



Chef Charles Says...

A newsletter for congregate meal participants for the month of September

Please read carefully.

**We have new information in
this section for September
2010.**

As Chef Charles prepared the September newsletter, a recall of shell eggs was happening. Should your participants be concerned? As you will notice in the food safety article, food borne illness is a big concern for older adults. The good news is that if they follow the practices outlined in the article, they usually do not need to be concerned. Eggs, specifically, should be cooked until they are firm to make sure the bacteria is no longer harmful. That means no runny scrambled eggs or sunny side up eggs.

Cooking to 160° F destroys salmonella.

**It is important to use a food thermometer to verify
the 160° F in egg and chicken dishes.**

If you would like more information about the egg recall go to:

<http://www.cdc.gov/Features/SalmonellaEggs/>

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark www.benefitscheckup.org on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the



questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

Get The News

Props:

- Carton of orange juice with calcium and vitamin D
- Package of enriched all-purpose flour

Orange Juice Fortified With Vitamin D Is A Healthy Choice

Vitamin D fortified orange juice is just as well absorbed by our bodies as taking a vitamin D supplement, according to a study released in April. Study participants were divided into small groups with some consuming only fortified orange juice, some taking a supplement, and some not consuming any added vitamin D. There were no significant differences between those who drank the fortified orange juice or took the capsules containing vitamin D. All participants who took vitamin D in any form had higher blood levels of vitamin D than the group drinking non-fortified juice. Currently, milk and orange juice are fortified with about 100 IU of vitamin D per cup. Supplements are available in 1,000 and 2,000 IU capsules. The message for you is that if you are looking for food sources of vitamin D other than milk, consider vitamin D-fortified orange juice. This is particularly important for people living in northern states like Iowa where the sun's rays are not strong enough to produce vitamin D through our skin during the winter. And, older adults are less able to produce vitamin D.

The American Journal of Clinical Nutrition, on-line, April, 2010

Activity

In past Chef Charles newsletters we have discussed the importance of having both calcium and vitamin D present so our bodies can better absorb the calcium. This is true in milk products, and it is also true of any food that is fortified with calcium. The article indicates that vitamin D is equally beneficial from fortified foods as from dietary supplements. Of course, the benefit to choosing food for vitamin D, instead of a 'pill', is there are other nutrients in the food that are good for you. Fortified foods provide most of the vitamin D in the American diet. For example, almost all of the U.S. milk supply is fortified with 100 IU/cup of vitamin D which is 25% of the Daily Value. If you are not sure if vitamin D has been added to a fortified food like orange juice, just look at the nutrition label. If 100 IU of vitamin D is added it will indicate the serving provides 25% of the daily value. Show label on orange juice carton.

Many foods are fortified with calcium but not necessarily vitamin D. So, how will you absorb the calcium if the vitamin D is not present? If you spend fifteen minutes a day in the sun, which provides vitamin D, you may have enough to help with calcium absorption. But, there are many reasons why you may not be able to



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depend on the sun for your vitamin D. Remember you need it most day.

What may interfere with your use of vitamin D from the sun? Here are just a few.

Seasons of the year: We often have little sunshine in winter and many days we have cloud cover. calendar

Where you live: If you live north of a line drawn between northern California and Boston there is not enough sunlight from November to February for your skin to change the sun's vitamin D to a useable vitamin D. Living even farther north, it could be as much as six months. map of United States



ORIGINAL
CALCIUM & VITAMIN D

 **American Heart Association**

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0 g	0%
Sodium 15 mg	1%
Potassium 450 mg	13%
Total Carbohydrate 27 g	9%
Sugars 24 g	
Protein 2 g	Not a significant source of protein
Vitamin C 120%	• Calcium 35%
Vitamin D 25%	• Thiamin 10%
Niacin 2%	• Vitamin B ₆ 4%
Folate 15%	• Magnesium 6%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

Meets American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

100% PURE SQUEEZED ORANGE JUICE FROM CONCENTRATE WITH AN EXCELLENT SOURCE OF CALCIUM & VITAMIN D CONTAINS PURE FILTERED WATER, PREMIUM CONCENTRATED ORANGE JUICE, LESS THAN 1% OF: CALCIUM PHOSPHATE* AND CALCIUM LACTATE* (CALCIUM SOURCES), VITAMIN D₃*.

