



Instructors' Guide September 2011



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 2011.

The 2010 Dietary Guidelines for Americans were released in January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

In the article "Pick a Better...Low Sodium Diet," one of the features is the use of herbs and spices in place of sodium. Asking the participants what herbs or spices they use is a good way to encourage the practice. Just a heads up, you may have to get them started by giving your favorite way to use herbs and spices. Some suggestions could be garlic and not garlic salt, or chili powder in a casserole.

The new food safety campaign rolled out by USDA and other agencies has a similar ring but still a good message. Please make sure emphasis is on the meanings of the four words. If you want to learn more about the campaign and view some PSAs and videos go to the resource www.foodsafety.gov

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 understand that the SNAP program can make a big difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

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.



Pick a Better...

Props:

- Fresh tomato (6 mg sodium)
- Frozen peas package (less than 10 mg sodium)
- Salt shaker
- A favorite herb (dry or fresh)
- Canned tomato sauce (300 mg sodium in $\frac{1}{4}$ cup)
- Can of tomato soup (450 mg sodium in $\frac{1}{2}$ concentration)
- Ketchup (160 mg sodium in 1 Tbsp)

Low Sodium Diet

It is clear that Americans have a taste for salt, and salt plays a role in high blood pressure. At greatest risk are adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease. The goal for people in these groups is to consume only 1,500 mg of sodium a day. But how do you do that?

- Think fresh. Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions, especially cheesy foods, such as pizza; cured meats, such as bacon, sausage hot dogs, and deli/luncheon meats; and ready-to-eat foods like canned chili, ravioli and soups.
- Fill up on veggies and fruits. They are naturally low in sodium. Eat plenty of vegetables and fruits: fresh, frozen or canned.
- Skip the salt. Use half the salt in a recipe. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.
- Read the label. Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."
- Pay attention to condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressings and seasoning packets are high in sodium. One tablespoon of soy sauce has 1,000 mg of sodium! Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet. Consider using salt-free seasonings.
- Boost your potassium intake. Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, halibut, and orange juice.

Activity

Ask the group: Are you in control of the sodium you consume? Some say as much as seventy percent of the sodium we consume is out of our control and found in processed foods. But, I think you could have more control. Let's see where we can take back the sodium control in our food.



- **Think Fresh.** My example of fresh is a beautiful tomato. A medium tomato has six milligrams of sodium. Very low!
- **Fill up on fruits and veggies** even in the winter. Check out frozen produce. A serving of frozen peas has less than 10 mg of sodium. Add frozen baby peas to your tossed salad.
- **Skip the salt.** Keep the salt shaker off the table and try using herbs or spices. Do any of you have a favorite herb or spice you like to use in cooking? One of my favorites is _____. I use it in _____.
- **Read Nutrition Labels.** With pre-packaged foods like tomato sauce and tomato soup, read the label to find out the sodium content. Does anyone remember how much sodium is in the fresh tomato? (6 mg) Now, let's compare to tomato sauce and soup. The sauce has 300 mg sodium in a $\frac{1}{4}$ cup and the soup has 480 mg in a $\frac{1}{2}$ cup concentrate. If you consume the whole can of soup of $2\frac{1}{2}$ cups prepared, you would consume 1200 mg of sodium.
- **Pay attention to condiments.** When you have a hamburger sandwich, which condiments do you add? (Pickles; ketchup; etc) Make sure to read the nutrition label for sodium content on condiments. A single tablespoon of ketchup has 160 mg of sodium. How about some fresh tomato on the sandwich with only 6 mg of sodium?
- **Boost you potassium intake.** Potassium may also lower your blood pressure. This is a win-win. Eating fresh produce decreases you blood pressure (potassium) and decreases your intake of sodium. In the newsletter, we find a list of foods that are excellent sources of potassium. Can anyone find the list?
In the 'Get the News' article, we find more reasons to pay attention to sodium and potassium.

