



# Chef Charles Says...

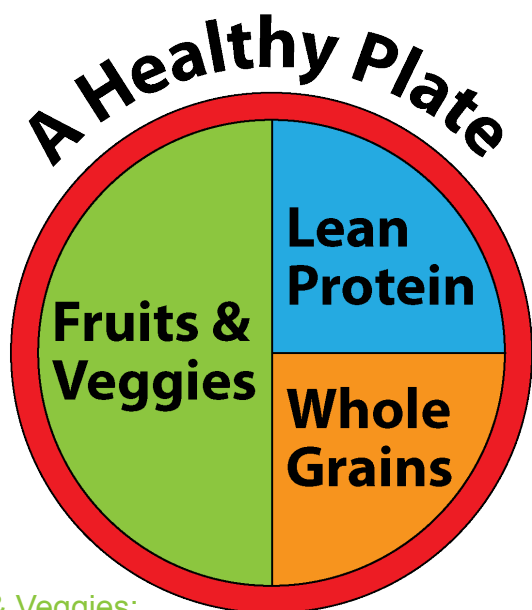


April

## Pick a Better... Healthy Plate

One of the hardest things for people when it comes to eating right is figuring out, or remembering, how big or small our portions should be. Here is a solution that does not require measuring cups or counting calories because it is all visual. Fill half your plate with fruit and vegetables and then fill the other half with other foods.

Why is this good advice? It helps you to reach your daily goal of fruits and veggies and keep calories in check. Want seconds? Use the half-plate guide. It's simple and it works.



**Fruits & Veggies:**  
Include a variety  
of colors

**Lean Protein:**  
Fish, poultry,  
meat or tofu

**Whole Grains:**  
Brown rice,  
barley, cous-  
cous, whole  
grain breads



## Tips on the DASH Eating Plan

The 2010 Dietary Guidelines suggest that the DASH (Dietary Approach to Stop Hypertension) eating plan would help all of us improve our diet. Do you remember the features of the DASH eating plan?

- ◆ DASH: Eat 8-10 servings of fruits and vegetables daily. Make it easier to increase your servings of fruits and vegetables to eight a day by filling half your plate with fruits and vegetables. Depending on the size of your plate that could be 2 to 3 servings on a plate.
- ◆ DASH: Eat 2-3 servings of low-fat dairy daily. To increase your dairy servings to three a day, try to have one low-fat dairy serving at each meal. Remember that low-fat dairy includes fat-free (skim) and 1% milk. Cheese and yogurt can be low-fat as well.
- ◆ DASH: Eat 6-8 servings of grains daily with most of the servings being whole grain. Choose whole grain foods to add fiber and B vitamins. For example, choose whole wheat bread or whole grain cereals such as oatmeal or whole wheat cereal flakes.
- ◆ DASH: Limit fats in your diet and choose oils when you can. Use the percent Daily Value on food labels to compare products and choose those lowest in saturated fat, total fat, and cholesterol. If a food has a Daily Value of 5 percent or less of a nutrient, it's considered to be low in that nutrient.

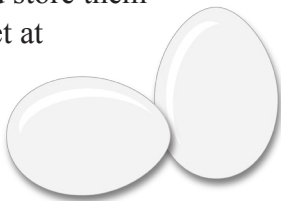


Developed by:  
Iowa Department of Public Health, [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa Department on Aging, [www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs)

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

## Food Safety: Keep Eggs Safe

Eggs go well with spring vegetables like spinach and asparagus. Check out the snack recipe for a new idea. Eggs need to be handled properly. When shopping, take eggs straight home and store them immediately in the refrigerator set at 40°F or lower. Keep them in their carton and place them in the coldest part of the refrigerator, not in the door. Eggs can be stored up to three weeks in the refrigerator. Do not leave shell eggs, or eggs in any form, at room temperature for more than two hours, including preparation and serving. Promptly after serving, refrigerate leftovers in shallow containers so they will cool quickly.



### Why Do Hard-Cooked Eggs Spoil Faster than Fresh Eggs?

When shell eggs are hard cooked, the protective coating of the egg is washed away, leaving bare the pores in the shell for bacteria to enter and contaminate it. Hard-cooked eggs should be refrigerated within 2 hours of cooking and used within a week.

