

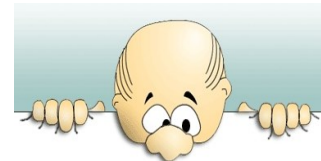
# NUTRITION NEWS



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## Happy Thanksgiving!

### INSIDE THIS ISSUE:

November ushers in the holiday season ! This is a wonderful time of year for most of us. But it can also be a difficult time for people, especially for those who are alone or have recently lost a loved one. Depression is common around the holidays and feelings of loneliness, sadness, and a sense of being overwhelmed can be difficult to deal with.

Depression affects about 6 million Americans over the age of 65. A more sobering statistic is that only about 10% of this population receives treatment for depression. Depression, while often co-existing with other medical conditions in the elderly, can exacerbate certain illnesses. For example, depression in the elderly increases the risk of cardiac disease. It also affects an individual's ability to successfully rehabilitate from an illness or recent surgery.

Once depression is diagnosed, there are treatment options that are available. A combination of medication, counseling, and social involvements can be part of an effective treatment plan. It may be

helpful to be aware that antidepressant medications generally take longer to work in the elderly population than they do in individuals under the age of 65.

While medical treatment is an important component, complementary therapies can ease the symptoms of depression as well. Getting involved within the community is a way to feel purposeful and surround yourself with other people who may be in a similar situation. Eating at one of our congregate sites provides you with not only a nutritious meal, but also the opportunity to visit and interact with your peers. Volunteering at a congregate site is also an option that can promote a feeling of wellbeing and usefulness. Opportunities are all around you!

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### Back Leg Raises

Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.



With the holidays just around the corner, many of us have a tendency to put on some unwanted pounds. Splurging at this time of year is perfectly understandable, but there are some ways to indulge without totally abandoning your established good habits.

One of the keys to keeping on track is to limit your portion size. Keep in mind that having a treat or two is fine, especially if you are mindful of your portion size. Portion size is one of the reasons why our home delivered meals are suitable for everyone, including those individuals on a therapeutic (such as low fat or a diabetic plan) diet. Because all of our menu items, including dessert, are carefully portioned out there are few diets that cannot be accommodated with our meals.

Harvard Medical School publishes a newsletter each month. The following tips are some highlights from their December newsletter from a few years ago. Keep in mind that you need to consume an additional 500 calories every single day to gain one pound per week. So do not think that because you had an extra cookie or two, you blew your whole meal plan and should just scrap it! Keep on track and you really can have your cake and eat it too!



1. Budget wisely– don't eat everything at feasts and parties. Be choosy and spend your extra calories on foods you really love.

2. Take 10 before getting seconds– it takes a few minutes for your stomach to realize it's full. After finishing your first helping, take a 10 minute break. Talk to some people. Drink some water. Then recheck to see if you truly want that second plate of food.
3. Distance– don't stand next to the food table at a party! That makes it more difficult to mindlessly reach for food as you socialize. Try sucking on a mint or chewing a piece of gum if you tend to eat mindlessly.
4. Do not go out empty– eat a little something before you head out so you don't arrive famished. Try pairing a carbohydrate with a protein to sustain you for a few hours.
5. Put on your dancing shoes – dancing is a great way to work off some extra calories at holiday parties. If you are at a family gathering, suggest a pre-dinner walk or a walk in between your meal and dessert. It may control your appetite as well.
6. Make room for veggies– don't ignore fruits and vegetables. They make great side dishes and fillers in between appetizers. But be careful if they are paired with decadent sauces or butter.
7. Be buffet savvy– at a buffet, wander around the food table before selecting any items. By checking out the options ahead of time, you may be less likely to pile items on top of each other.
8. Drink wisely– a glass of eggnog can have as much as 500 calories! Wine, beer, and mixed drinks can range from 150 to 200 calories. If you drink alcohol, have a glass of water or seltzer between drinks.



9. Avoid alcohol on an empty stomach— alcohol increases your appetite and diminishes your ability to control what you eat.
10. Pay attention to what really matters— food is important, but keep the focus on family and friends! If balance and moderation are your usual guides, it’s okay to indulge or overeat once in a while.

