



Chef Charles Says...



October

Pick a Better... Cheese Snack

Good news! More cheese selections are available at the supermarket today. Many varieties of cheese are available in individually packaged servings. The individually wrapped servings may cost a little more but they may save money if you find that a bigger block of cheese goes bad before you use it.

String mozzarella, light cheddar cheese sticks, and low-fat herb cheeses are examples of individually wrapped cheese that are also lower in fat. The single-serving feature provides a moderate portion that limits the amount of calories, fat, and saturated fat for you. The individual portion size is not only handy but it makes it less likely that you will eat too much cheese at one time.

Is cheese a healthy snack? Cheese provides a healthy dose of important nutrients, such as calcium. A single serving of string cheese contains 10 to 20 percent of the calcium you need daily. Cheese also provides protein, vitamin A, vitamin B12, and riboflavin.



Chef Charles Asks the Questions

I've heard that eating dairy foods can help me control my high blood pressure. Is this true?

Yes. Scientists are still trying to understand how foods work together to keep us healthy but the evidence to date shows that eating low-fat dairy foods may help control or lower blood pressure. When you eat plenty of fruits and vegetables, whole grains and low-fat dairy products, your diet will be rich in calcium, potassium and magnesium – three minerals essential for controlling blood pressure.

One Serving of Dairy

8 oz. low-fat milk
1 cup low-fat yogurt
1 1/2 oz. low-fat cheese

Drink or eat two to three servings of low-fat dairy each day. Low-fat means the milk is either fat-free, skim or 1%. Try keeping track of your dairy foods this week. And don't forget to include the low-fat milk served at your meal site!

Chef Charles Says... Falling Is for Leaves

Planning lawn clean up this fall? Heed advice from the American Academy of Orthopedic Surgeons:

- ◆ Warm up with 10 minutes of stretching and light exercise,
- ◆ Wear non-skid shoes, and
- ◆ Bend at your knees when you pick up anything.

All these steps limit your risk of falling.



Developed by:
Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork
Iowa Department on Aging, <http://www.aging.iowa.gov>

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

Food Safety

Toss Your Cloth Grocery Bag in the Washer Now and Then

Reusable cloth grocery bags are convenient and environmentally friendly. They do require cleaning to avoid possible food poisoning. Here are some tips to keep your bags clean:

- ◆ Wash your cloth grocery bag frequently in the washing machine or by hand with hot, soapy water.
- ◆ When shopping, put meat, poultry and fish in separate plastic bags before placing in the tote. This will help prevent juices from leaking onto your reusable bags.
- ◆ Place fresh or frozen raw meat, poultry and fish in separate totes from produce and ready-to-eat foods. Use a permanent marker to label your bags to help keep them for separate foods.
- ◆ Store totes in a clean, dry location. Avoid leaving totes in the trunk of a vehicle.

Get the News

Vitamin D Linked to Lower Diabetes Risk

People with adequate levels of vitamin D may be at lower risk of developing type 2 diabetes. Vitamin D deficiency is more common among older adults because their bodies are less efficient at manufacturing D from sunlight. The risk of vitamin D deficiency rises for those who live in northern states, especially in the winter months, when there is less of the type of sunshine rays needed by the skin to make vitamin D. To reduce your risk, include vitamin D-rich foods, including fortified milk, juice, breakfast cereals and fatty fish (salmon, tuna, and mackerel) year round. Next month Chef Charles will talk about vitamin D supplements.

Diabetic Care, October 2011.

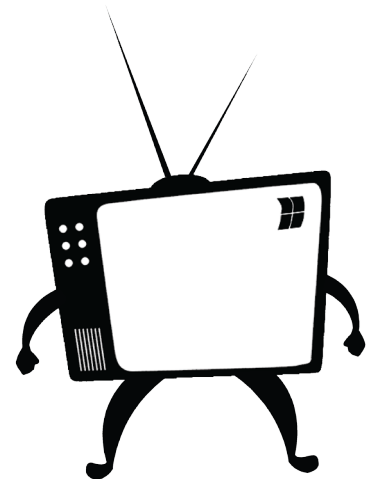
Be Active...

