



# Chef Charles Says...



August

## Pick a Better... Salad Green

Americans would hardly eat any vegetables if not for lettuce. Lettuce ranks third behind potatoes and tomatoes for popularity.

A nice, big salad helps us reach the two to three cups of vegetables we need daily. Unfortunately, the favorite salad green

of Americans is iceberg lettuce. Nutritionally, iceberg is not at the top of the list.

To boost the nutrition in a salad choose deeply colored greens that contain vitamins C, K, folate, beta-carotene and other nutrients like lutein, calcium, and fiber.

Green and red leaf lettuce

contains nearly 15 times as much vitamin A as iceberg lettuce, six times the vitamin K, and six times the lutein. Other popular varieties, such as Romaine, Bibb and Boston lettuce also outshine iceberg lettuce. The pale color of iceberg

lettuce is the tip for nutrition. In general, the greener and more colorful, the better the nutrition.

If you eat a variety of colorful greens you will have a tasty and nutritious salad. A good formula for building a salad is to toss together at least three different kinds of greens.

**MyPlate Tip:**  
Two cups of lettuce  
equal one cup of vegetables.



## Chef Charles Asks the Questions

**Which foods, other than salty snacks, are high in salt?**

Avoiding salty snacks such as potato chips, pretzels and popcorn is a sensible way to protect your heart health. A 2012 report suggests that most of the salt we consume comes from bread and rolls, simply because we eat more of these foods.

Adults age 51 and older, as well as African-Americans and people with high blood pressure or kidney disease should consume no more than 1,500 milligrams of sodium per day.

Unfortunately, the report shows that average sodium consumption in the U.S. is about 3,300 mg per day. Check the Nutrition Facts labels before buying to be an informed consumer.

*Centers for Disease Control and Prevention's Vital Signs, February, 2012*

## Get the News

### Less Sodium Can Help Protect Your Kidneys

A recent study found that people who are obese and have high sodium intake are more likely to develop kidney disease. The study found that individuals who consumed the most sodium and the least potassium were most at risk for this condition. Researchers suggested that the best way to have a balance between sodium and potassium requires a reduction in sodium along with increasing potassium rich foods. Fruits and vegetables are an excellent source of potassium.

*American Journal of Clinical Nutrition*, October, 2011

## Chef Charles Says... Get Your Plate in Shape\*

Easy tips to add fruits and vegetables to your plate.

- ◆ Add fruit to cereal or oatmeal.
- ◆ Make a breakfast smoothie using frozen fruit and reduced fat milk or yogurt.
- ◆ Make a vegetable wrap using raw or cooked vegetables, low-fat cheese, and a whole-grain wrap or corn tortilla.
- ◆ Add a variety of vegetables to an omelet or pizza.
- ◆ Add chopped or pureed vegetables to sauces, meat-loaf, or lasagna.
- ◆ Eat frozen fruit with low-fat yogurt.

\*The Academy for Nutrition and Dietetics 2012

National Nutrition Month theme

## Food Safety Safe Salad Handling and Storage

- ◆ At the market, place fresh greens in produce bags to keep separate from raw meat and poultry.
- ◆ Wash greens thoroughly under running water just before using, including produce grown conventionally or organically at home or purchased at a farmer's market.
- ◆ The FDA does not recommend washing with soap or detergent or using commercial produce washes.
- ◆ Blot greens dry with paper towels or use a salad spinner.
- ◆ If the label on the packaged greens indicates that the contents are pre-washed and ready-to-eat, the FDA says you can use the produce without further washing.



## Food Assistance

### US Seniors Are Going Hungry

A new study that looked at the hunger trends over a 10-year period found that more than one in seven older adults faces the threat of hunger. Unlike the population as a whole, food insecurity among those 60 and older actually increased between 2009 and 2010. The fact that seniors in our country are going without enough food due to economic constraints is a serious problem that will have greater implications for senior health. *Medical News Today*, May. 2012.

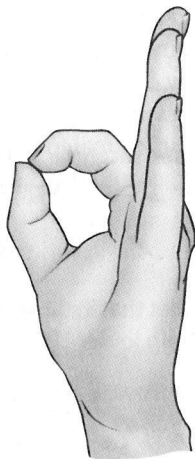
Older adults are less likely to apply for Food Assistance to help ease the threat of hunger. If you know of a friend or family member that is not getting enough food or nutritious foods every day invite them to apply for Food Assistance. The application can be completed on the phone or internet. To learn more about the program visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

# Be Active... Hand Exercises

Performing simple daily tasks can be difficult if your hands are stiff from arthritis. Exercising your hands can be a help in loosening up the hands so they can help button shirts or open a jar. Try these exercises with your morning coffee. *Women's Nutrition Connection Newsletter*, March 2012. Illustrations by Alayna Paquette.

