



# Chef Charles

# Says...

July

## Pick a Better ...Mango

Mangoes are the most popular fruit in the world. You may consider mangoes exotic, but they are becoming a regular in the grocery produce section. Mangoes have a flavor that is a cross between a peach and pineapple. They are a good source of vitamin C, low in calories and fat. Selecting and storing a mango is easy if you follow a few guides.

- ◆ A ripe mango will be firm and have some give when it is squeezed.
- ◆ Focus on the firmness and not color as a mango can be any combination of green, yellow, or red.
- ◆ Choose a mango that has a fruity aroma at the stem end.
- ◆ Store mangoes at room temperature and out of the sun if they need to ripen. Ripe mangoes can be stored in the refrigerator for three to five days.

### Tips on how to cut a mango...

1. Always wash the mango before cutting.
2. Cut off both ends of the fruit.
3. Stand fruit on flat end and cut from top to bottom along the curvature of the mango.
4. Continue cutting lengthwise along the pit.

### Slice & Scoop Method



Place your knife about 1/4" from the widest center line and cut down through the mango.



Cut parallel slices into the mango flesh, being careful not to cut through the skin.



Scoop the mango slices out of the mango skin using a large spoon.

Source: [www.mango.org](http://www.mango.org). Photos courtesy of the National Mango Board

#### Developed by:

Iowa Department of Public Health  
[www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa State University Extension  
[www.extension.iastate.edu](http://www.extension.iastate.edu)  
Iowa Department of Elder Affairs  
[www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs)



### Good News



When you remove the peel or skin from fruits and vegetables that have edible skins you lose a lot of nutrition because it is a concentrated source of fiber, vitamins and minerals. The pigments in produce are healthful, and the skins or peels are often the most colorful part. Vegetable peels or skins are particularly good sources of insoluble fiber, which helps prevent constipation. Some peels, notably apple, are rich in pectin, a soluble fiber that helps lower blood cholesterol and control blood sugar. Potato skins have more fiber, iron, potassium and B vitamins than the flesh. Mango skin is not considered an edible skin.

Source: *UC Berkeley Wellness Letter*, Sept. 2008



## How to Freeze Fruit

You can enjoy fresh fruit even after the summer season. Freeze your favorite summer fruit to enjoy months after summer ends. Begin by removing any leaves and stems. You may want to cut larger fruits before freezing. Place the pieces of fruit on a baking sheet to freeze, so the pieces do not stick together. Transfer your fruit to freezer bags that are labeled and dated, and store to enjoy later. Most fruits will hold their nutritional value for up to eight months. Citrus fruits will stay good up to six months.

*Source: Tufts University Health and Nutrition Letter, 2008*

## 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 Iowan 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 to make this call.

# Healthy Eating on a Budget



## Meet Mark and Connie Chartrand

Mark and Connie Chartrand from Ankeny are Chef Charles fans and attend a Chef Charles Club in Des Moines. While they have learned much at the club, they also have these ideas to share when it comes to eating on a budget:



- ◆ Look at the sale flyer before shopping and plan your meals accordingly. The flyer is promoting seasonal foods that cost less.
- ◆ Take your time while shopping to compare prices and nutrition. Even if you have to adjust your glasses or lift a package of food to the right angle to read a label, it is worth the effort.
- ◆ Make a list before going to the store and try to get what is on your list. With the downturn in the economy, there are more people in the store with a list so it seems to be the thing to do to save money.
- ◆ Divide your snacks into serving sizes when you return from the store. This will prevent you from overeating and will make your favorite snack last longer. Our favorite snack to divide into half-cup servings is ice cream. It stops us from over-eating, and we have snacks for the week.
- ◆ Take advantage of your local farmer's market for fresh produce. Mark on your calendar when the closest one to you will be open.
- ◆ Cook big and eat small. You can cook a large meal and store the leftovers for a later meal. Mark and Connie do this with main courses like meat-loaf and beef roast. Some even think the food tastes better the second time around.