Ever Feel TV Commercials are a Waste of Time?

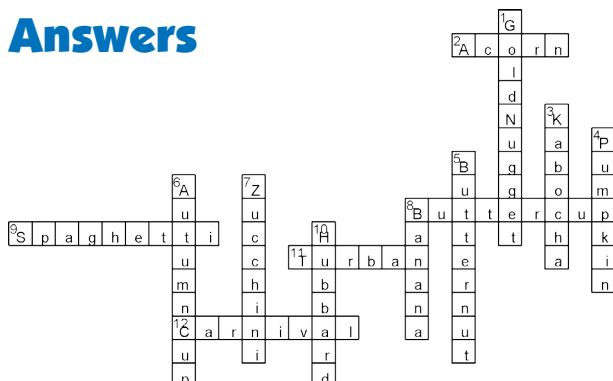
Make good use of watching TV by exercising during the commercials. Standing up and stepping in place during commercials, may burn as many calories as you would if you took a walk.

One hour of stepping in place during the ads will give you 21 minutes of activity, or roughly 2,100 steps. You will burn about 150 calories, nearly double the 80 calories you would burn during the hour of sitting on a couch. The average person burns 150 calories walking for a half hour at a moderate pace (3 mph). You would burn fewer calories at a slower pace.

A typical half-hour TV show has 8 to 12 minutes of commercials, and American adults spend three to five hours a day watching TV. Does this sound like you? If you stood up and stepped in place during the commercials, you could burn an extra 200 to 350 calories a day.



Answers



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	16	10	18	15	24	19	9	21	12	25	17	23	13	8	20	1	7	14	22	4	2	6	11	26	3

I N D I V I D U A L L Y W R A P P E D , L O W - F A T
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 C H E E S E S N A C K S A R E A H E A L T H Y
 10 9 15 15 14 15 14 13 5 10 25 14 5 7 15 5 9 15 5 17 22 9 26
 C H O I C E F O R C A L C I U M , P R O T E I N
 10 9 8 21 10 15 24 8 7 10 5 17 10 21 4 23 20 7 8 22 15 21 13
 A N D V I T A M I N S
 5 13 18 2 21 22 5 23 21 13 14

Food Assistance How Does an EBT Card Work at the Grocery Store?

The Food Assistance Program provides Electronic Benefit Transfer (EBT) cards that can be used to buy groceries at supermarkets, grocery stores and some Farmers Markets. The card looks like any credit card including using a PIN or Personal Identification number for safety. And if all of the money in the account is not used in a month, the balance can remain for several months or until your next shopping trip. Using the EBT system is easy and helps people buy food like fresh produce recommended for better health including lowering blood pressure.



Lettuce Wraps

Slice of low-fat cheese or
a low-fat cheese stick
Slice of turkey
1 lettuce leaf
Favorite mustard

Wrap a slice of low-fat cheese
or a cheese stick, turkey and
mustard into a lettuce leaf.



1. Spread mustard on
meat



2. Add a stick of
cheese



3. Roll up lettuce
leaf

106 calories;
14g protein; 2g
carbohydrate;
392 mg sodium;
15mg potassium;
222mg calcium;
15mcg folate; 4 g
total fat



4. Enjoy!

Easy Cheesy

Decode the message by finding each substitute letter or symbol.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	16	10	18	15	24	19	9	21	12	25	17	23	13	8	20	1	7	14	22	4	2	6	11	26	3

