

NUTRITION NEWS

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National Nutrition Month

MARCH
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March in National Nutrition Month. This was a campaign that started back in 1973 by the then American Dietetic Association. It is now known as the Academy of Nutrition and Dietetics. It was featured as National Nutrition Week with an official presidential proclamation from the late former United States President Richard Nixon. The first theme was “Invest in Yourself– Buy Nutrition”, in order for nutrition professionals to deliver educational messages to the public and promote healthy eating habits.

Starting back in the 1970’s, radio announcements and newspapers were filled with nutritional information provided by those nutrition professionals. Now that we are in the 21st century and have so much technology at our finger tips, we unfortunately can’t believe everything we hear or see in the news or on television.

With many new diet trends and new food products floating around, it can be hard to keep up with the changes in the world of nutrition and wellness.

It is important to watch what we eat at any age, but as we get older, it can become more difficult to make sure we are getting the nutrients that we need. The Academy of Nutrition and Dietetics recommends the following easy tips for keeping our bodies healthy and strong as we age.

Make half your plate fruits and vegetables.

With winter coming to an end, fruits and vegetables’ quality will begin to improve. In the meantime, frozen fruits and vegetables are also a great choice when they are packaged at peak ripeness. A great way to incorporate the into your diet is in daily snacks.

Make at least half your grains whole.

Be sure to read labels in the store; check the first ingredient on the package to make sure it says “whole grain” or “whole wheat.” finding options with added fiber is also beneficial to

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MONTHLY EXERCISE

HEEL RAISES

These will help in strengthening the muscles of your upper calves.

Sit in chair

While keeping the toes and balls of feet on the ground lift the heels.

Do 20 repetitions.

regulate the digestive system and keep you full longer.

Switch to fat free or low fat dairy products.

As we get older, our needs for Vitamin D and calcium actually increase. This means you need 3 servings of dairy products daily and can include choices such as 1 cup of mil, 3/4 cup of yogurt, or 1 cup of cottage cheese. Dairy products also give us added protein to boost our energy levels.

Vary your protein choices.

Eating the same foods over and over can be boring. (Our bodies think so too!) By eating a variety of protein based foods such as beans, eggs, and nuts in addition to meats, poultry and fish will allow more key nutrients to be absorbed.

Cut back on sodium and added sugars.

Avoiding adding salt to season food as many products already have natural or added sodium in them. Use spices and herbs to add flavors to foods like pepper, parsley, and cilantro. Also, try to drink water throughout the day instead of sugary drinks like soda and juice. Swapping fruit for dessert is also a healthy option to cut down on sugar intake.

Eat your food but eat less.

Eat more often throughout the day in small portions in order to watch your intake and reduce hunger sensations. Portions can be very large when eating out so ask for a to-go box when your meal comes to split it in half to take home for later.

Be active your way.

Every little bit of exercise can go a long way. Pick and chose activities that you like to do and just do what you can each day. If you're

just starting out, make sure to start slow and build yourself up.

Talk to a registered dietitian.

If you have further questions about how you can incorporate healthy food choices into your life, a dietitian can provide you with the information and resources necessary to reach your goal. Just call our office to set up an appointment!

Now let's see how well you do answering the following true/false questions regarding how your nutrient needs changes as you age.

1. medication taken by the elderly can cause nutritional problems.
2. The greatest nutritional problem for many Americans is overeating.
3. Older people often lose their desire for liquids.
4. Vitamin B12 absorption often decreases in elderly people.
5. The most frequent intestinal problem in the elderly is constipation.
6. Excessive intake of Vitamin A supplements can cause bone pain and hair loss in the elderly.
7. Delayed wound healing should alert a physician to examine the protein, zinc, and Vitamin C intake of an elderly person.
8. An active lifestyle helps to maintain muscle and bone mass.
9. Dietary recommendations made by the American Heart Association could substantially reduce blood cholesterol in every individual.
10. If older Americans follow the Food Guide Pyramid or My Plate recommendations,

they should end up receiving adequate amounts of all nutrients.

How did you do? Here are the answers!

1. True. Drug-nutrient interactions can be a problem at any age, but because the elderly generally take more and different combinations of drugs over a long period, nutritional status is more likely to be affected.
2. True. Overeating can lead to being overweight. Being overweight contributes to almost all the chronic diseases common in our society.
3. True. The sense of thirst may diminish with age but not the need for fluid.
4. True. Stomach secretions that promote absorption of Vitamin B12 decrease with age.
5. True. Increasing fiber and fluid intake can help reduce constipation.
6. True. Excessive intake of Vitamin A supplements results more toxicity problems and more so in the elderly.
7. True. Be aware of these nutrients if you are involved in the care of elderly people or have the chance to advise elderly relatives, as they are needed for wound healing.
8. True. Physical activity is an important part of body maintenance, including that of muscles and bones.
9. False. People differ in genetic background, ability to regulate cholesterol metabolism, and responsiveness to diets aimed at lowering blood cholesterol. However, there is no way to know how much a diet will help lower blood cholesterol until a person tries it.
10. False. Though a well planned diet that follows the Food Guide Pyramid can meet nearly all the nutrient needs for older people within about 1600 to 1800 calories, it will likely fall short in folate and calcium unless

carefully planned. In addition, if an older person cannot consume this amount of energy, it is possible that other nutrients may be inadequate as well. Adding a fortified breakfast cereal to the food plan may help.

One of the key concepts of the MyPlate template is portion size. All foods can fit into a healthy diet, especially if you are able to keep your portion sizes reasonable. And remember even overeating “healthy foods” will contribute to weight gain. Even chronic conditions such as diabetes can be controlled with appropriate portion sizes. Other lifestyle factors that can contribute to an overall healthy lifestyle include consuming adequate fluids, abstaining from smoking, limiting alcohol intake, adding exercise, and getting enough sleep.



May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.

Irish Blessing



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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The experts recommend consuming fish at least once a week. Salmon is rich in omega-3 fatty acids and this recipe gives it a new spin!

Alaska Salmon Bake with Pecan Crunch Coating

3 tbs Dijon mustard

3 tbs butter, melted

5 tsp honey

1/2 cup fresh bread crumbs

1/2 cup finely chopped pecans

3 tsp fresh chopped parsley **6 (4 ounce) fillets salmon**

Salt and pepper to taste

6 lemon wedges

Preheat the oven to 400 degrees. In a small bowl, mix together the mustard, butter, and honey. In another bowl, mix together the bread crumbs, pecans, and parsley.

Season each salmon fillet with salt and pepper. Place on a lightly greased baking sheet. Brush with mustard honey mixture. Cover the top of each fillet with bread crumb mixture.

Bake for 10 minutes per inch of thickness, measured at thickest part, or until salmon just flakes when tested with a fork. Served garnished with lemon wedges.

