



Chef Charles

Says...

June



Get the News *Eating Sweet Berries Improves Aging*

Just in time to enjoy summer berries, another study reports that eating a diet rich in a berries and grapes helps aged rats perform better than those in a group that did not eat the fruit rich diet.

For the two-part study, the researchers wanted to determine if *Pterostilbene*, a compound found in berries, would be effective in reversing the effects of aging on mature rats. The results indicated that in aging rats, the compound was effective in reversing long-term knowledge loss and improved working memory. The study results are the latest in a series of studies published in the last decade that define the relationships between various foods and brain function while aging. The authors noted that there are additional berry compounds showing promise for aging, which they continue to investigate.

Source: Agricultural Research Service, December 2008

Pick a Better ...Pasta Sauce

- ◆ Pick a sauce by its color – the redder the better. The more tomato in your sauce the higher its health profile. Sauces lighter in color like Alfredo are nearly always high in fat, saturated fat and calories.
- ◆ Choose chunky for more fiber. Go for the garden-style sauces or those that contain any kind of vegetables. They can add three to four grams of fiber per half cup serving of sauce. Pair with whole-grain pasta for even more fiber.

Check out the following ideas to make your pasta sauce healthier.

- ◆ Cut the sodium and fat in your favorite sauce by adding a can of fat-free, tomato sauce with no salt added or low-sodium canned diced tomatoes.
- ◆ Reach for canned sauces to save some cents. A typical can costs about five cents per ounce compared to 8 to 14 cents per ounce for jarred sauces and up to 20 cents per ounce for upscale sauces in pouches.

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

Developed by:

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Good News **Re-Think Your Potluck** Potlucks often provide less than nutritious casseroles with unnecessary calories. Consider making vegetable and fruit dishes to balance them out. Add chopped zucchini, broccoli, and other summer vegetables to leafy greens; sprinkle it with toasted nuts or dried fruit, and toss with a modest amount of olive oil and vinegar or reduced-fat dressing just before serving. Bring a fruit salad made from a variety of seasonal fruits, topped with a bit of cinnamon, ginger or mint for extra flavor. Create healthier versions of classic main dishes. For example, make meatless lasagna with reduced-fat cheese and lots of vegetables. Most casseroles can be made healthier by using less added fat, lower fat dairy products and substituting poultry, lean meat or beans for high-fat meats. In addition, making vegetables the largest part of the dish helps keep calories down.



Cooking Vegetables

Steaming tends to preserve nutrients better than boiling because the vegetables are not in direct contact with water.

Water-soluble vitamins are lost in the cooking water when vegetables are cooked in large amounts of it.

Grilling is another way to cook vegetables and retain the nutrients.

The best bet is to eat a variety of vegetables and cook them in different ways to stimulate your taste buds.



Take your favorite lasagna recipe and add different combinations of your favorite vegetables between the layers: mushrooms, spinach, broccoli, carrots, zucchini, onions or eggplant.



Avoiding Foodborne Illness

Food Safety

Incorporating more fruits and veggies into your diet is always recommended, but the unfortunate reality is that produce is becoming an increasingly common source of food poisoning. Headlines about E-Coli or salmonella can be disturbing but here are some tips to help keep you safe at mealtime.

- ◆ Wash produce thoroughly under running water and peel off outer layers of leafy vegetables.
- ◆ Fresh produce should be refrigerated within two hours of cutting or peeling.
- ◆ Buy pasteurized juice whenever possible because the pasteurization kills harmful bacteria.
- ◆ If you have a compromised immune system, consider eating only cooked produce.
- ◆ Never use the same utensils or cutting surfaces for preparing meats and vegetables.
- ◆ Wash off eggs before cracking: bacteria can be on the outside shell and enter the egg when it is cracked.
- ◆ Always cook eggs and poultry thoroughly.
- ◆ Do not defrost meats on the counter: use the refrigerator or microwave.

Healthy Eating on a Budget



Over Looked Cost Savers

The cost of food uses around ten percent of your budget. Try these ideas to save some money.

