



Chef Charles Says...



February

Pick a Better... Cereal and Fruit Combination

Beware of products pretending to contain fruit in cereals and other foods. The plump berries and other pieces of fruit pictured on the package may not be what are inside the box. Instead, you may find imitation fruit made with sugar, flour, flavorings, colorings, and other additives. Fake blueberries, sometimes called blueberry bits, are used in a number of cereals, muffins and breads. Some products contain no fruit at all. Others have a little fruit or fruit puree concentrate, which is mostly sugar, mixed with the fake fruit. To avoid this, check the ingredient label for fruit. Better yet, add your own fresh fruit to cereal and other foods.



Chef Charles Asks the Questions

Are Healthy Foods Always More Expensive?

Healthier foods are not always pricier than less nutritious foods, according to a USDA study. Researchers



compared prices by weight of different foods. Whole grains were more expensive than refined grains, and dark green vegetables cost more than potatoes and other starchy veggies. But whole fruits were 60-70 percent cheaper than packaged savory snacks. Orange vegetables such as carrots and sweet potatoes were another bargain, comparable to, or cheaper than starchy veggies. Though more costly than carbonated soft drinks, low-fat milk costs less than whole milk. The report also found geographic differences in the price of healthier choices. If a food was grown locally and was seasonally abundant, the price often was lower.

USDA Quarterly Food-at-Home Price Database, Fall 2011.



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

Get the News

Lose Weight to Improve and Maintain your Independence

You may not be worried about extra weight today, but a new study finds that the additional weight may eventually make it difficult for you to function throughout the day. Specifically, the study stated that older adults who are overweight or obese have trouble performing day-to-day activities, making it harder for them to care for themselves and maintain independence. Participants were asked about important daily activities such as bathing, dressing, walking, making meals, doing housework and shopping. Those considered overweight or obese reported increased difficulty with many activities that became worse over time. Older adults need to be aware that they are at risk of losing their ability to carry out normal daily activities if they do not control their weight.

Annals of Internal Medicine, May 2011

If you are overweight, losing just 10 percent of your body weight may lower your cholesterol, reduce your blood pressure, increase your energy and relieve pressure on your knees. A person who is 5' 4" tall and weighs 150 pounds would need to lose 15 pounds to meet the 10 percent goal.

Chef Charles Says...

B12 Is Important For Older Adults

As many as 30 percent of older adults suffer from a digestive condition that decreases stomach acid and in turn decreases absorption of vitamin B12. Individuals with this condition are unable to absorb the vitamin B12 that is naturally present in food. Most, however, can absorb the synthetic vitamin B12 added to fortified foods and dietary supplements. As a result, the Institute of Medicine recommends that adults 50 years and older, consume most of their vitamin B12 from vitamin supplements or fortified foods. Fortified foods include breakfast cereals and many soy products. If you are diagnosed with this condition, be sure to talk to your health professional about recommendations for your diet.

NIH, Office of Dietary Supplements—Vitamin B12, Reviewed June 2011

3 ounces of cooked, wild rainbow trout contains 90% daily value of vitamin B12.



Food Safety

How Are You Handling Your Food?

Ready-to-eat fresh foods found in a store's deli, can help you save time but some of the foods present a high risk for foodborne-illness, especially for older adults. When shopping, choose ready-to-eat fresh foods that are packaged safely and are clean. The food should be stored in the refrigerator, both at the grocery and at home. At home, ready-to-eat fresh food should be eaten as soon as possible and disposed of after four days. Do you remember 4 A Day Throw Away? To be sure you do not keep things too long, write the date you opened the package on the container.



Some foods need special attention for storage. The foods listed here should never be at room temperature for very long. Since these foods are at higher risk of

causing foodborne illness handle with care.

