



# HERKIMER COUNTY OFFICE FOR THE AGING

## NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN  
LAYOUT BY: KAYLYNN SCHAFFER

SEPTEMBER 2018



### INSIDE THIS ISSUE:

GRAND-PARENTS' MONTH	2
NATIONAL WOMENS' FRIENDSHIP DAY	3
COBB SALAD	4

## Ushering in Fall

The nights have turned colder, the leaves are just starting to change, and the school buses are out! It must be September!



September is a great time to get back into a routine and think about exercising and good nutritional habits that you can maintain through the long cold winter to come!

Healthy lunches are something that we can all enjoy! If you have never taken advantage of our congregate dining sites, fall is the perfect time to try one out! Office for the Aging strives to offer a variety of meals, each one well balanced and nutritious. The nutrient content varies from day to day, but over the course of a week, the meals provide 1/3 of your daily recommended allowances of major vitamins, minerals, and nutrient. This includes calories, protein, fats, and sodium.



Our lunches provide a protein, a starch (rice, pasta, or potato), and a vegetable. Clients also receive milk, a slice of bread or a roll, and dessert. Because all items are portion controlled, even diabetics can enjoy our entire meal without worrying about an overall increase in their blood sugar. If you are cooking at home, the above pattern is a reasonable method for planning your lunches as well. A healthy lunch can sustain you through the afternoon, without worrying about snacking to get you through. Be sure to include an adequate protein source!

Protein can help keep your blood sugars steady throughout the afternoon. It also promotes a feeling of satiety, which can curb your impulse to snack on unhealthier choices. Peek at the back page for a healthy recipe that is perfect for a lunch on the lighter side! Pair it with a roll or a slice of corn bread to provide some carbohydrates!

### Monthly Exercise

#### Side Leg Raise/ Sideways Walking

1. With fingertips on something solid to help balance, stand on one leg and raise the other sideways, holding it for 5 seconds.
2. Repeat 8 times.
3. Repeat with the other leg.
4. Extend to walking sideways, with slow steps alongside a bench or table.

September is the month that we celebrate Grandparents' Day. Because people are living longer in general, many grandparents will actually live to see their grandchildren have children! Making healthy choices as we age can extend your life and improve the quality of the life you lead.



Adults over the age of 50 have different dietary needs from those of younger adults. There are also a number of factors that affect an older person's ability to eat well. This can include living alone, mouth pain or teeth problems, and living on a fixed income. Planning ahead can help with a number of these factors. Some basic planning tips include cooking ahead and freezing portion controlled meals for days when you don't want to cook, keeping frozen or canned vegetables, beans, and fruits on hand for quick and healthy meal additions, and trying to eat with someone you enjoy,

While you have heard many of the following tips before, they are worth mentioning again. Keep in mind that a healthy eating plan emphasizes fruits, vegetables, whole grains, and fat free or low fat dairy products. It should also include lean meats, poultry, fish, beans, eggs, and nuts as protein sources. Lastly, strive to make it low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

- ♦ Choose foods that are nutrient dense. Nutrient dense means that you can get a lot of nutrition (in terms of rich calories, protein, vitamins, and nutrients) in a small amount of food. Peanut butter,

cottage cheese, yogurt, and lean protein sources are example of nutrient dense foods. Try to choose foods that are packed with vitamins, minerals, fiber, and other nutrients but are generally lower in calories and fat.



- ♦ Make half your grains whole. Eat at least 3 ounces of whole grain in cereals, breads, crackers, rice, or pasta every day. Look to see that grains such as wheat, rice, oat, or corn are referred to as "whole" in the list of ingredients.
- ♦ Go lean with protein. Bake it, broil it, or grill it. And vary your protein choices with more fish, beans, nuts, peas, and seeds.
- ♦ Focus on fruits and vegetables and strive for variety in your choices. Eat deep colored vegetables and fruits for more antioxidants.
- ♦ Get your calcium rich foods. Have 3 cups of low fat or fat free milk or an equivalent amount of low fat yogurt or cheese daily. If you don't or can't consume milk, choose lactose free milk products or calcium fortified foods, such as orange juice.
- ♦ Know the limits on fats, salt, and sugars. Look for foods low in saturated fats and free of trans fats. Choose and prepare foods with little salt and/or added sugars.