Fall is also the season for pumpkin! Pumpkin pie, pumpkin lattes, and pumpkin dip, among other things! Pumpkin is a rich source of



Vitamin A.

Vitamin A is a fat soluble vitamin. Because it is fat soluble, as opposed to water soluble, it is not as readily excreted by the body. Therefore, it is

important to note that you can actually develop a Vitamin A toxicity. This usually only happens when one takes a Vitamin A supplement.

So what function does Vitamin A have in the body? It is a nutrient important to vision, growth, cell division, reproduction, and immunity. It may also have antioxidant properties. The recommended daily amount of Vitamin A is 900 micrograms (mcg) for adult men and 700 mcg for adult women.

While deficiency is rare it may occur. Conditions that interfere with normal digestion, such as Crohn’s disease or celiac disease, can put an individual at increased risk of a Vitamin A deficiency. Mild deficiency may cause fatigue and increased susceptibility to infections. A more serious deficiency can cause a severe dryness of the eye, night blindness, irregular patches on the white of the eyes, and dry skin and hair.

Toxicity, while still uncommon, is more common than deficiency. Signs of toxicity include vision changes such as blurry sight, bone pain,

nausea and vomiting, dry skin, and sensitivity to bright light like sunlight.

There are two forms of Vitamin A that are found in the human diet. Preformed Vitamin A (also known as retinol) and provitamin A carotenoids (foods from animal sources including dairy products, fish, and meat) are the two forms. The most important provitamin form is known as beta-carotene. The body is able to convert beta-carotene into Vitamin A to be utilized.

There are a number of foods that are rich in Vitamin A. Some examples of these foods are as follows:

- ◆ Carrots
- ◆ Spinach
- ◆ Dried Apricots
- ◆ Cantaloupe
- ◆ Red Bell Pepper
- ◆ Sweet Potato
- ◆ Grapefruit
- ◆ Pistachios
- ◆ Broccoli
- ◆ Goji Berries
- ◆ Mango
- ◆ Butternut Squash



Most of these foods contain beta-carotene which will be converted to usable Vitamin A in the body. If you noticed, most of these contain deep orange and yellow colors. This is a good indicator that it is rich in beta-carotene. As an aside, liver is the richest source of Vitamin A. One serving of liver provides more than 700% of your daily recommended value for Vitamin A. But the above listed foods will also get you started on your way

to meeting your daily needs of this important nutrient.

### Slow Cooker Pumpkin Turkey Chili

1 tbs olive oil, 1 pound ground turkey, 1 onion chopped, 1(28 ounce) can diced tomatoes, 2 cups cubed fresh pumpkin, 1(15 ounce) can chili beans, 1(15 ounce) can seasoned black beans, 3 tbs brown sugar, 1 tbs pumpkin pie spice, 1 tbs chili powder



Brown turkey in a large soup pot over medium heat. Drain and discard any fat. Transfer to a slow cooker and stir in remaining ingredients. Set cooker to low, cover, and cook until pumpkin is tender and has started to break apart, at least 3 hours.

### 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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### Pumpkin Apple Streusel Muffins

2 1/2 cups flour

2 cups white sugar

1 tbs pumpkin pie spice

1 tsp baking soda

1/2 tsp salt

2 eggs, lightly beaten

1 cup canned pumpkin puree

1/2 cup vegetable oil

2 cups peeled, cored, and chopped apple

2 tbs flour

1/4 cup white sugar

1/2 tsp ground cinnamon

4 tsp butter

Preheat oven to 350 degrees. Lightly grease 18 muffin cups or use paper liners.

In a large bowl, sift together 2 1/2 cups flour, 2 cups sugar, pumpkin pie spice, baking soda, and salt. In a separate bowl, mix together eggs, pumpkin, and oil. Add pumpkin mixture to flour mixture, stirring just to moisten. Fold in apples. Spoon batter into prepared muffin cups.

In a small bowl, mix together 2 tbs flour, 1/4 cup sugar, and 1/2 tsp cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.

Bake in a preheated oven for 35 to 40 minutes or until a toothpick inserted into a muffin comes out clean.

