



Chef Charles Says...



January

Chef Charles Says... Eat Tomatoes to Lower Stroke Risk

Eating tomatoes and tomato-based foods may lower your risk of stroke. A study of men ages 46–65 measured lycopene in their blood for twelve years. Lycopene is an antioxidant found in tomatoes and causes the fruit to be red. 85% of the lycopene in our diet is provided by tomatoes and tomato-based products.

The study found that people with the highest amounts of lycopene in their blood were less likely to have a stroke than people with the lowest amount. When researchers looked at just strokes due to blood clots, the results were even stronger.

This study adds to the evidence that a diet high in fruits and vegetables is associated with a lower risk of stroke. How many ways do you include tomatoes in your meals? *Neurology* October 2012.



Vary your veggie choices to keep meals interesting. Have you eaten a dark-green, red or orange vegetable today?

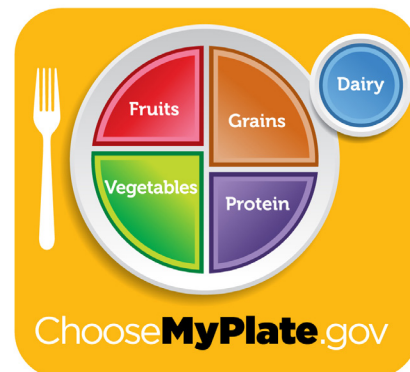
Pick a Better... Fruit and Veggie

Fruit and vegetables are promoted as food that keeps us healthy. But Americans do not come close to eating the fruit and vegetables needed. In fact a 2012 USDA study asking Americans how many servings (cups) fruits and vegetables they eat each day had disappointing results. Children and younger adults did the best by eating just a cup of vegetables and half a cup of fruit daily. Older adults ate even less.

Think about the food you ate yesterday. How many CUPS of fruit or vegetables did you eat? It's hard to remember what vegetables we ate yesterday, never mind how many cups! USDA now has a new and better way to remember how much fruit and vegetables you need; fill half of your plate with fruits and vegetables. No

measuring, just try to fill half the plate with fruits and vegetables when you eat and you will be on your way to better health and feeling good. Can you picture your plate with this change?

Women over age 51 need 1½ cups of fruit and 2 cups of vegetables, while men the same age need 2 cups fruit and 3 cups vegetables every day.



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

Get the News

Keep a Journal to Lose Weight

Do you want to lose weight? Keeping a food journal each day can be a big help; in fact, it was the strongest predictor of successfully losing weight. Participants in the study were women, ages 50-75. Those who kept a journal lost about six pounds more in a year than those who did not.

Skipping meals did not help with weight loss either. It was a strong indicator of weight gain.

This study was unique because it looked at a variety of behaviors and strategies together, allowing for comparison to determine which were the most important. Focusing on dietary self-monitoring, home-prepared meals, and not skipping meals may improve weight loss. Which strategy will you focus on, if you need to lose weight?

Journal of Academy of Nutrition and Dietetics, July 2012.

When you keep a food journal:

- **Be honest** – record everything you eat
- **Be accurate** – read labels; how much did you eat?
- **Be complete** – include details like preparation, and condiments
- **Be consistent** – always carry your food diary with you

Be Active...

Exercise and Repetition Equal More Muscles

Strength training builds muscle in different ways for different age groups. Young adults build muscle by adding weight to their exercise routine while older adults build more muscle by adding repetitions to their exercise routine.

Scientists measured the protein in muscles of men after exercising. In younger men, doubling the number of repetitions of exercise had little or no impact. But in older men, doubling the number of repetitions resulted in greater protein readings. It did not matter whether the men were using lighter or heavier weights. The less-sensitive muscles of older men benefit from increasing repetitions to activate their protein-making ability.

If you are 65 or older, try boosting not just the size of weights you lift, but gradually boosting the number

Food Safety

Wash Your Hands to Fight Viruses This Winter

Bleach is an effective sanitizer because it kills most bacteria and viruses. But do you need to sanitize your home? Probably not. Using soap or detergent and water on counters, utensils, and floors will be enough. This will not kill germs, but they will not survive long if the surfaces are dry and clean. A clean kitchen or bathroom does not need to be sanitized.