*INGREDIENTS NOT FOUND IN REGULAR ORANGE JUICE.

PRODUCED FOR THE COCA-COLA COMPANY ATLANTA, GA 30313 U.S.A.

CONTAINS ORANGE JUICE CONCENTRATE FROM THE U.S.A., BRAZIL AND COSTA RICA.

OUR QUALITY PROMISE ASSURES YOUR SATISFACTION. WE GUARANTEE IT.

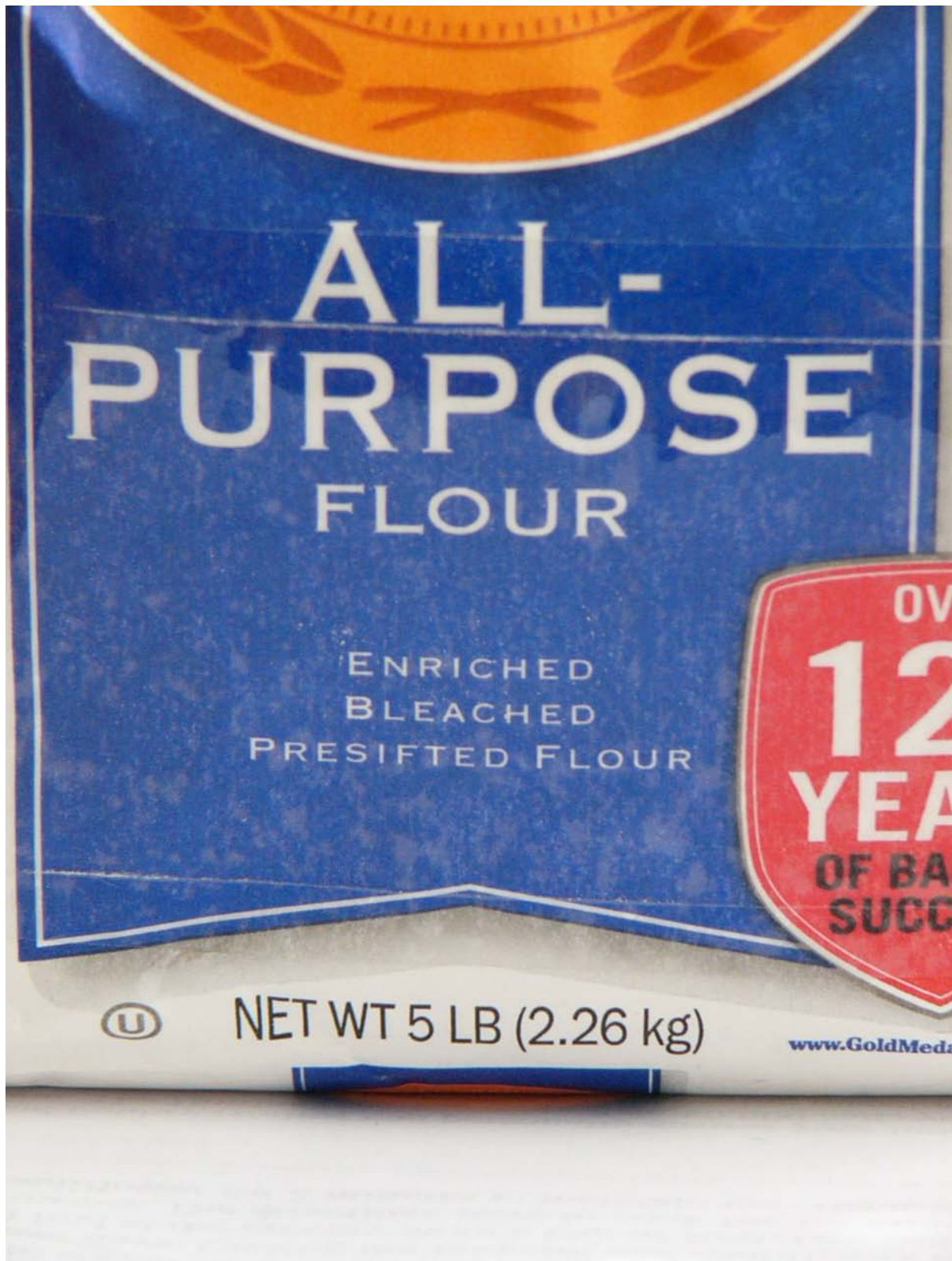
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CALL 1-800-888-6488.
SE HABLE ESPAÑOL.
www.minutemaid.com

