

NUTRITION NEWS

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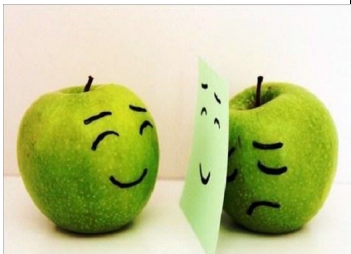
Summer Produce

It has been a summer like no other! The Corona virus changed many aspects of our lives. And experts predict that depression will be on the rise because of the difficulties brought on in part by this virus.

Clinical depression in the elderly is common. It affects 6 million Americans ages 65 and over. But only 10% receive treatment for it. Depression in the elderly is often frequently confused with the effects of multiple illnesses and the medicines used to treat them.

Depression in the elderly differs from depression in younger people. In the elderly, depression often occurs with other medical illnesses or disabilities and also tends to last longer.

Depression in the elderly increases the risk of cardiac disease. Depression also reduces an elderly person's ability to successfully recover from an illness or surgery. Depression increases the risk of



suicide in those over the age of 65; the suicide rate in people aged 80 to 84 is more than twice that of the general population.

Effective treatment of depression in the elderly often gets delayed. Changes in the elderly person's circumstances (such as deaths of siblings, spouses, and friends, or relocating), along with the expectation that the elderly are "supposed to slow down" can cause health care professionals to miss the signs of depression.

Once depression is diagnosed, there are treatment options. Medicine, psychotherapy, or counseling can all be beneficial. Antidepressants may take longer to work in older people as opposed to younger people. Support from family and friends, involvement in self-help and support groups, and psychotherapy are still beneficial, even if medication has been added.

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Monthly Exercise

Sit to Stand

Helps with getting up & down from a chair or toilet & in & out of a car.

1. Stand up slowly from a chair, keeping your knees slightly apart.
2. Then lower yourself back down into the chair
3. Repeat 5 times.
4. Use chair with armrests if this hurts your knees.



The dog days of summer are upon us! Long, hot days with lots of opportunity to try out some of the wonderful seasonal produce, especially that at our Farmers' Markets! Exact crops and their availability will vary from region to region, but here is a list of some of the best options to be found his month!

Apples: most people think of apples as being available in the fall only! But there are some varieties that are available as early as July! Another benefit to this local produce is that it can be kept in cold storage until spring.

Basil: this herb is mostly used for cooking and is included as a popular ingredient in tomato sauces or pesto sauce. A helpful hint—don't chop the leaves. Tear them for the most flavor.

Blueberries: upstate NY has a bountiful harvest of blueberries! And they can be picked and frozen for use for months to come. Try incorporating them into smoothies, muffins, or pancakes once the cold weather arrives!

Cabbage: cabbage is packed with vitamins and nutrients. It is a good source of both Vitamin K and Vitamin C. Be aware that it may be difficult on your digestive system though.

Cantaloupe: also known as musk melon, this fruit is a good source of potassium and Vitamin C. It is also over 90% water so can be used to meet your fluid needs as well. It is abundant in our area in later summer, is low in calories, and high in fiber— a great snack option!

Cucumbers: one of our state's most popular summer vegetables! Cucumbers are also very high in water content. And they are

easy to incorporate into salads! They also contain additional vitamins and minerals.

Eggplant: this dark purple vegetable is loaded with antioxidants. Antioxidants are thought to be effective in preventing the development of certain cancers.

Garlic: while mostly used as a seasoning, a benefit is that it can be stored year round and used during the cold months as well.

Green Beans: relatively easy to grow, even for amateur gardeners! Young, fresh green beans are a good source of Vitamin C, fiber, folate, and Vitamin K.

Lettuce: one of the few vegetables that is relatively low in fiber. But it is very high in water content and can help you meet your fluid needs during the hot summer months. It is also a refreshing, light dinner on a hot, humid day— simply make a salad and add your favorite lean protein.



Peaches: most people associate apples with NYS but NYS is also a leading producer of peaches! They are a quick, easy snack option, and they are easily incorporated into baked goods as well.

Potatoes: potatoes are available into the fall and winter but can be harvested in later summer as well. They are fat free, sodium free, and about 110 calories each! They also contain more potassium than a banana.

Zucchini: most people that have a garden in upstate NY have a surplus of zucchini. It can be served fresh or in hot dishes such as pasta meals, or incorporated into baked goods, like zucchini bread. It is also high in antioxidants.