The best way to prevent the spread of most germs from one person to another is to wash your hands with plain soap and water, especially before and after preparing food. Use common sense in



the kitchen. Clean up after handling raw meat and keep sponges and dishcloths clean.

For the flu virus, the key preventive step is to avoid close contact with a person who is coughing and sneezing and washing your hands.



of times you repeat the lift. Try using everyday objects for lifting like soup cans or a half-gallon milk jug filled with water or sand for the weight that is right for you.

Journal of Gerontology, 2012

Brown Rice Peanut Butter Breakfast

3/4 cup brown rice
(cooked according to directions)
1 tablespoon peanut butter
1 banana sliced
1/2 teaspoon cinnamon

Place the rice in a bowl. If you use frozen brown rice, follow directions to defrost. Add the peanut butter and stir it throughout the rice.

Drizzle with honey.

Next, add the sliced bananas on top of the rice and sprinkle with cinnamon.

Calories 419; Carbohydrates 79g; Protein 9g; Sodium 7mg; Potassium 660mg; Folate 42 mcg; Fat 9; Fiber 8g



Chef Charles Asks the Questions

What can I do with leftover rice, especially brown rice?

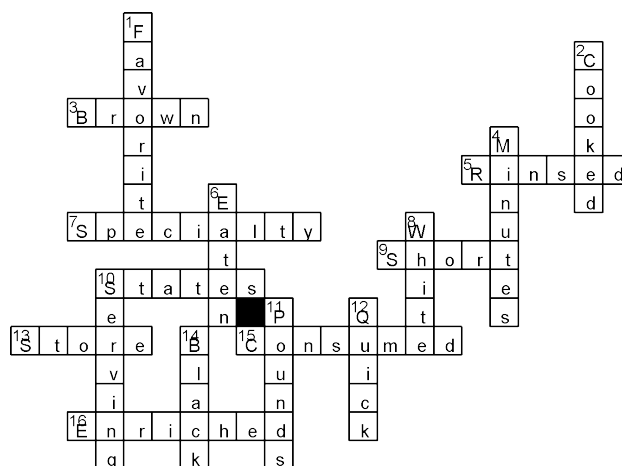
Any leftover rice is easy to save for another day by freezing and reheating. To package, put meal-size portions (1/2 cup or 1 cup) into freezer-safe, microwave-safe containers. Make sure to mark the date you on the package. The packages can be frozen for up to three months.

Reheat in microwave: sprinkle the frozen rice with 1-2 tablespoons water, cover the container with a dampened paper towel, and microwave on high for 1-3 minutes (depending on the portion size); fluff gently with a fork, then repeat. Let stand for 2 minutes before fluffing and serve.

Frozen rice does not need to be heated if you are adding to soup.



Answers



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

T O M A T O E S A R E A G O O D S O U R C E
25 2 24 19 25 2 23 17 19 7 23 19 15 2 2 20 17 2 8 7 14 23
O F L Y C O P E N E W H I C H M A Y L O W E R
2 1 13 26 14 2 5 23 22 23 6 11 21 14 11 24 19 26 13 2 6 23 7
T H E R I S K O F S T R O K E
25 11 23 7 21 17 4 2 1 17 25 7 2 4 23

Food Assistance

Your EBT Card Can Help Fill Half Your Plate With Fruits and Veggies

Filling half your plate with fruits and vegetables does not have to be costly. Your EBT card can help.

All forms of produce can help fill your plate.