Get The News

Props:

- Can of tomato soup

Activity

Sodium, Potassium and Staying Alive

Researchers from the Center for Disease Control and Prevention reviewed 15 years of national health data and found that too much sodium and too little potassium can raise the risk of dying. Americans who eat a diet high in sodium and low in potassium have a 50 percent increased risk of death from any cause and about twice the risk of death from heart attacks. Remember, your goal is 1,500 mg of sodium daily.

Say to the group: Here is more evidence that less sodium and more potassium is good for our health. In fact, it is vital for our lives. Please remember the ways we just discussed to lower your sodium



intake and increase your potassium intake.

What is our goal for sodium daily? (1500 mg) If you eat a ½ a can of prepared tomato soup how much sodium would we consume? (600 mg) And, you decided a second bowl would taste good. (600 mg more) That would be 1200 mg. How much more sodium could you have that day? (300 mg) There are low-sodium soups available. You may want to add some favorite herbs to the low-sodium to enhance the flavor.

Food Safety

Props:

- None



Keep Food Safe: Check Your Steps A New USDA Campaign

Food poisoning, also called foodborne illness, is a serious public health threat in the U.S. The Center for Disease Control and Prevention estimates that approximately 1 in 6 Americans (48 million people) suffer from foodborne illness each year, resulting in roughly 128,000 hospitalizations and 3,000 deaths. A new promotion to encourage safe food handling has been launched by many government agencies. It includes four steps to help you remember the food safety basics. Visit Foodsafety.gov.



Keep Food Safe: Check Your Steps

- **Clean:** Clean kitchen surfaces, utensils, and hands with soap and water while preparing food.
- **Separate:** Separate raw meats from other foods by using different cutting boards.
- **Cook:** Cook foods to the right temperature by using a food thermometer.
- **Chill:** Chill raw and prepared foods promptly.

Activity

Say to the group: The food safety slogan from the government may be reworded but message is the same. Just four words to remember. The message behind the four words is explained in our newsletter. Let's look at each of the four words and find out what message it represents. *(Read the descriptive word and then have participants read the message.)*



Chef Charles Says Try a New Vegetable – Increase Variety

Props:

- None

People who eat a wide variety of vegetables tend to be thinner than those who shy away from vegetables. That is probably because the vegetables are substituted for higher-calorie foods. Reports suggest that close to half of all Americans exclusively choose vegetables like iceberg lettuce, potatoes, onions, and canned tomatoes. There is a lot of room for increasing the variety of vegetables. Challenge yourself to try a new vegetable every month. Select one that is fresh, colorful, and in season.

Seasonal Vegetables for September	
Artichokes	Garlic
Beets	Leeks
Broccoli	Lettuce
Cabbage	Mushrooms
Cauliflower	Pumpkins
Carrots	Red Onions
Chile Peppers	Spinach
Cucumber	Squash
Curly Kale	Sweet Corn
French Beans	Fresh Tomatoes

Activity

Ask the group:

1. I would like everyone who eats iceberg lettuce to raise their hand.
2. Now raise your hand if you eat potatoes.
3. Continuing, would you please raise your hand if you eat onions?
4. Keep your hand up if you eat canned tomatoes in any form.
Iceberg lettuce, potatoes, onions and canned tomatoes are most commonly eaten vegetables and by the show of hands it looks like we agree.
1. Now let's continue. Would you raise your hand if you eat _____
(chose some of the vegetables from the table of September seasonal vegetables in Chef Charles). You will probably see fewer hands raised with the list of vegetables.

We often talk about the importance of eating variety for better nutrition. Variety is important and we need to step outside our comfort zone and try to eat more than Iceberg lettuce, potatoes, onions and canned tomatoes. What new vegetable will you try this month?



Chef Charles Asks the Questions

Props:

- Brown bag

Will All Fruits And Veggies Finish Ripening After I Bring Them Home?