September is also the month when we celebrate women's friendships! This month, share with your female friends the warning signs of heart disease. Heart disease is the leading cause of death for women in the United States, averaging about 1 in 4 female deaths.



Symptoms of heart disease vary between men and women. For example, according to the Mayo Clinic, men are more likely to have chest pain than women are. Women are more likely to have other symptoms such as shortness of breath, nausea, and extreme fatigue.

There are a number of risk factors associated with developing heart disease. Some of these risk factors include:

- \* Age: aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle.
- \* Family History: a family history of heart disease increases your risk of coronary artery disease, especially if a parent developed it at an early age (before the age of 55 for a male relative and 65 for a female relative).
- \* Smoking: nicotine constricts your blood vessels and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. Heart attacks are more common in smokers than in non-smokers.
- \* Certain chemotherapy drugs and radiation therapy for cancer: some chemotherapy drugs may simply increase the risk of cardiovascular disease by weakening the arteries.

- \* Poor diet: a diet that's high in fat, salt, and sugar can contribute to the development of heart disease.
- \* High blood pressure: uncontrolled high blood pressure can result in hardening and thickening of your arteries, which narrows the vessels through which blood flows.
- \* High blood cholesterol levels: high levels of blood cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis.
- \* Diabetes: diabetes can increase your risk of heart disease. Both conditions share similar risk factors, such as obesity and high blood pressure.
- \* Obesity: excess weight typically worsens other risk factors.
- \* Physical inactivity: lack of exercise also is associated with many forms of heart disease and some of its other risk factors as well.



- \* Stress: unrelieved stress may damage your arteries and worsen other risk factors for heart disease.
- \* Poor hygiene: not regularly washing your hands and not establishing other habits that can help prevent viral or bacterial infections can put you at risk of heart infections, especially if you already have an underlying heart condition. Poor dental health may also contribute to heart disease.



**Cobb Salad**

- 6 slices bacon
- 3 eggs
- 1 head iceberg lettuce, shredded
- 3 cups cooked, chopped chicken meat
- 2 tomatoes, seeded and chopped
- 3/4 cup bleu cheese, crumbled
- 1 avocado-peeled, pitted, and diced
- 3 green onions, chopped

**Ranch dressing (or another dressing of your choice)**

Hard-boil the eggs; cool, peel, and chop. Cook bacon over medium heat until evenly brown. Drain, crumble, and set aside. Divide shredded lettuce among individual plates. Evenly divide and arrange chicken, eggs, tomatoes, bleu cheese, bacon, avocado, and green onions in a row on top of the lettuce. Drizzle with your favorite dressing and enjoy.

**Homesteader Cornbread**

- 1 1/2 cups cornmeal
- 2 1/2 cups milk
- 2 cups flour
- 1 tbs baking powder
- 1 tsp salt
- 2/3 c white sugar
- 2 eggs
- 1/2 cup vegetable oil



Preheat oven to 400 degrees. In a small bowl, combine cornmeal and milk; let stand for 5 minutes. Grease a 9x13 inch pan. In a large bowl, whisk together flour, baking powder, salt, and sugar. Mix in the cornmeal mixture, eggs, and oil until smooth. Pour batter into prepared pan. Bake in a preheated oven for 30 to 35 minutes or until a knife inserted in the center of the cornbread comes out clean.

## HERKIMER COUNTY OFFICE FOR THE AGING

109 Mary St., Herkimer, NY 13350

Phone: 315-867-1121

Fax: 315-867-1448

Email: [hcofa@herkimercounty.org](mailto:hcofa@herkimercounty.org)

Web: [www.herkimercounty.org](http://www.herkimercounty.org); then 'departments' then 'Office for the Aging'

Funding for this newsletter is from the NYS  
Office for the Aging & Herkimer County



**NORTH COUNTRY REGION  
EAT SMART NY**

Cornell Cooperative Extension

### **NUTRITION EDUCATION FOR OLDER ADULTS:**

- **MyPlate for Older Adults**
- **Eat Smart, Live Strong**
- **Staying Active**
- **Stretching your food dollars**

**TO SCHEDULE A CLASS**

**Call Toll Free 1-844-3MY-ESNY**

**Online at: [northcountryeatsmartny.org](http://northcountryeatsmartny.org)**

USDA is an equal opportunity provider and employer.