2634LL



% of Daily Value of Calcium:
This Product 35%
Milk 30%
Orange Juice 2%

% of Daily Value of Vitamin D:





Chef Charles Says

Props:

- Bag of all-purpose flour (or print picture)
- Carton of orange juice with vitamin D and calcium added (or print picture)

Activity

Enriched" and "fortified" are terms that mean nutrients -- usually vitamins or minerals -- have been added to make a food more nutritious. "Enriching" means adding back nutrients that were lost during food processing. For example, B vitamins, lost when wheat is refined, are added back to flour. "Fortified" means adding nutrients that were not present in the food to begin with. For example, oranges do not naturally provide vitamin D so when it is added to orange juice, the product is referred to as "fortified."

Say to the group:

On food labels you will see two words that mean almost the same thing! Enriched and fortified. Both mean that nutrients have been added to a food. *Show the bag of flour and note that it is enriched (B-vitamins have been added).* B-vitamins are in the whole grain before the flour is processed so the added step of adding back the vitamins is defined as enriched.

Now let's look at the orange juice carton. On the front of the carton it is indicated that the juice provides both calcium and vitamin D. Oranges do not contain calcium or vitamin D so these nutrients are extra, and thus the juice is fortified.

Is this confusing? It may be. The message to remember is that both enriched and fortified provides added nutrients.

Note: While Chef Charles was looking for labels to illustrate enriched and fortified, he found an interesting frozen orange juice label. Both calcium and vitamin D were added to the orange juice which would mean it was fortified with the two nutrients. Also on the label was the statement "calcium enriched." This can be confusing to consumers as the calcium is added to the orange juice and did not have calcium in the original food. Just a heads up to you when you look for labels.

Pick a Better...

Props:

- 7 balloons:
 - 1 red
 - 2 green
 - 3 white
 - 1 orange

Rainbow of Vegetables

You know it is important to eat your vegetables. But what you may not understand is that we need to eat a variety of vegetables that include a variety of colors. It is not enough just to sip vegetable juice every morning or have the same salad for lunch every day. When you eat vegetables of different colors, dark greens like spinach, and orange vegetables like sweet potatoes, you benefit from each food's unique blend of vitamins and other nutrients. Among those nutrients are phytochemicals like beta carotene and lycopene, which seem to have a protective effect against certain types of cancer and other chronic diseases.



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The greater the variety of natural colors you consume, the wider the range of protective phytochemicals the body receives. So if you eat a vegetable salad, make sure to add different colors. Mix orange carrots and purple cabbage with your greens. You may have favorite vegetables but mixing up your food choices and trying vegetables you have not tasted before can add to your color choices for better health.

Activity

Say to the group:

I have seven balloons in my bouquet. Let's look at the snack recipe in the newsletter. How many different vegetables are in the salad? *Answer: seven veggies.*

The answer is same number of balloons I have. Which vegetable is orange? As the participants name the different vegetables in the recipe, give a participant a balloon that is the color of the vegetable.

White: potato, cauliflower, celery

Red: radish

Orange: carrots

Green: broccoli, green onion

And how many different colors are in the salad? *Answer: four colors.*

Let's have the people with balloons stand together. When you are selecting vegetables remember the balloons and their color. Can anyone tell me why color is so important? You might find the answer in your newsletter. *Answer: Colors indicate there are phytochemicals in the vegetable and they are vital in protecting us against some cancers and chronic diseases.*

A special note to sites using the September bingo card. If you provide a tasting of the recipe in the newsletter, participants will be able to cross off two vegetables-radishes and carrots.