## Food Safety

### Wash Produce First

Shopping the farmer's market is a summer delight, but safe handling of the fresh produce properly is a must for your safety. Raw produce can carry bacteria or viruses. The bacteria can come from the soil, handling, or the knives and cutting boards. Follow these steps to prepare fresh produce:

1. Wash your hands with soap and water before preparing any food item.
2. Use clean utensils and equipment. If you have used the same equipment for raw meat, poultry or fish, be sure to wash the equipment with hot soapy water and spray with a solution of one quart water and one teaspoon of household bleach before using it to cut produce.
3. Wash all produce in running water, even if it has a peel.
4. Soap or produce rinses are not needed as plain water will remove all the dirt and bacteria. You may want to use a scrub brush for firm vegetables.
5. Dry vegetables with a clean paper towel or let them air dry on a rack.



## Be Active

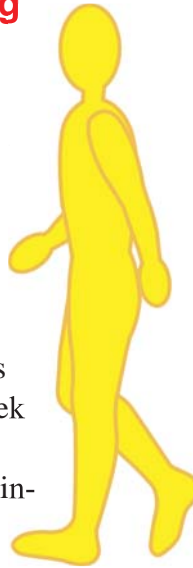
### How to Get the Most from Your Walking

Be aware of your movements, from head to toe.

Keep your chin up and your shoulders slightly back. Swing your arms as you walk. Let your heel hit the ground first and keep a pointed toe. And hold in that tummy.

If you think that walking makes you feel and look younger, you may be right. Recent research suggests vigorous walking for about an hour, five times a week increases your oxygen intake which can help turn back the clock on aging. Start with a slow walk and increase your speed for the remainder of your walk.

Source: Tufts University Health and Nutrition Letter, 2008



## SPINACH SALAD WITH MANGO Vinaigrette

- ½ of a 10-ounce bag baby spinach
- ½ large ripe mangos, peeled, pitted, and cubed
- ½ medium apple, cored and finely chopped
- 3 tablespoons toasted, chopped almonds
- 3 tablespoons sliced green onions
- 3 tablespoons crumbled blue cheese
- Mango Vinaigrette (recipe follows)

Mango's intense flavor adds a taste of paradise to your favorite salad, without adding fat.

### Mango Vinaigrette:

Combine ¼ peeled and pitted mango, 1 ½ tablespoons extra virgin olive oil, 1 ½ tablespoons white balsamic vinegar in a blender container or small food processor; blend until smooth. (May be made several days ahead and refrigerated until ready to serve.)

Place spinach, mango, tomato, almonds and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper.

Makes 3 servings. Nutrition per serving:  
194 calories, 5 g protein, 17 g carbohydrate, 13 g fat, 6 mg Cholesterol, 244 mg sodium, 2 g fiber

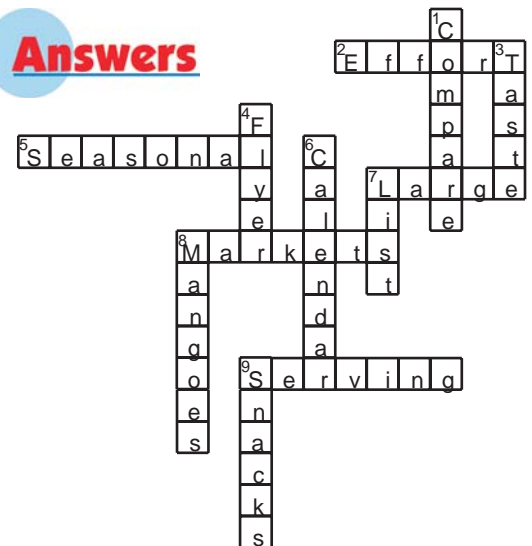
Source: American Dietetic Association (eatright.org)



### Snack on Almonds

Almonds are an excellent source of vitamin E, magnesium, protein and fiber. They also contain potassium, calcium, phosphorous, iron and monounsaturated fat. That's a lot of nutrition for one little nut. Eat them alone or add them to your favorite salad.

### Answers



## MELLOW MANGO POPS

- 2 cups chopped mangos
- 1/2 cup evaporated milk
- 3/4 cup water
- 1/4 cup frozen pineapple-orange juice concentrate

In a blender, puree mangos until smooth. Add evaporated milk, water and juice concentrate. Blend until well mixed. Pour into freezer molds or paper cups. Seal and freeze until firm. Unmold and serve immediately. Note: This is a large recipe, but by making individual servings you can enjoy the pops longer and they will store well in the freezer.