*Source: USDA Food Safety and Inspection Service*

## Chef Charles Asks the Questions How Many Calories Do I Need?

The challenge for older adults is to meet the same nutrient needs as when they were younger, yet consume fewer calories because of less activity and needing fewer calories. The answer to this problem is to choose foods high in nutrients in relation to their calories. Such foods are considered "nutrient-dense." For example, low-fat milk is more nutrient dense than whole milk. Its nutrient content is the similar, but it has fewer calories because it has less fat. Reducing the overall fat content in the diet is an easy way to cut calories and will help you reduce or control weight.

### Estimated Calorie Needs for Adults Age 51+

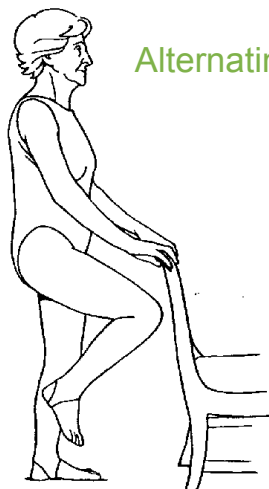
Gender	Female	Male
Sedentary	1,600	2,000-2,200
Moderately Active	1,800	2,200-2,400
Active	2,000-2,200	2,400-2,800

*2010 Dietary Guidelines*

## Be Active

Balance exercises build leg muscles and this helps prevent falls. There are over 300,000 hospital admissions for broken hips each year. For those over the age of 65, falls are the leading cause of injury deaths with the highest rate in those over the age of 84. Falls are not a natural consequence of aging. Fall prevention interventions can make a difference in the health and quality of life for older adults.

Balance exercises will help you avoid falls and help you stay independent by helping you avoid the disabilities that could result from falling.



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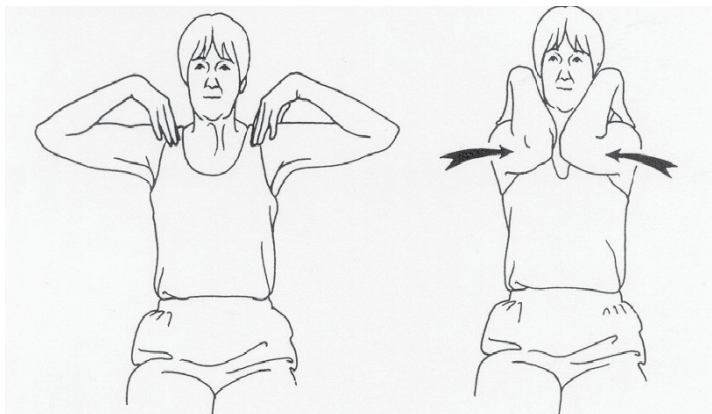
### Alternating Steps (Marching In Place)

Stand behind your chair. Use the chair for support. Place your feet about shoulder width apart and lift up your heels, rising up on to your toes. Pause, then return your heels to the floor.

Repeat 5-10 times. Add a set or practice on one foot, if appropriate.

### Touch Elbows Stretch (Front and Back)

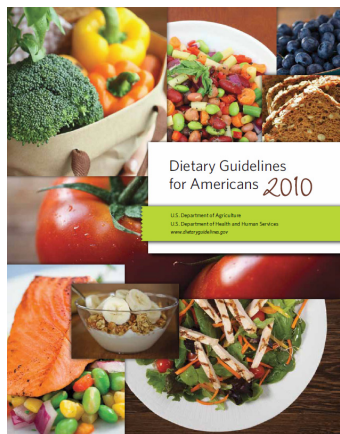
Stretch Front: Place your fingertips on your shoulder. Raise elbows to shoulder level. Gently move your elbows together (toward your body's mid-line). Try to get them as close as possible, while still remaining comfortable. Hold for 3-5 seconds.



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# Get the News

## Key Recommendations for Older Adults



The 2010 Dietary Guidelines have special recommendations for older Americans. Over the next months, Chef Charles will help you think about how to use the recommendations to improve your diet.

◆ Reduce daily sodium intake to less than 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease. This recommendation applies to about half of the U.S. population, including children, and the majority of adults.