## Thumb-to-Fingertips

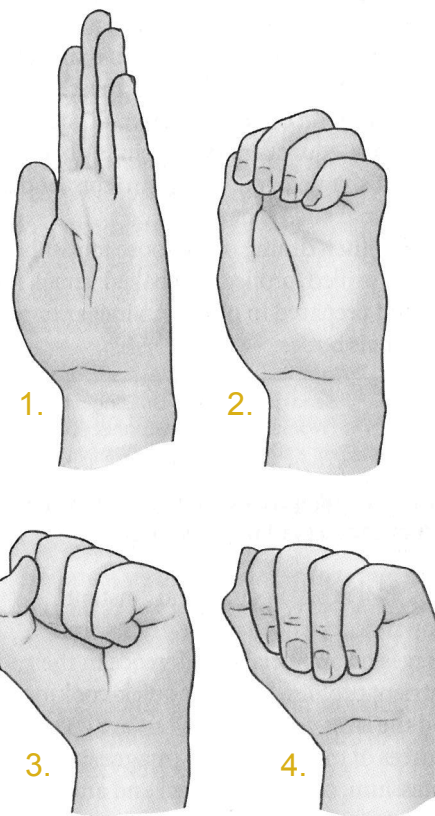
Begin with fingers extended. Touch the tip of your thumb to the tip of your index finger so that the two fingers make an "O." Slowly straighten your fingers and repeat the movement touching each of the other three fingertips in order with your thumb. Complete 10 repetitions with each hand.



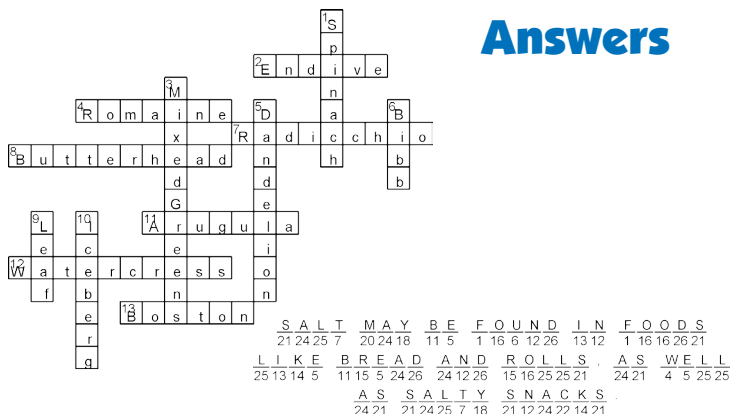
## Finger Flex

Start with the thumb and fingers touching and extend upward.

1. Slowly start by curling your fingers down to form a hook.
2. Then bend your knuckles and
3. move your thumb to rest against the index finger, making a fist.
4. Move your fingers downward toward the base of the palm, then out, up and back to the starting position. Complete 10 repetitions with each hand.



## Answers



## Resource

The Centers for Disease Control and Prevention website has information for you about health. Checkout this site

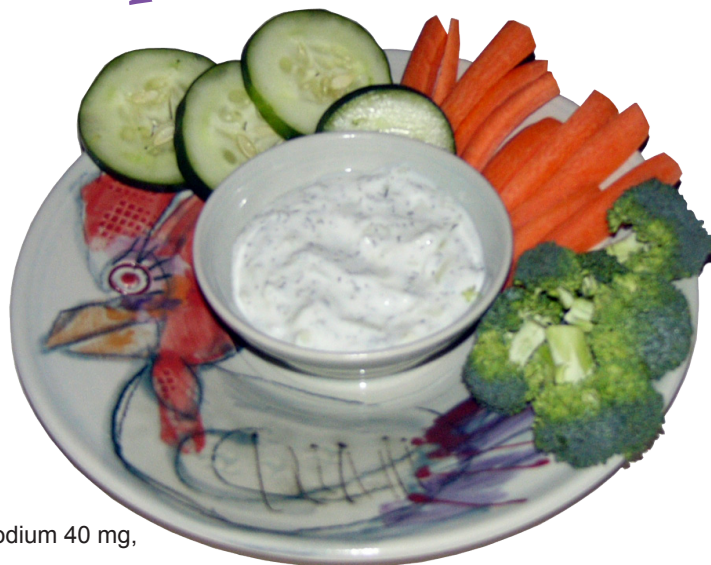
<http://www.cdc.gov/aging/>

## Cucumber Yogurt Dip

- 1 cup plain low-fat yogurt
- 1 large cucumber, peeled, seeded, and grated
- 1/2 cup nonfat sour cream
- 2 teaspoons lemon juice
- 1 teaspoon fresh dill or 1/2 teaspoon dried dill
- 1/2 garlic clove, chopped

Peel, seed, and grate cucumber. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Serve the dip with tomatoes, cucumbers, broccoli, and carrots.