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they are picked. The tomato, which is actually a fruit, also continues to ripen after picking. Fruits that you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon. To speed the ripening of fruits such as peaches, pears, and plums, put them in a loosely closed brown paper bag at room temperature. Plastic bags do not work for ripening.

Vegetables are best harvested at peak maturity and you should not plan on additional ripening after purchase. Eat fresh vegetables while they are the freshest for maximum nutrients.

Activity

Say to the group: Chef Charles answered a question this month that many people ask themselves when they are in the produce aisle at the grocery store. Will this fruit continue to ripen when I take it home? Note there is a list of fruits that continue and a list of fruits that do not continue to ripen. You may want to clip this article for future reference. If the fruit needs to ripen further, just use a clean brown bag, lightly closed.

Vegetables should be picked at their peak of maturity. Just take them home and use them soon.

Be Active

Props:

- None

Start Exercise at Any Age

It is never too late to start exercising for aerobic fitness and muscular strength. One study followed inactive men who started exercise at age 50. By age 60, they had achieved survival rates comparable to men who had been active for far longer. No matter how old you are, your muscles will respond quickly to training. Men and women in their 80's and older who started resistance training gained strength as rapidly as younger adults did. A reminder: If you are over 60 and are sedentary, make sure to check with your doctor before beginning.

Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging Page. March 7, 2011.

Activity

Ask the group: How many of you have an exercise plan such as walking every day or using a bicycle? Maybe you use stretch bands



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or a balance ball. This does not have to be a written plan, just a commitment to exercising on a regular schedule. Please raise your hand.

Do you remember when you made this commitment? All of your life or when you were an older adult? An interesting study recently released focused on the fact that starting to exercise at any age is beneficial. In fact, if you start later in life you can even catch up to the fitness level of those who exercised for a longer time.

What is important is that you do exercise. Find something you like to do for exercise. Remember to include everyday tasks as exercise like gardening or house cleaning.



Snacks

Teaching Points:

- Using half whole wheat flour helps you to eat 'half your grains whole.'
- The recipe makes a dozen muffins that can be stored in the freezer.
- Pull out a muffin and heat in the microwave for 30 seconds.
- The sodium is kept low by eliminating salt from the recipe and using fresh carrots.
- Traditionally, carrot muffins are frosted with a cream cheese frosting. We are choosing to dust the muffins with sifted powdered sugar for just a little sweetness.

Carrot Muffins

1/2 cup whole wheat flour
 1/2 cup all-purpose white flour
 1/3 cup granulated sugar
 1/2 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon cinnamon
 2 eggs, beaten
 1/4 cup oil
 1 1/2 cups finely grated carrots
 Sifted powdered sugar.

In a large mixing bowl, blend together whole wheat flour, white flour, sugar, baking powder, baking soda, and cinnamon. Add beaten eggs, oil and carrots, blending until mixed well.

Divide batter into 12 cupcake papers in muffin baking pan. Bake at 325° F for 20-24 minutes until toothpick tests done. Sift powdered sugar over tops before serving.

Yield: 12 cupcakes. 117 calories; 2 g protein; 5.7 g fat; 15 g carbohydrate; 24 mg calcium; 97 mg. sodium; 89 mg potassium



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Did You Learn Any New Ideas?

1. The daily sodium goal for adults older than 51 years of age is _____.
2. What mineral found in fruits and vegetables helps lower blood pressure?
3. What four words sum up the new government food safety campaign?
4. What new vegetable will you try in September to add variety to your plate?
5. When certain fruits are not ripe enough when you bring them home, use this to finish the ripening process.

Your Answers

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Month	# Newsletters	# Incentives
September, 2011	_____ Congregate Meal Site Participants	The incentive for July-September is a shopping bag. If you did not receive yours in July, please indicate how many are needed. _____

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Your Answers

1500 mg

Potassium

Clean, separate, cook, chill

Personal choice

Brown bag

Chef Charles Says...

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