



# NUTRITION NEWS

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## Welcome Summer!

We wait a long time for summer in upstate New York! But it's finally here! And with summer comes beautiful produce. Farmers' markets are the perfect way to take advantage of the wonderful fruits and vegetables that our area offers! Berries, melons, cucumbers, tomatoes, and squash offer added fiber, antioxidants, and minerals. They are also easily incorporated into summer salads that offer a refreshing, light dinner for those hot summer nights!



Remember to be mindful of food safety while preparing your summer salads. Keeping foods out of the danger zone (40° Fahrenheit to 140° Fahrenheit) is key to protecting yourself and your family. This means that hot foods need to be cooled quickly and efficiently and cold foods need to be out of refrigeration for a minimal amount of time. Remember that foods that are cooked in deep pots or pans should be transferred to shallow pans to

cook efficiently. This increases the surface area of the foods and augments the cooling process. The same can be said for cooling! If your salad is prepared in a deep pan, transfer it to a number of more shallow pans before refrigerating it to make the cooling process quicker.

One additional note regarding fiber (which will be discussed in greater detail on the next page.) Recently we have been trying to increase the fiber content of our home delivered and congregate meals. You may have noticed receiving more whole grain bread products, as well as additional fresh fruits and vegetables. We will continue to incorporate fresh or frozen fruits and vegetables into our winter menus as well. This may involve adding additional ingredients to our homemade soups, stews, and casseroles. Aim for a goal of 25 to 30 grams of fiber daily! The goal of our meals is to meet 1/3 of this amount every day!

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### Monthly Exercise

#### Single Leg Stance

1. Stand directly behind a table of chair and place your feet slightly apart.
2. Slowly bend one knee toward your chest lifting your foot six inches off the floor.
3. Hold this position for 10 seconds.
4. Repeat with the opposite leg.

Make this exercise harder by closing your eyes when you do it.

Dietary fiber is found mainly in fruits, vegetables, whole grains, and legumes. While fiber is probably best known for its role in preventing constipation and promoting regularity, there are additional benefits as well.



According to the American Institute for Cancer Research, there is a strong correlation between fiber intake and your risk of developing colon cancer. This makes sense given the role that fiber plays in preventing constipation.

Fiber is also thought to play a role in cardiovascular health. Eating a diet rich in fiber, especially soluble fibers, can help keep your cholesterol at a healthy level. Some fiber can prevent fat and cholesterol absorption, which explains its role in promoting cardiovascular health.

Fiber can also help you maintain a healthy weight. Many high fiber foods are low in calories and nutrient dense. Dietary fiber also includes a type of carbohydrate that our bodies cannot digest. The fiber in this food stays in your stomach longer, which can make you feel more full for a longer period of time and decrease your overall caloric intake.

Did you know that fiber can even play a role in maintaining a healthy blood sugar level? Because fiber may slow how quickly sugar enters your bloodstream, it can also prevent unhealthy blood sugar spikes that diabetics sometimes encounter.

There are two types of dietary fiber: soluble and insoluble. Soluble fiber binds to water and turns into a gel during digestion, slowing the process. Soluble fiber includes the following: oats, peas and beans, apples, citrus fruits, carrots, barley, and psyllium.

Insoluble fiber helps foods pass more quickly through the gastrointestinal tract and also increases the bulk of your stool. Good sources of insoluble fiber include whole wheat flour, wheat bran, nuts, beans, and vegetables (such as cauliflower, green beans, and potatoes).

Some foods, such as oatmeal and beans contain both soluble and insoluble fiber. Eating a wide variety of foods will help you gain the greatest benefit that these fiber rich foods offer.

Keep in mind that foods that are heavily processed or refined tend to be lower in fiber, as the processing removes much of the bran from the grain. Enriched foods have some of the B vitamins and iron replaced after processing, but the fiber is not replaced.

Whole foods (as opposed to supplements such as Metamucil) are more beneficial. When adding fiber to your diet, remember to increase your water intake as well. Adding fiber without a similar increase in fluid intake can actually lead to constipation instead of the desired results.



Most of us have heard of antioxidants and that increasing your intake of foods rich in them can be beneficial to your health. Superfoods are foods that are very high in antioxidants. Superfoods have been touted in the press recently as being a key food in the prevention of certain cancers.



Examples of superfoods include blueberries, pomegranates, and cranberries. A good rule of thumb is the darker and richer the color of the food, the more antioxidants it contains. Common superfoods include: beans, blueberries, broccoli, oats, oranges, pumpkin, salmon, soy, spinach, tea (green or black), tomatoes, walnuts, and yogurt.

A relatively new superfood that has been much discussed in the news recently is the aronia berry. Aronia berries are a naturally tart berry with almost twice the antioxidants as cranberries, and four times as much as pomegranates, strawberries, Goji berries, and blueberries! Aronia berries are found in the Midwestern United States. Due to their super tart flavor, they are also known as choke berries. They can be used to make wine, jam, syrups, and tea. You can also incorporate them into fresh sauces or into other recipes that may use berries, including parfaits and muffins.



The following column contains more vitamins and minerals that are thought to offer a protective role against the development of cancer. It also includes varying food sources of these nutrients.

Vitamin/Mineral	Dietary Sources
<b>Vitamin A</b>	liver, fortified milk, fruits, vegetables
<b>Vitamin D</b>	fortified milk
<b>Vitamin E</b>	whole grains, vegetable oil, green leafy Vegetables
<b>Vitamin C</b>	fruits, veggies
<b>Folate</b>	fruits, veggies, whole grains
<b>Selenium</b>	meats, whole grains
<b>Carotenoids</b>	fruits, veggies

Keep in mind that it is ideal to get these vitamins and minerals from food sources. However, if this is not possible, supplementing your intake with a daily multivitamin may be a good idea. Talk to your provider to be sure that it doesn't interact with any of your medications before starting a vitamin or any over the counter medication or supplement.

*Vitamin Shops*



What better way to increase your antioxidant intake than with a light, refreshing fruit salad? Both of these recipes blend all the wonderful tastes of summer into a delicious, nutrient rich dish!

**Perfect Summer Fruit Salad**

- 2/3 cup fresh orange juice
  - 1/3 cup fresh lemon juice
  - 1/3 cup packed brown sugar
  - 1/2 tsp grated orange zest
  - 1/2 tsp grated lemon zest
  - 1 tsp vanilla extract
  - 2 cups fresh cubed pineapple
  - 2 cups strawberries, hulled and sliced
  - 3 kiwi fruit, peeled and sectioned
  - 3 bananas, sliced
  - 2 oranges, peeled and sectioned
  - 1 cup seedless grapes
  - 2 cups blueberries
- Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium high heat. Reduce heat to medium low, and simmer until slightly

thickened, about 5 minutes. Remove from heat and stir in vanilla extract. Set aside to cool.

Layer the fruit in a clear, glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour the cooled sauce over the fruit. Cover and refrigerate for 3 to 4 hours before serving.



**Cold Corn Salad**

- 1 (10 ounce) package frozen whole kernel corn, thawed
- 1/4 cup diced yellow bell pepper
- 1/4 cup diced red bell pepper
- 1/4 cup diced green pepper
- 1/2 red onion, chopped
- 1/4 cup chopped cucumber
- 1 small tomato, chopped
- 1/2 cup mayonnaise, or to taste

In a large bowl combine all ingredients. Adjust the amount of mayonnaise to your liking. Chill until served.



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