



HERKIMER COUNTY OFFICE FOR THE AGING NUTRITION NEWS

JANUARY 2020



WRITTEN BY: SHANNON DAVIS, RD, CDN
LAYOUT BY: JACQUELINE N. MURPHY

Happy New Year!

INSIDE THIS ISSUE:

The New Year can be a time for fresh starts and new beginnings. Taking control of your health is one way to usher in the new season! Instead of focusing on weight loss, as many people do at this time of year, try instead to focus on improving your intake. This can include increasing your intake of fruits and vegetables, increasing your fiber intake, and lowering your salt and fat intake.

This is a good time to mention that for those of you who receive our home delivered or congregate meals, you may be noticing some changes. New York State Office for the Aging recently updated our standards for providing healthy meals. These meals will now provide 1% milk instead of 2% in an effort to reduce total fat intake.



They have also recommended that the fiber we provide be increased, so you may notice a change in the breads that we serve. We are striving to provide tasty, nutritious, whole grain products,

including bread, rolls, and mixed grain rice.

Lastly, you may notice an increase in the portion size of fruits and vegetables. A serving is 1/2 cup. So you may see some additional fruits added as desserts as well as an increase in the portion size of the vegetable that is served.

The meals will continue to provide 13 of the Recommended Daily Intake of most major nutrients, including energy (calories), protein, fat, cholesterol, vitamins, and sodium. This is confirmed each month by a nutrient analysis that carefully tells exactly what each meal provides.

It's also helpful to keep in mind that our meals can work for any prescribed diet. Because the portions are carefully planned, our meals can be consumed by those in need of a low sodium diet, a low fat diet, and even a diabetic diet. Portion control is key and by limiting the portions, almost all foods can fit!

TIPS FOR A
HEALTHIER
YOU

2

STROKE
PREVENTION

3

MORNING
GLORY MUF-
FINS

4

Monthly Exercise:

Toe Stands (heel raises)

1. Stand behind a chair, use the chair as support.
2. Place feet shoulder width apart
3. Lift up your heels, rising up on your toes
4. Pause, return heels to floor
5. Repeat 5-10 times

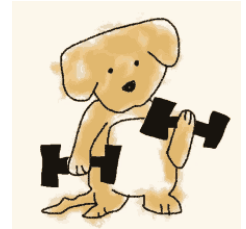


Here are some tips to get you moving toward a new and improved you!

- * Drink water, especially before meals—drinking water can boost your metabolism and also promote a feeling of satiety that may save you calories in the long run.
- * Eat eggs for breakfast—eggs also promote a feeling of satiety that may prevent you from looking for a mid-morning snack.
- * Drink coffee—coffee is not only loaded with antioxidants but can also boost your metabolism. Be careful to consume it in moderation and try to limit your additives, including high fat creamers.
- * Try green tea—green tea is also loaded with antioxidants.
- * Cut back on added sugars—sugar consumption is closely linked with obesity. It may also increase your risk of diabetes and heart disease. Even so called health foods (such as granola bars) can be loaded with added sugar.
- * Eat less refined carbs—these include sugar and grains that have been stripped of their fibrous, nutritious parts. These include white bread and pasta. Refined carbs can spike blood sugar and lead to feelings of hunger a few hours later.
- * Use smaller plates—some studies show that using smaller plates help people eat fewer calories.
- * Exercise portion control or count your calories—try keeping a food diary or increasing your awareness of what you are consuming.



- * Keep healthy food around in case you get hungry— if you need to snack, try snacking on whole fruits, nuts, baby carrots, yogurt, or hard boiled eggs.
- * Eat spicy foods— chili peppers contain capsaicin, which is a spicy compound that has been shown to boost your metabolism and reduce your appetite.
- * Do aerobic exercise— this is an excellent way to burn calories while improving your physical and mental health. Aerobic exercise seems to be particularly effective for losing belly fat, which may increase your risk of cardiovascular disease.
- * Lift weights— while dieting tends to cause muscle loss and slows your metabolism, weight lifting maintains your metabolism and adds muscle. Try resistance exercises as well.
- * Eat more fiber— fiber increases your feeling of being full and may help you eat fewer calories.
- * Eat more fruits and vegetables— they are low in calories but rich in fiber. They also have a high water content also makes them very filling. Lastly, they are rich in vitamins, minerals, and antioxidants.
- * Get good sleep— studies suggest that sleep may be just as important as healthy eating and exercise. Studies also show that poor sleep is one of the strongest risk factors for obesity, as it's linked to an 89% increased risk of obesity in children and 55% in adults.
- * Eat more protein— a high protein diet has been shown to boost metabolism by 80-100 calories daily. It also contributes to a feeling of satiety which leaves you satisfied and not hunting for empty calories to satisfy your craving.