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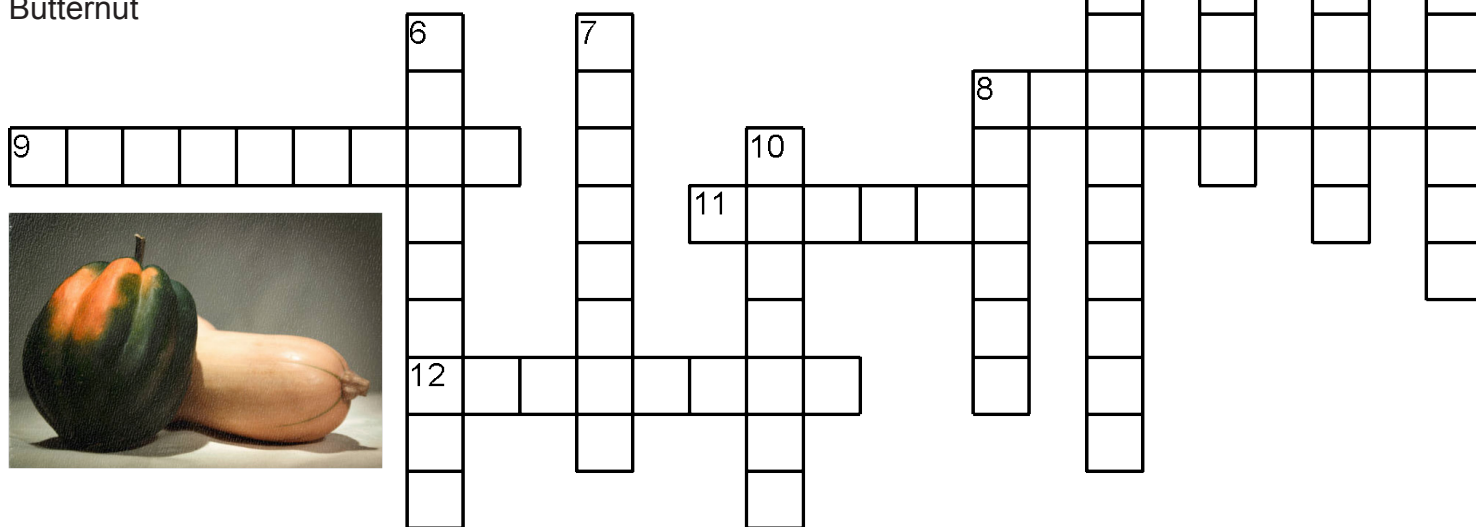
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Summer or Winter?

Squash is one of the many late summer and fall vegetables that may be purchased with an EBT card at Farmers Markets. How much do you know about squash?

Acorn	Carnival	Pumpkin
Autumn Cup	Gold Nugget	Spaghetti
Banana	Hubbard	Turban
Buttercup	Kabocha	Zucchini
Butternut		



Across

2. Small and round, this squash shares its name with a tree nut.
8. A good replacement for sweet potatoes, this dark green squash is very versatile.
9. The flesh of this squash looks like pasta when cooked.
11. Named for its shape, its coloration can be a bright combination of orange, white or green.
12. This bright squash is cream colored with orange spots or pale green with dark green spots in vertical stripes.

Down

1. This orange squash with orange pulp is sometimes called an Oriental pumpkin.
3. The name of this variety is the Japanese word for squash.
4. Popular for pies, bars, bread, soups and jack-o-lanterns.
5. This light colored squash may be shaped like a vase or bell.
6. This dark green squash is only about 6" and weighs 2-3 lbs.
7. This popular summer squash grows quickly and can be shredded and baked in bread.
8. Growing up to 2 feet long and only 6" in dia. this squash looks a bit like a _____.
10. This blue-gray squash has a very hard rind making it one of the best keeping winter squashes.

Summer squash varieties grow on bushes, not vines, and come in three types: yellow straight neck or crooked neck, white scallop or patty pan, and oblong, green, gray or gold zucchini.

Winter squash grows on vines and has a hard rind that allows for winter storage. Examples of winter squash include: acorn, butternut, Cushow and Hubbard.

Sources: Univ. of Georgia College of Ag & Environmental Sciences. http://www.caes.uga.edu/publications/pubDetail.cfm?pk_id=7898&pg=al&ak=H#Harvesting and *Squash*, http://www.caes.uga.edu/publications/pubDetail.cfm?pk_id=7898&pg=al&ak=H#Harvesting



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