



Chef Charles Says...



May

Pick a Better... Breakfast Cereal

The most healthful cereals are made with whole grains. If you are trying to lose weight, control cholesterol or diabetes, or just need a lot of energy, your best bet is a hot, cooked cereal of whole grains, such as oatmeal or barley and brown rice cooked and served like oatmeal. Flavor it with raisins or other dried fruits, cinnamon, and perhaps a handful of nuts.

For convenience, cold cereal can be a good choice. When you shop for cold cereals, make sure the first ingredient is whole grain. Raisins or other dried fruits will add grams of sugar on the nutrition panel of cold cereal. The sugar from dried fruit is not distinguished from added sugars in cereals. To control the added sugar in your cereal, plan to add dry fruit like raisins or Craisins® to the cereal at the table.

The fiber content listed on the nutrition label can be confusing because it is based on serving size, and



very light cereals (such as puffed wheat) show little fiber per serving, but an acceptable amount when you adjust for weight. Cereals made from bran (the outer covering removed from whole grains) will have higher fiber content than cereals made from whole grains (which have the germ and starchy parts of the grains as well as the fiber). The dietary fiber is not digested and therefore is helpful by providing bulk in the intestinal track and keeping the bowels regular.

Cereals may have added B vitamins. If you have difficulty finding a variety of foods you like that are good sources of folate or B12, cereal may be an option. Read the label to find the vitamin content. If your grocery store uses the NuVal scoring system you will find it useful when you are selecting cereals. The single number score takes into consideration over 30 key nutrients. The higher the score, the more nutritious is the cereal.

Food Safety: Cloth Grocery Bags

Cloth grocery bags are friendlier to the environment than plastic. They are reusable and reduce the waste taken to the landfill. A recent test of grocery bags which



tested 'used' grocery cloth bags found that 64% had some level of contamination. To ensure that your cloth

grocery bag is as clean as possible, follow these tips.

- ◆ Do not use the bag to carry anything but groceries. Avoid carrying gym clothes or diapers.
- ◆ Double pack your meat in a plastic bag to prevent leaks and drips.
- ◆ Wash your bag as often as possible. This will not guarantee a bacteria free bag, but it will improve your chances.
- ◆ While the bags are reusable, even they have a limit on the number of times to use.

Canadian Environment and Plastics Industry, 2010

Chef Charles Asks the Questions Which Foods Help Me To Maintain A Healthy Brain?

B vitamins: B-6, B-12 and folate, all nourish the brain. But much remains to be discovered about the relation between these essential nutrients and our brainpower. A recent study took a closer look at the role B vitamins in brain health.



This several year study is part of the Sacramento Area Latino Study on Aging, or "SALSA" which started in 1996 to study Hispanic seniors ages 60 to 101. Lower levels of one B vitamin, folate, were associated with symptoms of dementia and poor brain function, also called "cognitive decline."

In women, low levels of folate were associated with symptoms of depression. In fact, females with folate levels in the lowest third were more than twice as likely to have symptoms of depression. That finding provided new evidence of an association between lower blood folate and depression. Depression is already known to

affect brain function.

This research with vitamin B-12 may lead to identifying decline in brain functioning earlier and more accurately.

The Journal of Nutrition, Health, and Aging, August 18, 2010.

Food and B Vitamins

B-6	B-12	Folate
Liver	Liver	Yeast
Meat	Meat	Liver
Brown rice	Egg yolk	Green vegetables
Fish	Poultry	Whole grain cereals
Butter	Milk	
Wheat germ		
Whole grain cereals		
Soybeans		

Get the News

Nutrient-Dense Diet Influences Fractures

Eating a nutrient-dense diet is associated with a lower number of fractures that occur from a fall from standing height or less, experienced by older adults. This is especially true in women over the age of 70. Men and women who ate a nutrient-dense diet experienced 17 and 14 percent fewer fractures respectively, than those who ate more calories with fewer fruits, vegetables and whole grains.



American Journal of Clinical Nutrition, January, 2011

Nutrient-dense foods have lots of nutrients, generally with fewer calories. Colorful fruits and vegetables, whole grain bread, low-fat dairy products are examples.

Energy-dense foods have more calories for the volume of food and generally fewer nutrients. Examples are pastries, cookies, fried foods, soft drinks, potato chips, or desserts.



Are You Eating Your Vegetables & Fruit?

About 70 percent of Americans fail to eat five servings of fruits and vegetables every day, which is the low end of what is recommended by the Dietary Guidelines for Americans. Eating more fruits and vegetables can reduce the risk of heart attacks, strokes, Type 2 diabetes and some cancers. So, why are Americans not living up to this recommendation? Here are some barriers mentioned in the survey. Are they the same barriers you face and how would you overcome them?

