

NUTRITION NEWS

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National Nutrition Month



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March is National Nutrition Month! Have you made it a personal goal in 2020 to improve your diet? Have you been adhering to your resolution?

There are constantly new gimmicks in the news and on the horizon to make you (supposedly) healthier, leaner, and stronger. But do these actually work?

Chances are if it seems too good to be true, it probably is! The only tried and true way to lose weight is to increase your energy expenditure (i.e. burn more calories) or cut your intake.

Exercise burns those excessive calories. There are four main types of exercise—endurance, balance, strength, and flexibility.

Aerobic exercise is any physical activity that uses large muscle groups and causes your body to use more oxygen than it would while resting. Endurance training is part of aerobic activity. Aerobic activity is the type that most benefits your cardiovascular health. Examples include brisk walking, jogging, and bicycling. If you're just beginning, try brisk walking for up to 5 or 10

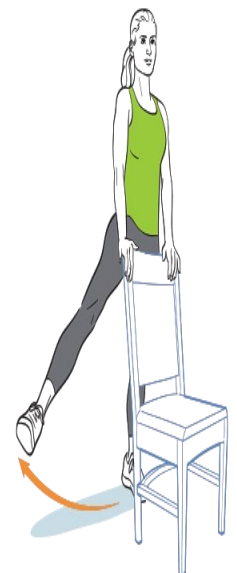
minutes. Gradually try to build up to 30 minutes. Always be sure to start with a 5 minute, slower paced walk to warm up, and also end with a 5 minute slower paced walk to cool down.

Resistance training (also known as strength training) can firm, strengthen, and tone your muscles. Examples include pushups, lunges, and bicep curls.

Flexibility exercises stretch and lengthen muscles. They can help prevent injury to your muscles. Deep stretches are examples.

Lastly, balance exercises promote stability and play a role in falls prevention. A simple example involves holding onto a chair or other stable piece of furniture and slowly lifting your leg to the side. Keep your back straight and repeat 10-15 times per leg. (see picture: right)

Combining a variety of these exercises will get you on your way to a healthier you!



So what are the hot nutrition topics that will be at the forefront in this new decade? Recently, the Academy of Nutrition and Dietetics held their annual meeting. More than 10,000 dietitians discussed such topics as detoxification, ketogenic diets, and probiotics. According to US News and World Report, here is a list of some of the current trends.

1. **Prebiotics are the new probiotics.**

Prebiotics promote the growth of probiotics. They play a role in gut health and can now be found in everything from sparkling tonic water to powdered supplements to cookies.

2. **Vegetables, vegetables, vegetables.**

There are new and improved sauces (such as a tomato sauce that contains 10 different vegetables), ketchup and BBQ sauces with hidden vegetables, and chips and crackers made with vegetables (including beets, sweet potatoes, and kale).

3. **Coconut!** Coconut cream is the main ingredient new plant based yogurts. It is also featured in snacks like granola bars and chocolate bars. Keep in mind



that dairy free (plant based) is not always more nutritious. One of these plant based yogurts contained 50% of your daily saturated fat intake but only 2% of your calcium needs.

4. **Allergen free and allergy aware.** There are more and more products labeled as nut-free, dairy-free, and soy-free. Gluten free also continues to be a hot trend.

5. **Puffs are the new chips.** Not only are they higher protein and lower carbs than

chips, puffs come in a variety of ingredients. New puffs include peanut puffs, chickpea puffs, veggie puffs, and honey puffs.

6. **Healthy Mashups.** This trend was particularly popular with the snacking gurus. Dark chocolate was often paired with some wholesome ingredient such as quinoa. Other examples included dark chocolate and sea salted pumpkin seeds and dark chocolate paired with granola.

7. **Portable and Single Serve.** Consumers are busier than ever and are demanding convenience. New packaging for yogurt and different nut butter pouches offer healthy, convenient snacking options.



There are also flavored fiber packets emerging as well as packages of green tea that you simply add to a bottle of water. Lastly, single serve packs of raw and unfiltered honey offer a quick boost of energy.

8. **Low Carb Coatings, Crumbs, and Croutons.** Have you noticed all of the different uses for cauliflower? From pizza crusts to coatings for chicken nuggets, this versatile vegetable is popping up in all kinds of places! Companies are also looking at making a “non-crouton” from crispy puffed quinoa or other protein sources.

9. **Protein coffee and other protein packed products.** There is a cold brew coffee popping up that has as much protein as a serving of meat! There are also higher protein pastas in development, that are crafted using lentils, black beans, edamame, and chickpeas.