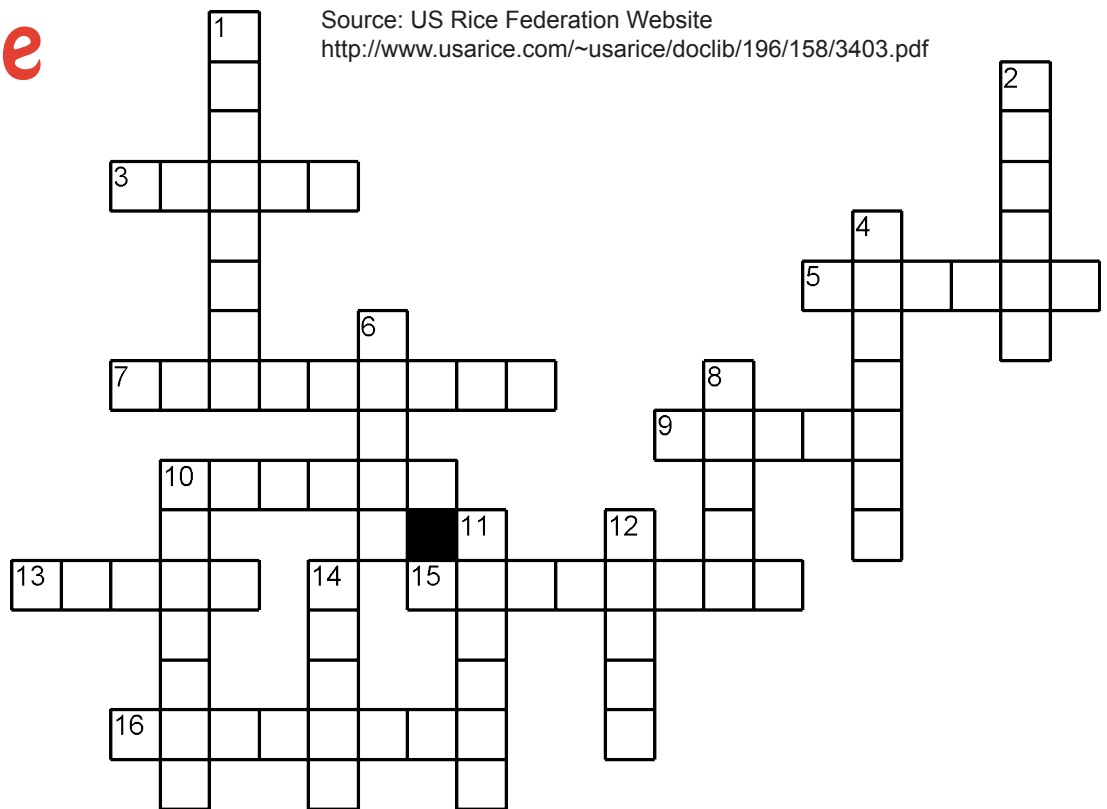
Have you stocked up on canned or frozen fruits and veggies this winter?



Rice Advice

Source: US Rice Federation Website
http://www.usarice.com/~usarice/doclib/196/158/3403.pdf

Black
Brown
Consumed
Cooked
Eaten
Enriched
Favorite
Minutes
Pounds
Quick
Rinsed
Serving
Short
Specialty
States
Store
White



Across

3. _____ rice has a shelf life of about 6 months because of the oil in the bran layer.
5. US-grown rice does need to be _____ before or after cooking.
7. Jasmine, basmati, Arborio, red aromatic and black japonica are types of _____ rices.
9. _____ grain rice has a creamier texture and is good for rice pudding.
10. Arkansas, Louisiana, California, Texas, Missouri and Mississippi are rice producing _____.
13. _____ rice in a tightly-closed container to keep out moisture and contaminants.
15. Approximately 85% of the rice _____ in the US is grown here.
16. Rice may be _____ with iron, niacin, thiamin, and folic acid.

Down

1. Jambalaya and gumbo are two _____ Southern rice dishes.
2. Rice may be _____ in a special cooker, on the stove top, in the oven or microwave.
4. White rice only takes about 15 _____ to cook.
6. Rice may be _____ by individuals who are sensitive or intolerant of gluten
8. The outer husk and bran are removed from _____ rice.
10. One half-cup _____ of cooked rice equals one grain serving and contains about 100 calories.
11. Over 20 billion _____ of rice are grown in the US each year.
12. Parboiled rice is _____ cooking.
14. Brown, red and _____ are types of whole grain rice.

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

Top Tomato

25 2 24 19 25 2 23 17 19 7 23 19 15 2 2 20 17 2 8 7 14 23

2 1 13 26 14 2 5 23 22 23 6 11 21 14 11 24 19 26 13 2 6 23 7

25 11 23 7 21 17 4 2 1 17 25 7 2 4 23



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.