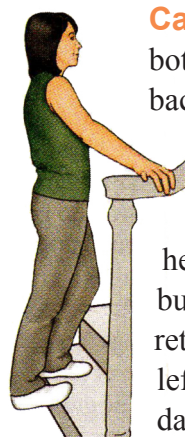
- ◆ Vegetables are hard to store or spoiled before they can be eaten.
- ◆ Fresh produce costs too much.
- ◆ Fresh produce takes too long to prepare.
- ◆ Someone in the family does not like fruit or vegetables.
- ◆ The participant did not like fruits and vegetables.

Consumer Reports National Research Center, 2010

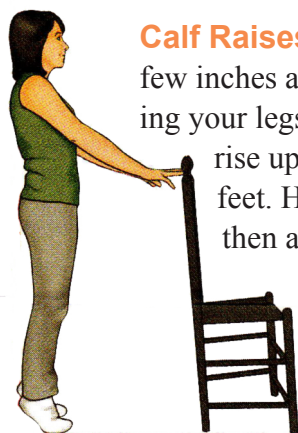
Be Active

Build Strong, Shapely Calf Muscles

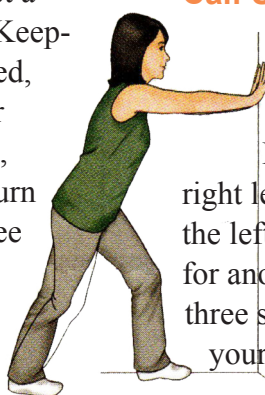
When it comes to walking and climbing steps, strong calf muscles are important. The function of the calf muscle is to raise the heel as you extend or point your foot so they come into action every time you take a step. With aging, the calf muscles become less flexible. Tight, inflexible calf muscles make it harder to change directions quickly and can cause a sprain or potential fall. To strengthen your calves and make them more flexible try these stretching exercises before you walk.



Calf Stretch/Step: Stand on a step with both feet facing forward. Take a small step back with your right foot so that the heel of the foot is off the step (make sure you have something to hold onto for balance, if needed). Gently push your right heel down, keeping your right leg straight but not locked. Hold for a few seconds, then return to the start position and repeat on the left side. Do three sets of 10 with each leg daily, or any time your calf muscles feel tight.



Calf Raises: Stand with your feet a few inches apart, facing forward. Keeping your legs straight but not locked, rise up onto the balls of your feet. Hold for a few seconds, then allow your heels to return to the ground. Do three sets of 10 raises daily or before doing any other calf stretches.



Calf Stretch/Wall: Stand with your arms extended straight out at shoulder level, hands pressing against a wall. Take a step back with the left foot, keeping the foot facing directly forward. Press into the heel of the left foot as you bend the right leg. Hold for 30 seconds, then soften the knee of the left leg while still pressing back into the heel. Hold for another 30 seconds. Switch legs and repeat. Do three sets of 10 with each leg daily, or any other time your calf muscles feel tight.

Answers

Whole grains
Vegetables
Colorful fruits
Low fat dairy
Calories

Nutrient-dense foods may help prevent fractures.

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

Peanut Butter Strawberry Snack



2 Triscuits or 1 Rye Krisp Cracker
1 tablespoon peanut butter
2 medium strawberries,
thinly sliced.

Spread peanut butter on crackers. Top with sliced strawberries. For a sweet flavor, drizzle honey on peanut butter before adding strawberries.

1 Serving. Each serving contains:
137 calories; 10 g fat; 11 g carbohydrate; 23 mg sodium; 2 g fiber; 19.8 mcg folate; 164 mg potassium

Pick a **better** snack™



BREAK THE CODE

Unscramble each word. Then use the marked letters to solve the second puzzle.

WOLEH ISNAGR

18	13		6		26			1	10	

VBSLEETGEA

23	19		22	3	27		11	31	

LOCULRFO UISFRT

28		20	14		12	2		25	21	29		7	

LWO ATF IDAYR

			16	24		8			4	17

OCSRIALE

			30	5	9	15	

								-													m						p	
1	2	3	4	5	6	1	7	8	9	1	10	11	12	13	14	8	15				16	17				18	19	20
p																												
	21	22	23	9	1	24	25	26	27	28	3	29	30	9	31													

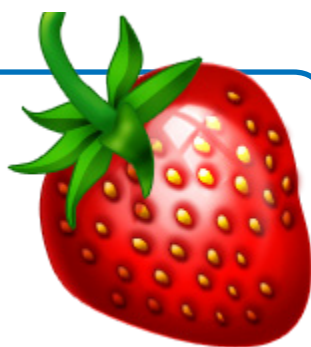
FIND THE FIBER

Barley
Brown Rice
Cereals
Cinnamon
Fiber
Oatmeal
Raisins
Vitamins

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

Resource

Strawberries are in season. Add strawberries to your whole grain cereal. To find more simple and nutritious recipes using strawberries visit the California Strawberry Commission. <http://www.calstrawberry.com/recipes/default.asp>



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. 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.