Chef Charles Asks the Questions

Props:

- Orange juice carton
- Bottle of single nutrient vitamins (preferably vitamin C)

Which Is Better For Me? Dietary Supplements Or Food?

The best dietary strategy for staying healthy and reducing the risk of chronic diseases is to eat a wide variety of nutrient-rich foods, according to Carlene Russell, a dietitian and the nutrition program manager for the Iowa Department on Aging. (Carlene is a member and leader of the American Dietetic Association (ADA). The ADA released a position paper on this topic in late 2009.) Carlene says that supplements can help some people meet their nutrition needs such as calcium, vitamin B12 or vitamin D, but cautions that many consumers lack adequate information about the



safety and effectiveness of dietary supplements. You should be very careful adding dietary supplements to your pill box. In 2007, more than \$23 billion was spent in the United States on supplements. To be safe, make sure to include any supplements that you take on your list of medicines and discuss the use of such supplements with your health professionals. Some nutrients such as calcium, vitamin B12 and vitamin D are difficult for older adults to obtain in adequate amounts without supplements or fortified foods. But, for many people, food is the best source of nutritional needs.

The dietary supplements mentioned in the ADA paper refer to pills and not liquid supplements. Liquid nutritional supplements can be beneficial for people with special nutritional needs. A health professional can help you work out a dietary plan for combining liquid supplements with foods so that the best possible nutritional support is provided during a chronic illness.

Activity

Ask the group:

Which tastes better? A glass of juice or a pill? If you drink the glass of orange juice, what are some of the nutrients you consume? Let's look at the nutrition label. *Answer: vitamin C, potassium, B-vitamins, magnesium AND IF THE JUICE IS FORTIFIED there is calcium and vitamin D.*

If you take the pill what nutrients do you consume? *Vitamin C.* The obvious lesson we are trying to teach is that food has much more than just one nutrient like this bottle of vitamin C.

Now, there are some dietary supplements that you may need if you are an older adult. Because it is difficult for older adults to get enough calcium and the need for vitamin D to be present for best calcium absorption, you may want to consult with your health professional for a supplement and continue to look for calcium fortified food to meet your needs.

The article in the newsletter also mentions vitamin B12 as a dietary supplement that older adults may need to take. B12 is naturally found in animal products, including fish, meat, poultry, eggs, milk, and milk products. Vitamin B12 is generally not present in plant foods, but fortified breakfast cereals are a readily available source of vitamin B12.

Be Active

Props:

- None

'Green' Exercise Improves Mood And Self-Esteem

Researchers in the United Kingdom have found that just five minutes of 'green' exercise each day lifted the moods of study participants and boosted their self-esteem. 'Green' exercise is an



activity in the presence of nature, and includes walking, boating, gardening, cycling, fishing and horseback riding. The most significant improvements in mood and self-esteem occurred when the participants were in the presence of water.

Environmental Science and Technology, on-line, March 25, 2010.

Researchers looking at a variety of existing studies including people with a range of conditions, from heart disease and cancer to multiple sclerosis and chronic pain, found that exercise can lessen the anxiety that often accompanies chronic illnesses. On average, people who started exercising regularly had nearly a 30% reduction in anxiety symptoms. Workouts lasting more than 30 minutes were more effective than shorter ones.

Archives of Internal Medicine, February, 2010.

Activity

Exercise encourages good health including our moods according to our article in the newsletter. That is good news. Exercise can even influence problems like anxiety. The general description of anxiety is excessive, out-of-control worrying about everyday things. If you worry, take a walk. It is worth a try.

Food Safety

Props:

- bar of soap
- cutting board
- food thermometer
- make sign with large letters—TWO HOUR RULE



Older Adults: Food Poisoning Can Be Prevented

Older adults are more vulnerable to foodborne illness. As you age, your **immune system weakens**, making it harder to fight off bacteria and serious illness. What's more, you have **less stomach acid** to control bacteria and **weakened kidneys** to help filter bacteria from the blood. **Once contracted**, infections from foodborne illness can be **difficult to treat**. The good news is that food poisoning can be prevented if you follow proper home food safety practices. Older adults can help protect themselves by following four simple food safety guidelines:

Wash hands often. Proper hand washing may eliminate nearly half of all cases of food poisoning and reduce the spread of the common cold and flu. Make sure to wash hands before, during and after meal preparation.

