



Chef Charles Says...



November

Pick a Better... Sweet Potato



Sweet potatoes are part of the morning glory family and are an excellent source of vitamin A, as well as a good source of vitamins E and C, B vitamins, manganese,

potassium and dietary fiber. Choose sweet potatoes that show no signs of bruising and are firm to touch. Store them in a dry, unrefrigerated bin, since refrigeration can alter the texture and taste. Simply scrub sweet potatoes, trim off any damaged parts, and bake, boil, roast or microwave them. The rich flavor of sweet potatoes pairs well with many spices, fruit flavors such as citrus and apricots, and nuts like pecans and walnuts.

Get The News Eat Fish for Eye Health

Eating fish may be beneficial if you have age-related macular degeneration (AMD), a retinal disorder that can lead to blindness. Researchers analyzed the diets of over 2,900 people currently diagnosed with beginning AMD and found that, over eight years, people who eat two to three servings of fish per week were 25% less likely than those who rarely ate fish to progress to advanced AMD. The greatest benefit was associated with eating fatty fish such as salmon, tuna, and mackerel, which are rich in omega-3 fatty acids.

(British Journal of Ophthalmology, Nov 2009)



Chef Charles Asks the Questions

Do I need to exercise?

Getting older is not an excuse to reduce your activity level or remain sedentary. In fact, the opposite is true. Older adults who stay active, or begin regular physical activity, are more likely to live longer and remain independent compared with those who are inactive. Check out these findings which compare physically active to sedentary people:



- ◆ Active 70-year-olds were half as likely to die within eight years compared to sedentary.
- ◆ Active 78-year-olds were significantly less likely to die within eight years compared to sedentary peers.
- ◆ Active 85-year-olds were three times less likely to die within three years compared to sedentary.
- ◆ Starting a physical activity program between ages 70-85, resulted in significant survival benefits compared with remaining sedentary.
- ◆ An individual's physical activity level at age 78 was associated with his or her ability to remain independent at age 85.

Archives of Internal Medicine, Sept 2009



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

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

Food Safety

Take Leftovers Home Safely

Attending a family or community holiday dinner can be great fun. You enjoy the conversation and catching up with family and friends. When the meal is finished it is inevitable there will be leftovers. Chef Charles wants to remind you that older adults are at particular risk for foodborne illness, so you need to be very careful in handling the leftovers when you take them home.



Transport food in insulated containers with ice or ice pack.

- ◆ Store all perishable leftovers in the refrigerator and set it to be cooler than 40 degrees Fahrenheit. Use a refrigerator thermometer and check it regularly.
- ◆ Put perishable foods in the refrigerator as soon as you get home. You must have the food in a refrigerator within two hours to help slow bacterial growth.
- ◆ If you plan to stop and shop or visit friends longer than two hours on the way home, your food will not be safe to eat.
- ◆ Store foods in small, shallow containers (two inches deep or less). This helps the food cool faster.
- ◆ Prevent cross-contamination by keeping raw foods, such as meats, separate from leftovers in the refrigerator.
- ◆ Always use a meat thermometer to check the temperature of leftovers.
- ◆ Reheat leftovers to at least 165 degrees; verify temperature with food thermometer.
- ◆ Boil leftover soups and gravies for several minutes.

Leftovers don't just happen at holiday time. For instance, if you have food left over at a meal site, the above rules would still be important. Check to see what the policy for taking food home is at your local meal site.



Higher Vitamin D Intake Can Lower Risk of Falls

After reviewing eight studies on vitamin D and fall prevention, researchers found that adults age 65 and older who took 700 to 1000 International Units of vitamin D daily substantially cut the risk of falling. Inadequate vitamin D intake contributes to muscle weakness, which increases the risk of falling. About a third of adults age 65 and older fall annually and about six percent of the

falls result in a fracture. Only a few foods naturally have vitamin D. The best source is fatty fish like salmon, tuna, and mackerel. Beef liver, cheese, egg yolks, and mushrooms provide smaller amounts. You can get recommended amounts of vitamin D by eating a variety of foods with plenty of fortified milk and fatty fish. Almost all milk in the United States is fortified with 400 IU of

vitamin D per quart. Vitamin D is also added to some breakfast cereals and brands of orange juice, yogurt, margarine, and soy beverages. If you do not regularly eat vitamin D-rich foods you may want to consider a dietary supplement. For many people, it is difficult to get adequate amounts of vitamin D without a supplement.

