



# NUTRITION NEWS

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## Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. We are learning more every day about this deadly disease, and with increased knowledge comes an improvement in outcomes. Here are the very latest statistics regarding breast cancer.

- \* About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime (12%)
- \* Breast cancer incidence rates in the U.S. began decreasing in the year 2000.
- \* Though death rates have been decreasing since 1989, more than 41,000 women in the U.S. are expected to die from breast cancer in 2019.
- \* For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
- \* Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. In 2019, about 30% of newly diagnosed cancers in women will be breast cancers.

- \* A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15% of women who get breast cancer have a family member diagnosed with it.
- \* About 85% of breast cancers occur in women who have no family history of breast cancer. This means that these occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
- \* The most significant risk factors for breast cancer are gender (being a woman) and age (growing older.)

Keep in mind that a healthy diet, smoking cessation, and maintaining a healthy weight all play a role in decreasing your risk of breast cancer.



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Most of us, at one time or another in our lives, have tried to lose weight. In order for the weight loss to be maintained, it is important to realize that radical changes may be difficult to sustain. For example, many people have had success losing weight with the “Atkins Diet” which stresses high protein and high fat intake while limiting or even eliminating carbohydrates. This is difficult to maintain because lots of foods (including some very healthy foods like fruit and milk) contain carbohydrates.

It may help to understand what it really means to lose a pound. To lose just ONE POUND, you need to reduce your intake by 3500 calories. Losing one pound a week (which is a reasonable goal—most dietitians recommend a weight loss of 1/2 to one pound per week), means reducing your caloric intake by 500 calories every day. You can see then why losing weight is so hard! (Worth mentioning, for those of you who struggle to keep weight on, you have to actually add 500 calories every day for a week to gain a single pound!)

Another key to your success in weight loss is being satisfied. If you constantly feel deprived, you may be continually looking for something that makes you feel sated. Having a small treat or something that you look forward to daily may help keep you on track.

You may not find that every item on the following list applies to you or your lifestyle. But using even a few of these tips may help you shed some pounds.



- \* Drink water, especially before meals: not only can it possibly boost your metabolism, but it may also help you feel full faster.



- \* Eat eggs for breakfast: whole eggs contribute to a feeling of satiety because of their protein content.
- \* Cut back on added sugar: even “health foods” (like granola bars) can be loaded with added sugar. Read food labels carefully.
- \* Eat less refined carbs: refined carbs may spike your blood sugar rapidly; pair simple carbs with natural fiber to reduce cravings later on.
- \* Use smaller plates: sounds simple but using smaller plates has been shown to help people consume fewer calories.
- \* Exercise portion control: it’s less about what you eat rather than how much you eat. Consuming too much fat free food or low calorie food will still contribute to weight gain. It is far more efficient to focus on portion size.
- \* Add aerobic exercise: this will burn calories, improve your physical health, and improve your mental health.
- \* Eat more fiber: not only does it increase satiety, but it promotes bowel regularity as well.
- \* Eat more fruits and vegetables: they contain fewer calories and fat but additional fiber. They also have a high water content which makes them filling.
- \* Chew and eat more slowly: overall, those who take longer to consume a meal actually end up consuming fewer calories.

- \* Get good sleep: this has been shown to be almost as important as eating healthy and exercising. Poor sleep is actually one of the strongest risk factors for obesity.



- \* Don't diet— eat healthy instead! Diets rarely work in the long term. Instead of going on a diet, aim to become a healthier person overall.

October is “Eat Better, Eat Together” month. This is a perfect time to try out one of our congregate dining sites. Congregate dining sites offer you the opportunity to have a nutritious, hot meal while enjoying the company of your peers. Studies have shown that people who eat alone are more likely to suffer from depression as well as some physical ailments. According to [seniorliving.org](http://seniorliving.org), eating alone may be upsetting because it is an indication that your social situation has changed (such as the death of a spouse). Food may actually taste different. And chewing and digestion can also pose problems.



Socialization at the meals sites can in turn lead to additional social opportunities. Maybe you'll join a senior group or decide to take part in the different programs that are offered in conjunction with our congregate dining sites. Office for the Aging offers a variety of programs, from our monthly nutrition education programs to our Tai Chi classes. There really is something for everyone! As a reminder, we have congregate dining sites in Little Falls, Herkimer, Ilion, West Winfield, and Dolgeville. We hope to see you at one of these sites soon!!

October is a wonderful time in upstate NY to pick apples! And they make a wonderful ingredients from breakfast to dessert!



### Cranberry Apple Breakfast Muffins

- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup brown sugar
- 1/4 cup vegetable oil
- 2 large eggs
- 1 tsp vanilla extract
- 1 Granny Smith apple, cored and chopped
- 1/3 (12 ounce) package fresh cranberries, diced-or more to taste

Preheat oven to 350 degrees. Grease 12 muffin cups or line with paper liners

Whisk flour, baking soda, cinnamon, salt, and brown sugar in a bowl. Beat vegetable oil, eggs, and vanilla extract in a separate bowl. Stir egg mixture into flour mixture to make a batter; gently fold apple and cranberries into batter. Pour into prepared muffin cups.

Bake in the preheated oven until muffins are lightly browned on top and a toothpick inserted into the center of a muffin comes out clean, 18 to 22 minutes.





**Apple Squares**

1 cup flour  
 1 tsp powder  
 1/4 tsp salt  
 1/4 tsp ground cinnamon  
 1/4 cup butter, melted  
 1/2 cup packed brown sugar  
 1/2 cup white sugar  
 1 egg



1 tsp vanilla extract  
 1/2 cup chopped apple  
 1/2 cup finely chopped walnuts  
 2 tbs white sugar  
 2 tsp ground cinnamon

Preheat oven to 350 degrees. Grease a 9x9 inch pan. Sift together flour, baking powder, salt, and 1/4 tsp of cinnamon; set aside.

In a large bowl, mix together melted butter, brown sugar, and 1/2 cup white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.

Bake for 25 to 30 minutes in preheated oven; finished bars should spring back when lightly touched. Cool in the pan, and cut into squares.

Apples are available throughout much of the fall at our local farmers' markets. The varieties are numerous and different apples are optimal for different uses. Some are better for baking while others are perfect just for snacking, talk to your local farmer or orchard for the best places to find different varieties as well as the peak season for each type!

**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 315-867-1195.



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