Keep raw meats and ready-to-eat foods separate. Use two cutting boards, one strictly for meat and the other for ready-to-eat foods like breads and vegetables. Make sure to wash the cutting board after each use.

Cook to proper temperatures. Harmful bacteria are destroyed when food is cooked to proper temperatures. The only reliable way to ensure safety and determine the doneness of



cooked foods is to use a thermometer.

Refrigerate promptly. Refrigerate foods quickly and at a proper temperature to slow the growth of bacteria and prevent illness. Remember the two-hour rule for all food needing to be chilled.

Older adults should not eat meats, poultry, seafood, or eggs that are raw or undercooked. Also, unpasteurized dairy products like raw milk and some imported cheeses can pose safety threats to older adults.

Activity

Did you know that because you are older, you are at greater risk for food poisoning? It's true. Why are older adults at greater risk?

Answer: In article note the green-blue items.

So, what can we do to avoid the poisoning? Share the four points in the article with the group using the props to illustrate the concept. The four points are in bold print.

Note the **Resource** item in the newsletter is the USDA food safety hotline. This is a good resource to answer questions about handling food safely. You might want to suggest that participants make a call to the hotline, if they are interested and report back at your October Chef Charles program.



Snacks

Teaching Points:

- Vegetables can be steamed in the microwave by putting the vegetables in a covered container with a small amount of water.
- Use fresh or frozen broccoli and cauliflower.
- If you use frozen, make sure to under cook to keep veggies crisp.
- Note there are three different colors in the recipe
White: potato, cauliflower, celery, onion(end is white), radish (inside is white)
Orange: carrots
Green: broccoli and stems of green onions if used
- Chilling the salad lets the flavor develop.
- What other flavors (herbs) would you add to this salad?

Potato Vegetable Salad

This fix-once and eat-many- times recipe is perfect for an afternoon snack and it has five different colors of vegetables.

6 red potatoes
 1/2 cup broccoli florets
 1/2 cup cauliflower florets
 1 medium carrot, peeled
 1/2 cup chopped celery
 1/4 cup sliced radishes
 1/4 cup green onions
 1 tbsp Dijon or plain mustard
 2 tbsp lemon juice
 1 tbsp oil
 1/4 tsp salt
 1/4 tsp freshly ground pepper

Steam or boil potatoes until they are tender. While potatoes are cooling, steam broccoli and cauliflower until slightly cooked, about 4 minutes. Set broccoli and cauliflower aside to cool. Cut carrots into thin slivers. Cut celery in small pieces. Cut potatoes into chunks. Gently stir all vegetables together in a large mixing bowl. In another bowl, whisk together oil, lemon juice, mustard, salt and pepper. Pour dressing over vegetables and stir until vegetables are evenly coated. Refrigerate 1 hour before serving.

Makes 3 servings. Each serving contains 131 calories; 5g fat; 25mg sodium; 3g fiber; 21g carbohydrates; 674mg potassium; 42 mcg folate

A Produce for Better Health recipe

Pick a **better** snack





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Did You Learn Any New Ideas?

1. What characteristic of vegetables provides a nutritional bonus and provides variety?
2. Vitamin D fortified orange juice is just as well absorbed as a vitamin supplement. T or F
3. Which is the best overall strategy for getting the variety of nutrients older adults need? Eating food or taking nutritional supplements?
4. Older adults are at greater risk than the general population for food borne illness. T or F
5. How many different colors of vegetables are in the snack recipe?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name

Congregate Meal Site

Address

City, State and Zip

Phone Number

Month	# Newsletters	# Incentives
September, 2010	_____ Congregate Meal Site Participants	The incentive was a vegetable brush Indicate how many are needed if you did not receive enough with your July newsletters: _____

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Your Answers

Color
T
Food
T
3

Chef Charles Says...

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with low income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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