



Chef Charles

Says...

August

Pick a Better ...Peach

August is National Peach Month! Peaches are believed to be native to China, although the United States and Italy are the leading producers with a production total of about 5.5 million tons annually. California grows the most peaches in the United States. Peaches are fat-free, sodium free, cholesterol free, and high in vitamins A and C.



Look for peaches with a yellow or creamy color skin. The amount of pink or red on the skin will depend on the variety and is not a good indicator of ripeness. Avoid peaches with wrinkles,

brown spots, or traces of green on their skin. Store peaches in a brown bag at room temperature. Ripe peaches can be stored in the refrigerator for up to six days.

Nectarines are essentially the same fruit as peaches. The primary difference is that nectarines are smooth-skinned while peaches are fuzzy. The smooth-skin characteristic of nectarines is a minor genetic variation. Choose those that have red-and-yellow skins with yellow or white flesh.

Get the News It is okay to eat green vegetables while on Coumadin.

Many older adults are prescribed Coumadin to prevent blood clots. It works by decreasing the activity of vitamin K. Since vitamin K is needed in the body to form blood clots when we get small cuts and scratches, and for bone formation. It is important for you to maintain a consistent intake of vitamin K while taking Coumadin. The Drug-Nutrient Interaction Task Force at the National Institutes of Health recommends up to one serving per day of foods that are considered "high" in vitamin K, and up to 3 servings per day of foods that are considered "moderate" in vitamin K. One interesting point about vegetables and vitamin K is that the concentration of vitamin K increases when the vegetables are cooked. This would be a very good reason to choose to eat raw vegetables.



Developed by:
 Iowa Department of Public Health
www.idph.state.ia.us/nutritionnetwork
 Iowa State University Extension
www.extension.iastate.edu
 Iowa Department of Elder Affairs
www.state.ia.us/elderaffairs

High vitamin K Vegetables	Moderate vitamin K Vegetables	Low vitamin K Vegetables
All of the following vegetables are served cooked and not fresh: Kale Collards Spinach Turnip greens Beet greens Mustard greens	Canned or frozen: Brussels sprouts Asparagus Fresh: Boston lettuce Bibb lettuce Spinach	Raw broccoli Romaine lettuce Celery Cucumber Fresh asparagus Cooked okra Cabbage Peas Green beans



All fruits and vegetables are good, no matter how you prepare them.

Whether you prefer fresh, canned or frozen, all fruits and vegetables are good for you! Studies conducted at the University of Illinois found that fresh, canned and frozen versions of thirty-five different fruits and vegetables had similar nutritional value when cooked. They all had similar amounts of vitamin A, vitamin C, dietary fiber, folate, thiamin, carotenes, and potassium. So no matter what your budget, taste preference or availability, your daily vegetables and fruits are easy to get. *A word of caution: when selecting canned vegetables, read the nutrition label carefully for the sodium content.*

Resources

The loss of hearing can be gradual and influence your life. If you are wondering if you have a hearing loss, try this Web site. To access the test, look at the left-hand side of the page and click on BHI Quick Hearing Check. The Better Hearing Institute is a good resource for health hearing.
<http://www.betterhearing.org/about/>

Healthy Eating on a Budget



Meet Marietta Kennedy

Marietta is a 22 year veteran of managing diabetes. Her philosophy is to ‘partner’ with the condition and not try to beat it. You have to listen to the rhythm of your health needs and not try to be the boss. Many people think that you have to spend a lot of money to eat healthy as a diabetic but Marietta has some thoughts to share on how to save money and live with diabetes.

- ◆ Eating fresh fruit and vegetables in the summer is great and can cost less but do not be afraid to use frozen produce in the winter. Marietta especially likes frozen pineapple. The added benefit of frozen produce is that there is no waste, so you are eating everything you pay for.
- ◆ Just because Marietta is diabetic does not mean she needs a special diet. In fact, her husband eats the exact same food as she does. Marietta shared that the truth is her husband likes eating the same food.
- ◆ Even though Marietta lives in an apartment, she has two small freezers. She buys fruits and vegetables in season and saves them for the future. She has discovered that removing as much air as possible from the bag helps keep the quality of the food.
- ◆ Trips to the local farmer’s market are an every week event for Marietta and her husband. They arrive at the market before it opens and walk around to check out what they would like to buy. This adds exercise to their trip.
- ◆ Marietta says she no longer ‘diets’. She feels that trying to lose weight just makes her hungrier. She is a fan of MyPyramid and uses it as a guide for planning her meals.
- ◆ Marietta never goes shopping without a shopping list. The list is created as she reviews what she has at home and looks at the weekly grocery ads.
- ◆ Marietta says she believes ‘you are what you eat,’ and she will not be leaving this world because of diabetes. That is why she pays close attention to what she eats.