Pick a better snack



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.

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).



Our five senses are very important for enjoying food. But as you age, you may experience some changes, including a decline in sight, peripheral vision, hearing, smell and taste.

A decline in vision may cause problems in reading food prices, nutrition labels or recipes. That means challenges for grocery shopping, cooking and eating. If you worry about your hearing you may not ask questions of the waiter or store clerk. Changes in smell and taste can affect the type and amount of food eaten and lead to malnutrition. If food does not taste appetizing or smell appealing, there is little motivation to eat.

Do not let these changes affect your nutrition and health status. Explore new food flavors that could include low-sodium seasonings such as lemon juice, dill, curry and herbs of all types. Sometimes the problem is not dulled senses, but rather lack of texture. Do not cook vegetables until they are mushy. Instead, revive your senses with fresh, flavorful foods and new textures.

Color can add interest and enhance the nutritional quality of food. Deep, dark colors of fruits and vegetables are the best choice for nutrition, and the color may entice you to eat more.

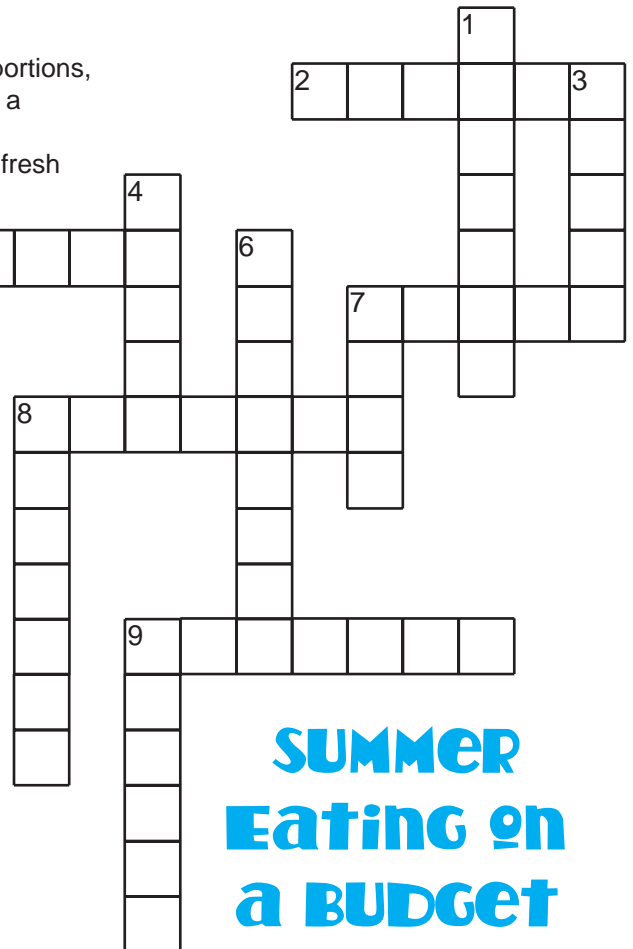
*Source: Colorado State University Extension Bulletin*

**Across**

2. Reading food labels is worth the \_\_\_\_\_.
5. \_\_\_\_\_ foods usually cost less.
7. Cooking a \_\_\_\_\_ meal, eating modest portions, then storing or freezing the leftovers for a later meal helps to save money.
8. Farmers \_\_\_\_\_ are a good place to get fresh produce.
9. Divide snacks into single \_\_\_\_\_ sizes to help prevent over-eating.

**Down**

1. \_\_\_\_\_ prices and nutrition when shopping to get the best value.
3. Some foods may \_\_\_\_\_ better the second day.
4. Look at the sale \_\_\_\_\_ before shopping and use it plan your meals.
6. Mark the dates of local farmers markets on a \_\_\_\_\_.
7. Make a \_\_\_\_\_ before going to the store and stick to it to save money.
8. \_\_\_\_\_ are in season from May through September in the U.S.
9. \_\_\_\_\_ may last longer if they are divided into single serving packages.



**SUMMER  
Eating on  
a BUDGET**