- ◆ Have ingredients on hand for preparing meals so you will not spend extra money dining out.
- ◆ Protein sources like chicken breast cutlets or ground turkey breast are cost friendly choices because there is little waste. While the cost is more per pound, you can eat all that you buy.
- ◆ Vegetarian options, such as lentils and rice, or bean soup with vegetables, are inexpensive and good for you.
- ◆ Cabbage is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so it helps you stretch the budget. Buy one head of lettuce and when you run out serve slaw or stretch your tossed salad with shredded cabbage. For color consider red cabbage. Red cabbage anyone?
- ◆ Apples and carrots make great snacks and side dishes for meals – and they are cheap when bought in bulk.
- ◆ Grapes are great grab-and-go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips.
- ◆ Coupon clipping is good for foods you have on your shopping list. Coupons for impulse foods or foods that you would not regularly buy just add cost.
- ◆ The best place to shop is often in your own pantry or freezer. Plan meals around what you have on hand.

Berry Good!

Find the berries listed in the letter grid.

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

- Blackberry
- Blueberry
- Boysenberry
- Cranberry
- Currant
- Elderberry
- Gooseberry
- Grape
- Huckleberry
- Loganberry
- Mayapple
- Mulberry
- Strawberry
- Tomato



Did you know...

Grapes are a berry!

Resources

Did you see the colorful poster promoting green and orange vegetables at your congregate meal site? Both recipes are simple and easy even when you are living alone. Good nutrition is part of a healthy independent life. Any lowan needing help with food and nutrition can call the 2-1-1 system to locate the closest Food Assistance office. If you need help do not hesitate.



Blueberry Crumble

- 3 cups fresh blueberries
- ¼ cup frozen orange juice concentrate, thawed
- 1 tablespoon sugar
- ½ cup oatmeal
- ¼ cup whole wheat flour
- 2 tablespoons brown sugar
- 2 tablespoons margarine, cut into small pieces

Preheat oven to 375 degrees. Combine first three ingredients in an 8-inch square baking dish. Set aside. Combine oats, flour and brown sugar in a bowl; cut in margarine with a pastry blender or two knives, until mixture resembles coarse meal. Sprinkle over berries. Bake for 30 minutes. Top with low-fat frozen yogurt.

Makes 8 servings. Each serving contains: 110 calories, Fat 2 gm, sodium 21 mg

BERRY MELON FRUIT CUP

- 1 cup frozen or fresh raspberries
- 2 cups diced ripe honeydew melon
- 1 tablespoon lime juice
- 1 cup frozen or fresh blueberries
- 2 teaspoons finely grated gingerroot (optional)
- 2 tablespoons maple syrup

Fill 2 glass container with ½ cup raspberries. Dice melon and toss with lime juice. Carefully spoon 1 cup melon on top of raspberries in each container and top with ½ cup blueberries. On each, top with 1 teaspoon grated ginger and 1 tablespoon maple syrup. Hold 15 minutes or more before serving. Makes two servings.

Pick a better snack





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.

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Be Active Your Starting Point for Physical Activity

You may have heard about a new Pilates class at the community center, or noticed your neighbor jogging in the morning. But, are these activities you should try? First, here are a few pointers on finding your fitness level so you can get at least 30 minutes daily.

The questions below can help you look at how well you do everyday tasks. Knowing how easy everyday movements are for you can give you a starting point for an individualized physical activity program. Are two 15-minute walks daily a place for you to start? Or, do you need something more challenging, like an aerobic exercise class for 30 minutes? Return to these questions every few months to gauge the effectiveness of your program. Score your answers using the following scale: Rarely – 1 point; Sometimes – 2 points; Usually – 3 points; Always – 4 points.

Mobility and Daily Activities Score

- I find it easy to walk up or down two or more flights of stairs. _____
- I have no trouble taking out the trash. _____
- I easily do chores such as vacuuming and dusting. _____
- I can do other sorts of housework on my own without difficulty. _____
- I don't need help with daily activities. _____
- I have little trouble reaching into high cupboards or reaching down to pick up something from the floor. _____

Mood, Energy Level and Mental Health

- I feel younger than my age. _____
- I feel independent. _____
- I feel energetic. _____
- I live an active life. _____
- I feel strong. _____
- My arms and legs work as well as they used to. _____
- I am as active as other people my age. _____
- Total** _____

10–19 points: Indicates a low fitness level, with significant room for improvement in mobility, ability to complete daily activities, mood and mental health.

20–26 points: Indicates a low to moderate fitness level, with room for improvement in most areas.

27–33 points: Indicates a moderate fitness level, with room for improvement in some areas.

34 and above: Indicates a high level of fitness.

Quiz adapted from *Growing Stronger: Strength Training for Older Adults* published by the Centers for Disease Control and Tufts University, 2002.

Answers