- ◆ Soft cheeses such as brie, feta, ricotta, and blue-veined cheese
- ◆ Raw, unpasteurized milk (should never be drunk)
- ◆ Hot dogs, luncheon meats, cold cuts (older adults should not eat unless they have been reheated to steaming temperatures)
- ◆ Pâtés and meat spreads (choose only canned)
- ◆ Precooked chicken
- ◆ Deli-type salads (such as coleslaw)
- ◆ Pre-packed raw vegetables and mixed raw vegetable salad
- ◆ Pre-cut fresh fruits and fruit salads

Institute of Food and Agricultural Sciences, University of Florida, Gainesville, May 2010

Easy Breakfast Yogurt Parfait

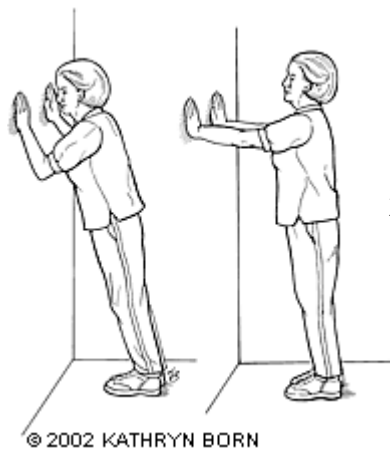
6 ounces vanilla yogurt, divided (or other flavors)
 1/2 cup granola cereal, divided
 Your favorite seasonal fruit

Place 1/4 cup of granola in a parfait glass. Top with half of the yogurt. Repeat layers. Top with remaining granola. An alternative would be to mix any of your favorite fruits into the yogurt before assembling or layer fruit in between yogurt and granola layers if so desired.



Each serving of the recipe made with 1/2 cup strawberries contains: calories 359, total fat 5, sodium 219, protein 13, carbohydrates 69, fiber 5, calcium 320, potassium 617, folate 438.

Be Active... Wall Push-Ups



1. Place hands flat against the wall.
2. Slowly lower body to the wall. Push body away from wall to return to starting position.

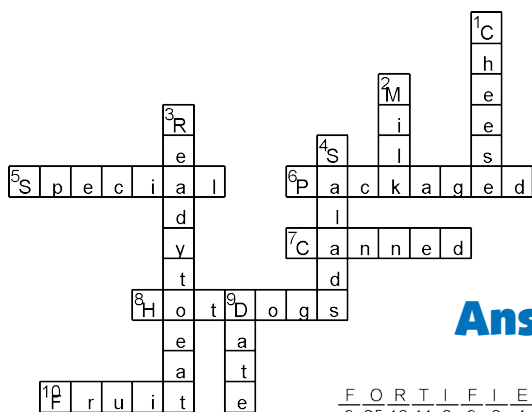
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Chair Squats



1. Begin by sitting in the chair.
2. Lean slightly forward and stand up from the chair. Try not to favor one side or use your hands to help you.

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Answers

F O R T I F I E D F O O D S
 9 25 18 11 2 9 2 4 5 9 25 25 5 7

S U C H A S B R E A K F A S T
 7 8 1 10 13 7 20 18 4 13 14 9 13 7 11

C E R E A L S A N D
 1 4 18 4 13 12 7 13 3 5

M A N Y S O Y P R O D U C T S
 21 13 3 6 7 25 6 24 18 25 5 8 1 11 7

A R E G O O D S O U R C E S
 13 18 4 22 25 25 5 7 25 8 18 1 4 7

O F V I T A M I N B 1 2
 25 9 15 2 11 13 21 2 3 20

Food Assistance Promotion

When accepted for Food Assistance, you receive an EBT (Electronic Bank Transfer) card to be used to purchase food. When shopping with your EBT card, remember that whole fruit is a better choice and price than salty or sweet snacks. Carrots or sweet potatoes can be a bargain compared to other starchy vegetables.



