



Chef Charles

Says...

February

Pick a Better ...Orange

We consume most of our oranges in the form of juice, but the whole fruit has more nutritional advantages. For example, a whole orange has about the same number of calories and vitamin C as a four ounce glass of juice, but it has the added benefit of three grams of fiber. Oranges are also rich in folate as well as potassium. Oranges are at their peak during the winter months, but available year round. When selecting an orange remember that the skin color is not a good guide because they may be artificially colored to make them look more appealing. Choose those that are heavy for their size and evenly shaped.



Be Active Do You Know How to Use Stretch Bands Safely?

Resistance or stretch bands are designed to be used for exercise and you should take caution to avoid being injured by the band breaking or snapping back. Before and after every use, make sure to inspect the bands for scratches, nicks, cracks or abrasion spots. These blemishes can weaken the band. Always test the band at the stretch point before each exercise. Do not store the band in direct sunlight or near heat. To clean, wipe with a clean damp cloth and do not use soap or chemicals on the band. Do not stretch the band more than two-and-a-half times its length.

Food Safety

Why shouldn't I taste a sample of cookie dough before baking it?

Letting the grandkids taste the cookie dough is a "grandmother" thing to do. Foods containing raw eggs, such as homemade ice cream, cake batter, mayonnaise, and cookie dough carry a Salmonella risk, while commercial products do not. Commercial products are made with pasteurized eggs and also may contain an acidifying agent that kills the bacteria. Commercial preparations of cookie dough are not a concern. If you want to sample homemade dough or batter or eat other foods with raw egg-containing products, consider substituting pasteurized eggs for raw eggs, usually sold in the grocer's refrigerated dairy case.



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



Resources

Many communities have a new source for food at a lower cost called Angel Food Ministries. Monthly packages are available and must be ordered in advance. To learn more about this program and locate a local site, call or visit: <http://www.angelfoodministries.com> or 1-888-819-3745.



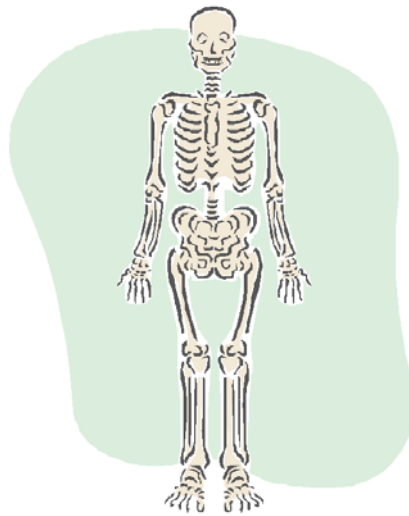
Information & resources for seniors with home & family questions
ISU AnswerLine 1-800-262-3804



Breakfast needs to be more than toast and coffee. Add some fruits and veggies!

More Matters at Breakfast

- Top a bowl of low-fat yogurt and granola with sliced apples or berries.
- Add berries or bananas to your waffles, cereal or oatmeal.
- Top toasted, whole-grain bread with peanut butter and sliced bananas.
- Add vegetables like peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- Pick fruit for a mid-morning snack.



Good News

Bones Benefit from Fruit and Veggies

Vitamin C-rich foods may help prevent bone loss in older men. Nonsmokers with the highest consumption of vitamin C had higher bone mass and less bone loss than those with the lowest intake of C. Getting the vitamin from like fruits and vegetables was especially protective. The researchers suggest that the effects of vitamin C may be intertwined with other protective factors in fruits and vegetables, supporting the need to eat them for better nutrition. Unfortunately, the study did not find a relationship between bone density and vitamin C for women. Men can protect their bones by eating fruits and vegetables high in vitamin C such as oranges, melons and strawberries.

2 (*Journal of Nutrition*, October, 2008)

Healthy Eating on a Budget



Planning Ahead

- When cooking a big meal for your family or friends, make extra to freeze or use later in the week.
- Use less expensive cuts of meat for casseroles that you slow cook; add extra vegetables and beans to make the meal go further.
- Capitalize on one-pot dishes, which generally save prep time, money, and dishwashing, and often make great leftovers. Look for smaller slow cookers that are just the right size for one or two people.
- Take advantage of specials on staples—broth, soups, pasta, rice, canned veggies, even bread and meat. Many of these items have a long shelf life or can be frozen for short periods of time.

Get the News

Fruit and Vegetables + Activity = Longer Life

A two-step approach may lower the risk of recurrence of breast cancer according to a study from Stanford University. Following over 1,500 breast cancer survivors for nine years, the researchers found that women with high fruit and vegetable intake and high levels of physical activity were only half as likely to die of recurrent breast cancer as women with less produce in their diet and no exercise. The women ate at least five servings of fruit and vegetables a day and walked at least 30 minutes a day. The biggest surprise was that neither of the healthy behaviors alone made a difference in survival, but the combination of the two was the winning way to live longer.

(*Journal of Clinical Oncology*, June 2007)