British Medical Journal, October 2009

Be Active

Dancing to Improve Your Balance

If you are looking for a more entertaining way to get some exercise, consider dancing. Researchers at the University of Missouri found that 18 frail older adults who participated in a 45-minute, low-impact dance-therapy program three times a week for six weeks were able to reach further forward without losing their balance. They were also faster at performing exercises that involved standing, walking, and sitting. These improvements in balance and gait suggest dancing may help improve coordination and prevent falls in older adults.

Nursing Administration Quarterly, Sept. 2010



Answers

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

S	w	e	e	t		p	o	t	a	t	o	e	s
	c	o	n	t	a	i	n		m	a	n	y	
					i	m	p	o	r	t	a	n	t
n	u	t	r	i	e	n	t	s		a	n	d	c
b	e		b	a	k	e	d	,		b	o	i	l
			r	o	a	s	t	e	d		o	r	
			m	i	c	r	o	w	a	v	e	d	.



1 pound sweet potatoes (4 medium)
1 cup green peas, cooked
¼ cup sliced green pepper
¼ cup diced red onions
1 tablespoon cider vinegar
1 tablespoon oil
1 teaspoon dried oregano
Black pepper to taste

Wash, pierce, and dry the sweet potatoes. Microwave on high until tender or about 5 minutes per sweet potato. Cool sweet potato, then peel them and cut into 1-inch pieces. Transfer to a serving bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use. Makes 4 1-cup servings.

Nutrition per serving: 143 calories; 2.5 g total fat; 12 mg sodium; 20 g carbohydrates; 3.5 g fiber; 2 g protein; 34.8 mcg folate; 633 mg potassium.

Source: *Communicating Food for Health*

Pick a **better** snack™

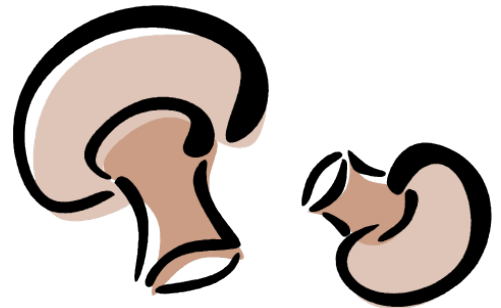


Fortify Yourself!

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

Beef Liver
Cereal
Egg Yolks
Fractures
Mackerel
Margarine
Milk
Muscle

Mushrooms
Orange Juice
Prevention
Salmon
Soy beverages
Tuna
Vitamin D
Yogurt

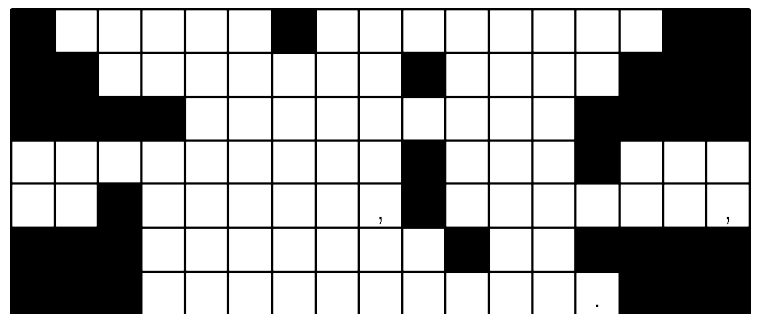


Sweet Deal

Resource

We often suggest that you talk to your health professional before taking dietary supplements. If you want to learn more about dietary supplements, a good website to visit is:
<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/>. Click on "Tips for the Older Dietary Supplement User. The site can help you understand supplements and their place in your health.

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used only once.



i t p o i
o e a e i n b a d
b o c p o s a e t
r i m s t w t m n n
S c m n t r o e t a o d e s
b e w e a e n t o d a n o y e d
n u t r i k a d r a v t r l c a n



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