◆ Adults ages 65 years and older who are overweight are encouraged

to not gain additional weight. Among older adults who are obese, particularly those with heart disease, planned weight loss can be beneficial and result in better quality of life.

- ◆ Consume foods fortified with vitamin B12, such as fortified cereals, or dietary supplements.
- ◆ Calorie needs generally decrease for adults as they age.
- ◆ Older adults should strive to have 150 minutes a week of activity with 75 minutes of vigorous to moderate. Aim for at least two days of strength training a week. When older adults cannot meet the guidelines, they should be as physically active as their abilities and conditions will allow.
- ◆ Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- ◆ Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

### Pick a better snack™



### Spinach Salad with Eggs, Orange & Nuts

- 3 cups fresh spinach
- 1 small orange
- 1 tablespoon chopped red onion
- 1 hard cooked egg
- 1 tablespoon of your favorite unsalted nuts
- 2 teaspoons olive oil
- 2 teaspoons orange juice
- 1/2 teaspoon lemon juice

In a bowl combine the spinach, orange (peeled, sliced & seeded) red onion, egg shelled and sliced. For dressing combine the olive oil, orange juice and lemon juice in a small bowl mix and drizzle over salad.

Makes two servings as a side salad.

Each serving contains: 231 Calories; 15g fat; 122 mg sodium; 14 g carbohydrates; 3 g fiber; 120 mg calcium; 507 mg potassium; 148 mcg folate

## Answers

FPYLMKPD SHSEBXEVMAGA  
ONCQXRJNTELS CABIDJCN  
QSQCXOFLLD SNLFWTSE  
ROZTUIRBUBUCOHWAIZMX  
VAEWTUARDXSREWPNNDUP  
WISRFITTAQIECRIFSCZO  
NJOREFYFQATXOTFAQVEF  
MPGGADBBDT ZEYDERLJOO  
QZEFERTXSMPOMFUEUIV  
HVRRJAAZREHCANIPSIDK  
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WMOENKPNVSUIIRJIWDYD  
FLXMPFDXHN SERVINGSF  
IMMNTTYADKRQDOOHXUNG  
PNRACKSBVY MJQO LTOJG  
VTBNRGTFPYELVSVJQYS  
WHOLEGRAINNLXCMNXCOL  
YUUYWFCAXY SNTRUOCKO  
AIRETCABSJSRTGUOXUPD





# A Spring Thing

Find the hidden words within the grid of letters.

Activity

Adults

Asparagus

Bacteria

Balance

Calories

Eggs

Exercise

Fruit

Low fat

Nutrients

Oatmeal

Portions

Protein

Servings

Spinach

Stretch

Vegetables

Weight

Whole grain

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

## Resource

**Spread the good news to your family, friends and neighbors. They might be eligible for food assistance.**

The Iowa Department of Human Services has changed two important eligibility requirements for Food Assistance (formerly known as Food Stamps). The first change removes the need to count any resources such as savings, cars, or the value of other personal property. The second change expands the amount of income a household can receive and be eligible to \$1,444 a monthly for one person and \$1,943 for two people. Many people who may not have been able to get Food Assistance before may now be eligible. The best way to know if you would be eligible for the program is to apply.

Often older adults choose not to apply for Food Assistance believing that they will receive an insignificant amount of benefits. This is just not true because the average older adult in Iowa receives around \$100 a month. Even a small monthly amount of Food Assistance can help buy more good food you otherwise wouldn't be able to afford or be saved for a special meal. Food Assistance can help you fill half your plate with healthy fruits and vegetables.

If you do not currently get Food Assistance, this might be a good time to apply. Application can be made on line at [www.oasis.iowa.gov](http://www.oasis.iowa.gov) or in person at your local Human Services office.

For more details on this program call 2-1-1 to find out how to contact your local office, or ask your Chef Charles leader. Information also can be found at [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).



This material was funded by the Iowa Nutrition Network and USDA's Food Assistance Program. The Food Assistance Program provides nutrition assistance to people with low income. Food Assistance can help you buy nutritious foods for a better diet. To learn more about Iowa's Food Assistance Program, contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office. Information also can be found at [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov). 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.