour after eating. This is primarily because your body is digesting your food and you may get a muscle cramp during the time right after you eat. Allow your body to rest after eating and then go into the water.
- ◆ Swimming is a good way to lose weight. To lose weight, swim for at least twenty minutes three or four times each week.
- ◆ Going swimming is very relaxing and has been compared to yoga and meditation in terms of its soothing effect on the mind and body.

Adapted from *University of California, Berkeley Wellness Newsletter*, August 2011 & WebMD.com



How Does Your Garden Grow?

Find the hidden words within the grid of letters.

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

Word Bank

Beans	Peas
Broccoli	Peppers
Carrots	Pumpkins
Corn	Radishes
Cucumbers	Squash
Herbs	Tomatoes
Lettuce	Turnips
Onions	Zucchini

Quick Black Bean Salad

1-15 oz can black beans
1-15 oz bag frozen corn,
defrosted
1/2 cup your favorite salsa

Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwave. Drain and blot dry with a paper towel. Drain and rinse the black beans. Combine all ingredients together and serve as a side dish with your family's favorites.

Makes six 3/4 cup servings. Each serving contains: 143 calories; 1 gm fat; 267 mg sodium; 6.7 gm fiber; 7 gm protein, 129mcg; folate; 398 mg potassium. Recipe provided by IDPH BASICS program, 2012.

Fill Up on Fiber

Decode the message by finding each substitute letter.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	9	19	25	7	21	16	18	17	23	24	22	10	15	6	11	8	5	26	20	13	1	3	14	12	2

7 4 20 17 15 16 4 18 17 16 18 21 17 9 7 5 25 17 7 20 10 4 12
5 7 25 13 19 7 20 18 7 5 17 26 24 6 21 18 17 16 18 9 22 6 6 25
11 5 7 26 26 13 5 7 18 7 4 5 20 25 17 26 7 4 26 7 4 15 25
9 5 7 4 26 20 19 4 15 19 7 5



Funded by USDA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov or call 2-1-1 for more information. 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.