

March 2011 Nutrition InfoGram

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A bimonthly Electronic Newsletter from the Nutrition and Health Promotion Team (NHPT) of the California Department of Aging (CDA)

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American Society on Aging

The annual conference for the American Society on Aging in San Francisco on April 26th -30th. The Aging in America conference is a gathering of a diverse, multidisciplinary community of professionals from the fields of aging, healthcare and education. The ASA Conference, with more than 3,000 attendees, is recognized as a showcase for programs and projects that can be replicated, a forum for policy discussion and advocacy, and a prime source of information on new research findings in aging.



Aging Services Program Specialist Jean Lloyd from the U.S. Administration on Aging will be presenting a discussion on Quality and Evidence Based Nutrition Programs to Improve the Health of Older Adults

Follow the link for more information or to sign up and find the answers, the experts, the research, the best practices, and the most comprehensive educational offerings available to professionals <http://www.asaging.org/aia11/> .

California Dietetic Association



This year's CDA conference will be held in Pasadena on April 28th-30th. Sign up before April to receive a discounted price. Click on the link below for more details and registration information http://www.dietitian.org/member_annual_mtg_2011.htm

Senate Bill 602 and 303

Many of you may remember last year's passage of Senate Bill (SB) 602 which acted to amend Sections 113947.2 and 113947.3 and add Sections 113790 and 113948 to the Health and Safety Code. This law now requires, with specified exceptions, a food handler, as defined, who is hired prior to June 1, 2011, to obtain a food handler card from a food protection manager certification organization, as described. A food handler hired after June 1, 2011, is required to obtain a food handler card within 30 days of his or her date of hire. A food handler must maintain a valid food handler card for the duration of his or her employment as a food handler.



Recently Senator Padilla proposed an amendment to Section 113790 of the Health and Safety Code as SB 303. For purposes of the above-described food handler requirements, SB 303 would define a food facility to mean a food facility that *sells* food for human consumption.

The Bill is currently in Committee and we will continue to update you on the status of SB 303.

California Health Interview Survey



CHIS is the nation's largest state health survey. Conducted every two years on a wide range of health topics, CHIS data gives a detailed picture of the health and health care needs of California's large and diverse population. CHIS is conducted by the UCLA Center for Health Policy Research in collaboration with the California Department of Public Health, and the Department of Health Care Services. Legislators, policy makers, local health departments, state agencies, community organizations, advocacy groups, foundations, researchers, and many others use CHIS data to justify programs that fight health threats like obesity and diabetes and aid policies that improve public health. To learn more about the health of California visit their website at, <http://www.chis.ucla.edu/default.asp>.

Nutrition Education

Over the past couple of months CDA dietitians noticed that there was some confusion over which items to include in the Nutrition Education budget. The list below is intended to give nutrition education providers a better idea of what should and should not be included in the Nutrition Education budget category.

Nutrition Education Budget Category	
INCLUDE	
•	RD time to develop and present Nutrition Education
•	Cost of paper and printing Nutrition Education materials
•	Audio/ Visual if used for Nutrition Education presentations (if split between other programs item costs should be prorated between each)
•	Cost of food and supplies for food demonstrations (this does not include the food used in meals)
•	RD time to review Nutrition Education plans developed by interns
•	Time used to develop and analyze Annual Nutrition Education Needs Assessment
•	Development and analysis of Nutrition Education surveys
•	Translation fees
•	Guest speaker fees
•	Postage or rental fees for audio and video equipment rental
•	Travel time to and from site (if visit is not specifically for NE, prorate cost between programs)
•	NASCO or other teaching aids
•	Food demonstration equipment
•	Printed handout materials such as brochures or handbooks.
DO NOT INCLUDE	
•	Nutrition counseling costs
•	RD kitchen monitoring time
•	RD staff training time
•	Title IIID Nutrition Education

To help stay within the budget the following links offer excellent free nutrition education resources:

[USDA's Food and Nutrition Information Center](#)
[National Institute of Health](#)
[University of Nebraska-Lincoln](#)
[Bell Institute - Get Heart Healthy!](#)
[ADA's Nutritional Educational Resources](#)

National Nutrition Month

Don't forget, March is National Nutrition Month! National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives. Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. The ADA website offers a variety of educational resources and information to help you be part of National Nutrition Month.



Food, Nutrition and Health Tips from the American Dietetic Association **Eating Right for Older Adults**

Eating right doesn't have to be complicated. Start with the following recommendations from the *Dietary Guidelines for Americans*.

A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Most older adults need fewer calories than in younger years. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats, *trans* fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Physical Activity for Fitness and Health

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

Need help eating right and staying active?

Visit www.eatright.org and www.MyPyramid.gov.

How Many Calories Do I Need?

The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed below:

For women who are:

Sedentary (not active):	1,600 calories per day
Moderately active:	1,800 calories per day
Active:	2,000 calories per day

For men who are:

Sedentary (not active):	2,000 calories per day
Moderately active:	2,200 to 2,400 calories per day
Active:	2,400 to 2,800 calories per day

Sample MyPyramid Plan

This is a sample daily eating plan for a 1,800 calorie food pattern. Your calorie needs may be more or less. For a personalized MyPyramid Plan and more information about the food groups, go to www.mypyramid.gov.

Food Group Amount

Grains 6 ounces

Vegetables 2 ½ cups

Fruits 1 ½ cups

Milk 3 cups

Meat & Beans 5 ounce

Oils & Discretionary Calories:

Aim for 5 teaspoons of oils a day.
Limit extra fats and sugars to 195 calories a day.

Special Nutrient Needs

Calcium and Vitamin D

Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables also provide fiber.

Potassium

Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

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University of Nebraska-Lincoln

FOOD Reflections

How much do you know about salt? The University of Nebraska-Lincoln has created an online quiz for readers to test their knowledge of this abundant element. They also offer tips to reduce salt in your diet and other helpful related materials. To take the quiz, go to <http://food.unl.edu/web/fnh/salt-savvy> . Good luck!

After you take your quiz click on over to their article about the 2010 Dietary Guidelines for Americans. Here they give out tips on how to start following the guidelines including: balancing calories, foods to increase and foods to reduce. Here you can also find an interactive beverage guide to sugar as well as a link to the entire 112 page online booklet, *Dietary Guidelines for Americans 2010*. Get started today at, <http://food.unl.edu/web/fnh/dga2010>

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