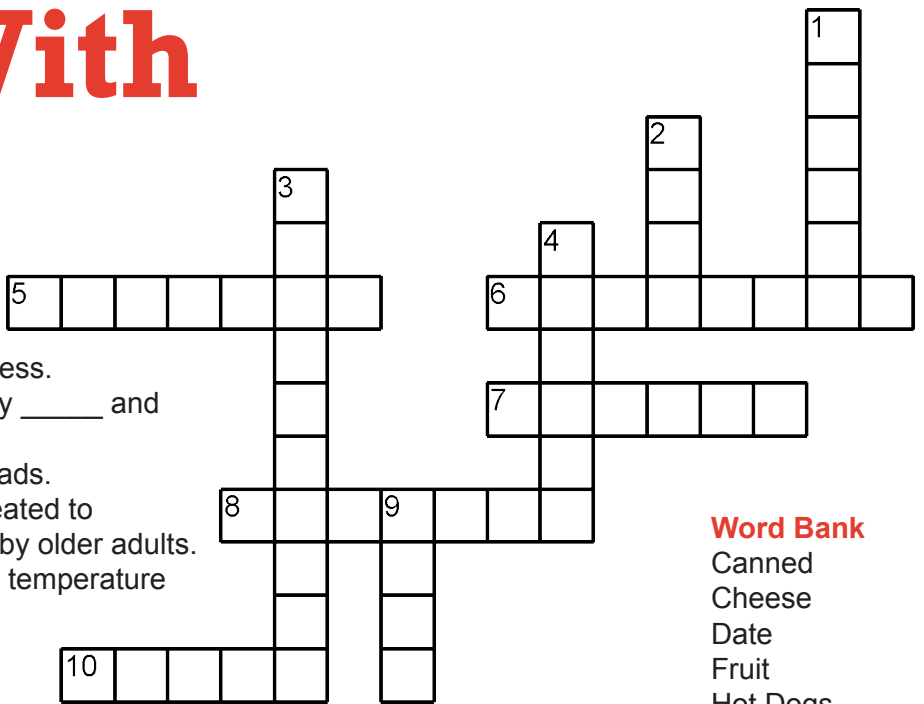
Handle With Care

Across

- Some foods need _____ attention because of a higher risk of foodborne illness.
- Look for ready-to-eat foods that are safely _____ and clean.
- Choose only _____ pâtés and meat spreads.
- Cold cuts and _____ should be heated to steaming temperature before consumed by older adults.
- Pre-cut _____ should not be left a room temperature very long.

Down

- Soft _____, such as feta, should be handled with care.
- Older adults should never drink raw, unpasteurized _____.
- _____ - _____ foods are convenient, but may be a high risk for foodborne illness.
- Deli-type _____ should be refrigerated at the grocery and at home.
- Write the _____ on food packages when they are opened so leftovers are not kept too long.



Word Bank

- Canned
- Cheese
- Date
- Fruit
- Hot Dogs
- Milk
- Packaged
- Ready-to-eat
- Salads
- Special

Fortify Yourself

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
13	20	1	5	4	9	22	10	2	16	14	12	21	3	25	24	19	18	7	11	8	15	23	26	6	17



9 25 18 11 2 9 2 4 5 9 25 25 5 7
 7 8 1 10 13 7 20 18 4 13 14 9 13 7 11
 1 4 18 4 13 12 7 13 3 5
 21 13 3 6 7 25 6 24 18 25 5 8 1 11 7
 13 18 4 22 25 25 5 7 25 8 18 1 4 7
 25 9 15 2 11 13 21 2 3 20^{1 2}

Resource:

NeedyMeds Drug Discount Card

NeedyMeds drug discount card can save you up to 80% off the price of your prescription medications. The card may be used by those without insurance and by those who decide not to use their insurance. Examples of uses for the card: if the drug is not covered under the plan, if the co-pay or deductible is high, if the cap has been reached, or if the user is in the donut hole. To learn more about the program visit:

<http://www.needymeds.org/>



Funded by USDA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov or call 2-1-1 for more information. 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.