Safe Thawing



Food safety is not only important when storing, and cooking food, but also in thawing foods. Thaw frozen foods properly to prevent bacteria that can cause foodborne illness. Remember these food safety tips when thawing.

- ◆ Always thaw food in the refrigerator, not at room temperature.
- ◆ You can also thaw food outside the refrigerator by immersing in cold water. Change the water every half hour to keep the water cold. Cook immediately after thawing.
- ◆ If you thaw food in the microwave, cook immediately after thawing.
- ◆ Marinate foods in the refrigerator.
- ◆ Don’t pack the refrigerator too full. Cold air must circulate to keep food safe.

Source: <http://www.foodsafety.gov>

Food Safety



August is a great time to buy local fresh fruits and vegetables. Be sure to ask your farmer's market vendor to show you their lowa-grown produce.



Be Active

It is Never Too Late To Start Exercising

Many studies have shown that the benefits of exercise add up no matter how old you are when you start exercising. A recent study scored the benefits for people who start exercising later in life. The study included over 2000 men and tracked them for 35 years beginning at age 50. During the first five years death rates were lowest among those who exercised. But some of the men began exercising in their 50s and after ten years their death rates were as low as those who had exercised all the way along. It did take a while for the coach potatoes to catch up, but the point is they did. In fact exercise made as big a difference in death rates as quitting smoking. There is every reason to believe that sedentary older women would benefit just as much.

Source: *British Medical Journal*, March 2009



Grilled Peaches



Cut a peach in half and remove the pit. Spray the cut edge with low-fat butter spray and sprinkle with brown sugar. Grill over medium heat, cut side up for several minutes. Turn and grill until the peach is soft, but still holds its shape. Serve warm or at room temperature.



Fresh Peach Salsa

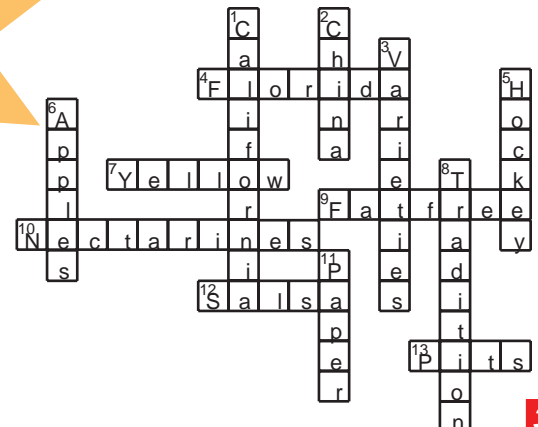


- 2 cups chopped, peeled fresh peaches
- 1/4 cup chopped sweet onion
- 3 tablespoons lime juice
- 2 to 3 tablespoons finely chopped, seeded fresh red or green pepper
- 1 clove garlic, minced
- 1 tablespoon snipped fresh cilantro
- 1/2 teaspoon sugar

In a medium mixing bowl stir together peaches, onion, lime juice, peppers, garlic, cilantro, and sugar. Cover and chill for 1 to 2 hours. Serve on a baked tortilla chip or whole wheat cracker. Makes 2 cups.

Read the Good News article in this newsletter and try this recipe with fish!

Answers





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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fuzzu fun facts



Word Bank

- | | |
|------------|-----------|
| Apples | Paper |
| California | Pits |
| China | Salsa |
| Fat free | Tradition |
| Florida | Varieties |
| Hockey | Yellow |
| Nectarines | |



Across

- The first peach orchard was started in _____ in 1565.
- Peaches should have _____ or creamy color skin.
- Peaches are _____.
- _____ are like peaches without the fuzz.
- The peach _____ recipe goes well with fish.
- Peaches have large _____ inside.

Down

- The most peaches in the United States are grown in _____.
- The peach is a sign of good luck in _____.
- There are over 700 _____ of peaches.
- Some Chinese peach varieties are shaped like a _____ puck.
- Peaches were once known as Persian _____.
- "You're a real peach" originated from the _____ of giving a peach to a friend you liked.
- Peaches should be kept in a brown _____ bag.

Good News Fish for the Brain

Results from a USDA Agricultural Research Service study suggest that people ages 55-88 who eat fish regularly are less likely to develop Alzheimer's disease or other forms of mental deterioration than those who do not eat fish as often.

Participants consuming an average of three servings a week of fish rich in a compound known as DHA were about half as likely to develop dementia, over time, as the other participants. Salmon, herring, and sardines are good sources of DHA.

Human Nutrition Research Center on Aging at Tufts University, 01/07