Of course, this is just a partial list of your local options! Explore a farmers' market for more!

Depression can have a large impact on our appetite, intake, and diet. Some people suffering from depression overeat, while others cannot seem to take in enough food to meet their basic nutritional needs. From time to time, we all feel "down." Research is beginning to show that there may be some foods you can eat that will actually give your mood a boost.

1. Seek out foods rich in Vitamin B12 and folic acid (also known as folate): These two vitamins appear to play a role in preventing mood disorders. They may also prevent central nervous system disorders and dementia. Folic acid is usually found in beans and greens, while Vitamin B12 can be found in fish, meats, poultry, and dairy products.
2. Enjoy fruits and vegetables regularly: Fruits and vegetables are packed with antioxidants and phytochemicals. Some studies show that both of these substances can improve your mental (and overall) health.
3. Eat selenium rich foods every day: Selenium is thought to act like an antioxidant in the body. Oxidative stress in the brain is associated with some cases of mild to moderate depression, especially in the elderly. The recommended daily allowance for selenium is 55 micrograms a day for both men and women. Whole grains are an excellent source of selenium. Other foods rich in selenium include beans and legumes, lean meat, and nuts and seeds.

4. Eat fish several times a week: Recent studies show that both men and women have a lower risk of depression if they regularly eat fish, particularly fish like salmon, which is high in omega-3 fatty acids. Good sources of omega-3 fatty acids include herring, salmon, sardines, and tuna.



5. Get a daily dose of Vitamin D: Four recent studies show a link between low serum levels of Vitamin D and a higher incidence of mood disorders. Very few foods naturally contain Vitamin D. Vitamin D can come from a variety of sources, including short periods of sun exposure, vitamin D supplements, and foods. Vitamin D can be found in fatty fish, such as salmon, tuna, and mackerel, beef liver, cheese, and egg yolks. However, our primary source of Vitamin D is fortified foods, such as breakfast cereals, breads, juices, and milk.
6. Treat yourself to to 1 oz of chocolate: Small amounts of chocolate, especially dark chocolate, increases the endorphins (or feel good chemicals) in the brain. Not only that, but dark chocolate also seems to have a heart healthy anti-clogging effect in our blood vessels. One ounce of dark chocolate daily can have positive benefits on both your physical and mental well being.

Keep in mind that other foods may negatively impact mood. Reduce intake of foods high in saturated fats, reduce consumption of alcohol, and reduce your intake of caffeine to a moderate amount for maximum mood enhancing benefits.

August is National Peach Month! Try these sweet and savory recipes!

Peach Avocado Salsa

- 2 fresh peaches, peeled, pitted, and diced
- 1 jalapeno pepper, seeded and minced
- 1/2 red onion, minced
- 1/2 red bell pepper, minced
- 1/4 cup chopped fresh cilantro or to taste
- 2 cloves garlic, grated
- 1/2 lime, juiced
- 1/2 lemon, juiced
- Salt and ground black pepper to taste

1 avocado– peeled, pitted, and diced
Gently mix peaches, jalapeno pepper, red onion, red bell pepper, cilantro, garlic, lime juice, and lemon juice in a bowl; season with salt and black pepper. Cover bowl with plastic wrap and refrigerate for at least 30 minutes. Fold avocado into the salsa to serve.



Baltimore Peach Cake

- 1/3 cup white sugar
- 1 package active dry yeast
- 1 1/4 cups warm milk
- 1/4 cup melted butter
- 1 large egg, beaten
- 1 1/2 tsp salt
- 3 cups flour, or more as needed
- For the Top:
- 3 tbs butter, divided
- 3 1/2 ripe peaches
- 1/3 cup apricot preserves
- 2 tbs sugar

Combine sugar and yeast in a bowl. Pour in milk, butter, and egg. Whisk together until sugar is dissolved. Stir in flour, a portion at a time, until mostly moistened, adding more if dough is wet. Add salt and stir until the dough comes together. Cover and let rise until doubled. Grease a 9x13 inch pan. Split peaches in half and then quarters, then eighths. Transfer dough to the dish. Cover and let rise until doubled again. Preheat to 375. Arrange peach slices on the dough. Drizzle remaining butter on top. Sprinkle sugar on peaches. Bake for 40 to 45 minutes. Heat preserves up and brush glaze over the top of the cake.

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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