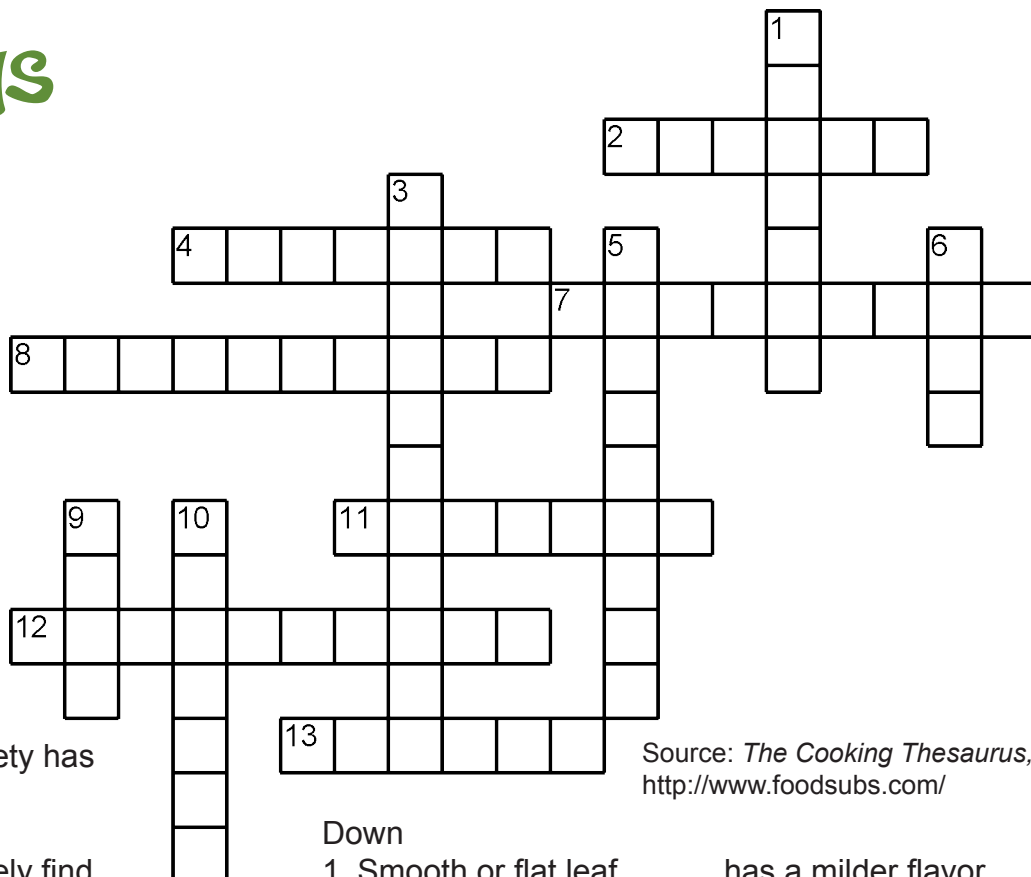
Makes 6 servings. Each serving contains: Calories 79, Fat 4.6 g, Sodium 40 mg, Carbohydrates 6 g, Protein 3 g, Folate 13 mcg, Potassium 260 mg



# Salad Days

## Word Bank

Arugula      Leaf  
Bibb          Mixed Greens  
Boston        Radicchio  
Butterhead   Romaine  
Dandelion    Spinach  
Endive        Watercress  
Iceberg



## Across

2. \_\_\_\_\_ comes in many varieties and is sometimes called chicory. The curly variety has dark outside leaves and pale inner leaves.
4. \_\_\_\_\_ is the lettuce you'll likely find in a Caesar salad.
7. \_\_\_\_\_, available in a round or elongated head, adds a lot of color to a salad.
8. Bibb and Boston are both types of \_\_\_\_\_ lettuce.
11. \_\_\_\_\_ has a peppery, slightly bitter taste and is good in salad mixes.
12. \_\_\_\_\_, Upland, Curly and Land are all varieties of cress and highly perishable, so eat them soon after purchase.
13. \_\_\_\_\_ lettuce has soft, tender leaves.

## Down

1. Smooth or flat leaf \_\_\_\_\_ has a milder flavor than curly leaf for salads.
3. \_\_\_\_\_ make an interesting salad because of the variety of flavors.
5. Because they are bitter, older \_\_\_\_\_ greens should be cooked; younger ones can be served raw as a salad green.
6. \_\_\_\_\_ is a leafy lettuce with lots of flavor.
9. \_\_\_\_\_ lettuce has a mild flavor and is good on salads and sandwiches.
10. The most common lettuce consumed in the US is \_\_\_\_\_.

Source: *The Cooking Thesaurus*,  
<http://www.foodsubs.com/>

# Pass on the Salt

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
24	11	22	26	5	1	8	10	13	9	14	25	20	12	16	17	3	15	21	7	6	23	4	2	18	19

21 24 25 7    20 24 18    11 5    1 16 6 12 26    13 12    1 16 16 26 21  
25 13 14 5    11 15 5 24 26    24 12 26    15 16 25 25 21    24 21    4 5 25 25  
24 21    21 24 25 7 18    21 12 24 22 14 21



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](http://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.