

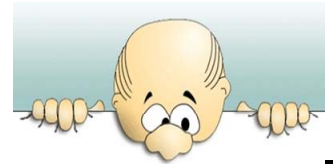


# NUTRITION NEWS

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## Signs of Fall

September brings cool, crisp nights and beautiful sunny days! Even though summer is drawing to a close, don't forget that the farmers' markets will be open for awhile. Be sure to take advantage of all of the later summer produce, including melons, apples, sweet corn, and pumpkins.

Pumpkin is a type of squash that offers a number of health benefits:



- ◆ It is highly nutritious and especially rich in Vitamin A
- ◆ Because it is high in antioxidants, it may reduce your risk of certain chronic diseases
- ◆ It is also rich in vitamins that may boost your immune system
- ◆ Not only it is rich in Vitamin A, but it is also rich in lutein. Both may contribute to protecting your eyesight.
- ◆ Because it is high in nutrient but low in calories, it may help you to lose weight.
- ◆ The antioxidants found in pumpkins may also help lower

your risk of developing certain cancers.

- ◆ Pumpkins are high in potassium, Vitamin C, and fiber. They may also promote heart health.
- ◆ They contain compounds, including carotenoids like beta carotene that may promote healthy, youthful skin.
- ◆ Pumpkins are delicious and easy to incorporate into your diet. The seeds are also edible which can boost your fiber intake.

Don't forget that fresh produce can also be canned to use later in the year. Apples are an easy place to start and are very abundant in upstate NY during the fall. Try cooking them down and making applesauce. This is a healthy, inexpensive dish that can be pulled out and used all winter long. The possibilities for canning vegetables are limitless!



## Monthly Exercise

### Back Leg Raise

1. Stand directly behind a table or a chair.
2. Place feet slightly apart.
3. Lift one leg straight back, keeping your knee straight.
4. Hold this position for 10 seconds.
5. Repeat with the opposite leg.

Should be done 2 to 3 times a day.  
More of a challenge: close your eyes while you do it.

The kids are going back to school! Here's a quiz to get you into the swing of things too. Answer the following questions as true or false.



1. Adults should aim to spend at least 30 minutes in moderate exercise almost every day.
2. Medication taken by the elderly can cause nutritional problems.
3. The greatest nutritional problem for many Americans is overeating.
4. A number of products on the market are likely to reverse the process of aging.
5. Older people often lose their desire for liquids.
6. Vitamin B12 absorption often decreases in elderly people.
7. The most frequent intestinal problem in the elderly is constipation.
8. Delayed wound healing should alert a physician to check levels of protein, zinc, and Vitamin C.
9. An active lifestyle helps to maintain bone and muscle mass.
10. The health care needs of people over the age of 65 account for more than half of health care costs in the United States.

### Answers

1. True— regular exercise helps promote weight maintenance, improved sleep patterns, and overall mental health.
2. True— Medications have side effects at any age but because the elderly generally take more medications over a long peri-

od, they suffer more complications from them.

3. True— even though some elderly suffer from malnutrition or being underweight, the vast majority of Americans who suffer from a nutritional problem struggle with overeating.
4. False— most of these products are controversial and unproven.
5. True— the sense of thirst may diminish with age but not the need for fluids.
6. True— stomach secretions that aid in the absorption of Vitamin B12 decreases with age. Injections of B12 are often used to remedy this issue.
7. True— however, increasing fiber and fluid intake may help prevent constipation.
8. True— be aware of these nutrients if you are involved in caregiving for the elderly as they are all needed for wound healing and skin integrity.
9. True— physical activity is an important part of body maintenance, including muscles and bones.
10. True— in addition, because the elderly population is rapidly growing, society will need to continue dealing with this demand for health care.

The field of nutrition is constantly evolving. But some standards always hold true. Remember to strive to increase your fruits and vegetable intake, increase your fiber intake, and increase your activity level.

These simple changes can have long lasting positive effects.



Whole grains have been growing in popularity for the past few years. Not only do they offer healthy benefits, but they are versatile, easy to incorporate into your cooking, and tasty!

What is a whole grain? All grains start as “whole.” Whole grains are the entire seed of a plant. This seed (or kernel) is made up of three edible parts– the bran, the germ, and the endosperm. The inedible husk protects the kernel from sunlight, pests, water, and disease. A grain is considered whole grain as long as all three original parts (bran, germ, and endosperm) are still present in the same proportions as when the grain was growing in the fields.

Refined grains are grains that are not whole because they are missing one or more of these three key parts. White flour and white rice are refined grains. Refining a grain removes about a quarter of the protein and half to two thirds or more of the other nutrients.



Enriched grains means that some of the nutrients that are lost during processing are replaced. Some enriched grains have replaced the B vitamins that are lost during milling. Fortifying means adding in nutrients that don't occur naturally in food. Most refined grains are enriched, and many enriched grains are also fortified with other vitamins and minerals, such as folic acid and iron. Whole grains may or may not be fortified.

Another common question is what is the difference between whole wheat and whole grain? Whole wheat is one kind of whole grain– but it's not the only one! Whole grains include

amaranth, barley, buckwheat, corn (including whole cornmeal and popcorn), millet, oats, quinoa, rye, and wild rice. And there are more!

So what are the health benefits to incorporating whole grains into your diet? Eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are greatest with at least 3 servings daily, some studies show that as little as one serving a day can offer health benefits. The best documented benefits (due to repeated research) are as follows:

- \* Reduced risk of stroke
- \* Reduced risk of Type II diabetes
- \* Reduced risk of heart disease
- \* Better weight maintenance
- \* Less inflammation
- \* Lower risk of colorectal cancer

Easy ways to add more while grains to your meals and snacks include adding whole grain breakfast cereals, making sandwiches using whole grain rolls or bread, replace white rice with brown rice, used rolled oats in recipes instead of dry bread crumbs, and try adding wild rice or barley in soups, stews, and casseroles.

Don't forget that changing the grain to whole may also alter the cooking time. Trying new recipes may take some experimenting, but the variety and health benefits will be worth it!



**Building a Better Breakfast**

Breakfast is a great place to start when looking to increase your intake of whole grains. And who knew that September is better breakfast month? Here’s a great recipe to try out!

**Best Breakfast Cookies**

- 2 cups brown sugar
- 2 1/2 cup rolled oats
- 4 cups all purpose flour
- 1 tbs baking soda
- 1 tsp baking powder
- 1 tsp salt



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- 1 1/2 tsp ground cinnamon
- 1/4 cup canola oil
- 1/2 cup prune puree
- 2 tbs water
- 5 egg whites
- 1 1/2 tsp vanilla extract
- 3/4 cup raisins
- 1/4 cup chopped walnuts
- 1/3 cup chopped dried apricots

Preheat oven to 350°. Grease cookie sheets or line with parchment paper.

In a large bowl, stir together the brown sugar, oats, flour, baking soda, baking powder, salt, and cinnamon. Make a well in the center and pour in the canola oil, prune puree, water, egg whites, and vanilla. Mix until well blended. Stir in the raisins, walnuts, and apricots. Scoop cookies using an ice cream scoop, or roll into golf ball sized balls. Place cookies 2 inches apart onto the prepared cookie sheets and flatten to 1/2” tall with wet hands. These cookies do not flatten very much while baking.

In the preheated oven, bake for 8 minutes for chewy cookies and 10-12 minutes for dry cookies. Cookies will not get crisp. Remove from cookie sheets to cool on wire racks.

THE BEST *HEALTHY*  
**BREAKFAST**  
*Cookies*