10. **Reinventing Dairy.** “Dairy Full” is the new dairy free! There are dairy drinks made with yogurt and cottage cheese is seeing a re-birth, thanks to new flavors. Certified or-

ganic cottage cheese is also emerging as a popular snacking option.

As we age, some of our nutritional requirements change and our bodies are always changing,. For example, your sense of thirst diminishes as you age. But your fluid requirement does not, which puts you at a higher risk of dehydration. Here are some tips from the Academy of Nutrition and Dietetics to keep your body healthy and strong as you age.

- * **Make half your plate fruits and vegetables:** fresh, frozen, or canned fruits and vegetables are all good options,. Try to incorporate them into your daily routine as snacks to increase your intake.
- * **Make at least half your grains whole:** be sure to check that the first ingredient on your package says “whole grain” or “whole wheat.” Finding options with added fiber is also beneficial in regulating your digestive system as well as making you feel full longer.
- * **Switch to fat free or low fat dairy products:** As we age, our needs for Vitamin D and calcium actually increase. This means that you need 3 servings of dairy products daily and can include choices including 1 cup of milk, 3/4 cup of yogurt, or 1 cup of cottage cheese. Dairy products also give you added protein to boost your energy levels.
- * **Vary your protein choices:** eating the same foods over and over can be boring. By eating a variety of protein based foods such as beans, eggs, and nuts in addition to meats, poultry, and fish, will allow more key nutrients to be absorbed.



- * **Cut back on sodium and added sugars:** avoid adding salt to season food as many products already have natural or added sodium in them. Use spices and herbs to add flavors to foods, including black pepper, parsley, and cilantro. Also, try to drink water throughout the day instead of sugary drinks like soda and juice. Swapping fruit for dessert is also a healthy option to cut down on your sugar intake.
- * **Eat the foods that you like but eat less of it:** Eat ore often throughout the day in small portions in order to watch your intake and reduce hunger sensations. Portions can be very large when eating out so ask for a to-go box when your meal comes to split it in half and take it home for later.
- * **Be active your way:** Every little bit of exercise can go a long way. Pick and choose activities that you like to do and just do what you can each day. If you are just starting out, make sure to start slow and build yourself up.
- * **Talk to a registered dietitian:** If you have additional questions about how you can incorporate healthy food choices into your daily routine, a dietitian can provide you with the information and resources necessary to reach your goal. Call the Office for the Aging if you are interested in receiving nutritional counseling in your home.

Lastly, try to limit your intake of processed foods. Many of these products are loaded with added sugar, salt, and oils. While these additions can extend the shelf life of the products, they also increase your intake of sugar, salt, and fat. Be cautious with your choices while shopping. And remember that reading food labels can be helpful !

While I generally try to provide a healthy recipe every month, I also believe that everyone deserves a treat! In the spirit of St. Patrick's Day this month, here is a fun recipe to try!

Irish Cream Chocolate Cheesecake

- 1 1/2 cups chocolate cookie crumbs**
- 1/3 cup confectioners' sugar**
- 1/3 cup unsweetened cocoa powder**
- 1/4 cup butter**
- 3 (8 ounce) packages cream cheese, softened**

Bake at 450 degrees for 10 minutes. Reduce oven temperature to 250 degrees and continue baking for 60 minutes.

With a knife, loosen cake from rim of pan. Let cool, then remove the rim of pan. Chill before serving. If your cake cracks, a helpful tip is to dampen a spatula and smooth the top, then sprinkle with some chocolate wafer crumbs.



- 1 1/4 cups white sugar**
- 1/4 cup unsweetened cocoa powder**
- 3 tbs flour**
- 3 eggs**
- 1/2 cup sour cream**
- 1/4 cup Irish cream liqueur**

Preheat oven to 350 degrees. In a large bowl, mix together the cookie crumbs, confectioners' sugar, and 1/3 cup cocoa. Add melted butter and stir until well mixed. Pat into the bottom of a 9 inch spring form pan. Bake in preheated oven for 10 minutes; set aside. Increase oven temperature to 450 degrees.

In a large bowl, combine cream cheese, white sugar, 1/4 cup cocoa, and flour. Beat at medium speed until well blended and smooth. Add eggs one at a time, mixing well after each addition. Blend in the sour cream and Irish cream liqueur, mixing on low speed. Pour filling over baked crust.

HEAP

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

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