- * Chew more slowly– your brain takes a while to register that you’ve had enough to eat. Slowing down in general is an easy but effective method of cutting your caloric intake.
- * Don’t do sugary drinks– these can include soda as well as fruit juice. Eat a piece of fruit as opposed to a glass of juice that is loaded with extra sugar.
- * Eat whole, single ingredient foods– limiting your intake of processed foods can impact your overall health.
- * 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. This doesn’t have to mean losing weight. Focus on nourishing your body instead of depriving it.

Switching gears, knowing the signs and symptoms of a stroke can help expedite treatment, which may significantly improve your outcome. The acronym **F.A.S.T.** is an easy way to remember the symptoms.



-Face drooping: Does one side of the face droop or is numb? Asking the person to smile can help clarify this.

-Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

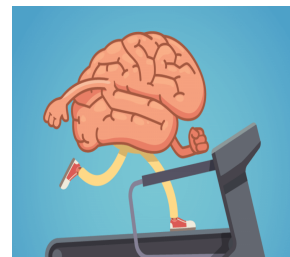
-Speech Difficulty: Is the speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

-Time to call 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately.

Other symptoms include sudden numbness or weakness of the leg, sudden confusion or trouble understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance, or coordination, and sudden severe headache with no known cause.

It is also important to note that a TIA (also known as a “warning stroke”) produces similar symptoms. However, these symptoms usually go away after only a few minutes. You should still bring the person in to the hospital, as individuals who experience a TIA have a high risk of experiencing a stroke.

Brain health can also encompass your mental health and well being. This can be a difficult time of year for many of us. The upstate New York weather can be isolating and at times winter seems to last forever! But when possible, remember that socialization can help. Maybe you can try meeting friends at one of our congregational dining sites. Not only will you receive a tasty, nutritious meal, but you will also gain the opportunity for regular contact with others who may be in a similar social situation. Regular physical activity and getting adequate sleep can also improve your mental health.



Lastly, diet can play a role in depression. Remember to take in adequate B vitamins, as well as Vitamin C and Vitamin D. Low intake of minerals including calcium, iron, and magnesium may also contribute to depression. If it is difficult to meet your needs, especially during the winter months, try supplementing your diet with a general daily multivitamin.

Morning Glory Muffins

1 1/2 cups flour
1/2 cup whole wheat flour
1 1/4 cups white sugar
1 tbs ground cinnamon
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
2 cups grated carrots
1 apple– peeled, cored, and chopped
1 cup raisins

1 egg
2 egg whites
1/2 cup apple butter
1/4 cup vegetable oil
1 tbs vanilla extract
2 tbs chopped walnuts
2 tbs toasted wheat germ

Preheat oven to 375 degrees. Lightly oil 18 muffin cups or coat with nonstick cooking spray. In a medium bowl, whisk together egg, egg white, apple butter, oil, and vanilla.

In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, and salt. Stir in carrots, apples, and raisins. Stir in apple butter mixture just until moistened.

Spoon the batter into the prepared muffin cups, filling them about 3/4 full. In a small bowl, combine walnuts and wheat germ; sprinkle over muffin tops.

Bake at 375 degrees for 15-20 minutes or until the tops are golden and spring back when lightly pressed.



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.

HERKIMER COUNTY OFFICE FOR THE AGING

109 Mary St., Herkimer, NY 13350

Phone: 315-867-1121

Fax: 315-867-1448

Email: hcofa@herkimercounty.org

Web: www.herkimercounty.org; then 'departments' then 'Office for the Aging'

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