



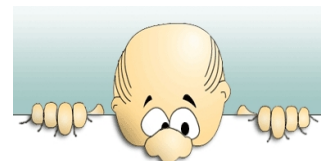
# HERKIMER COUNTY OFFICE FOR THE AGING

## NUTRITION NEWS

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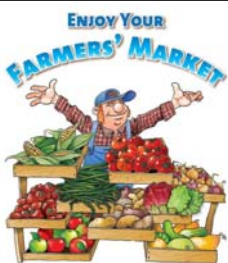


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## Summer Food Safety

Summer is in full swing, and so are our local farmers' markets! The fresh produce that New York State farms produce in July and August are like no other! Sweet corn, strawberries, blueberries, and peaches— just to name a few! By now, most of you are aware of the health benefits that increasing your fruit and vegetable intake offer. But now is the time when the abundance of this produce also helps financially— Our local farmers' markets are convenient and inexpensive! They can also be a great place to socialize— the benefits are endless!



Interestingly, New York State is a leading fruit and vegetable producer in the Eastern part of the United States. The leading fruit crop is apples, followed by grapes. Actually, New York is the second leading state in the country for the production of apples. Other produce that contributes widely to our economy includes cabbages, cucumbers, peas, onions, green

beans, squash, sweet corn, and tomatoes.

Keep in mind that increasing your fruit and vegetable intake can help increase your fiber intake. It will augment your vitamin and mineral intake as well. Certain fruits and vegetables can also add to your daily fluid intake.

Adding fresh fruits and veggies as a daily snack can also help you maintain a healthy weight. They are filling but offer fewer calories and fat than most other snacking options. You can also incorporate them into other snacks. Make a healthy smoothie with yogurt, milk, and fresh fruit. Or try adding fresh fruit to a plain yogurt to offer a nice flavor.



### Monthly Exercise

#### Knee Marching

1. Stand with arms at sides, feet shoulder width apart.
2. Raise one knee up as high as comfortable. Lower, then raise the other knee.
3. Repeat 20 times.



For many of us, summer means cooking out and enjoying picnics and barbecues with family and friends.



Unfortunately, this is also the time of year when we see an increase in the number of foodborne illnesses (also known as food poisoning.) Although we have touched on this topic in the past, it is worth mentioning again.

How do you know if you or a loved one is suffering from a foodborne illness? How do you distinguish it from a regular GI bug? A major difference is the amount of time that an individual is sick, as well as the severity of the symptoms. Foodborne illnesses tend to come on very fast and very strong, usually within a few short hours after eating the contaminated foods. As most of us tend to eat the same thing as our family members, another sign is if multiple family members fall ill within the same general timeframe as each other.

The symptoms vary depending on the organism that infects you. Most resolve without treatment, although prolonged vomiting and diarrhea may cause you to seek medical help for dehydration, usually in the form of IV fluids. Common symptoms of foodborne illnesses include (but are not limited to): vomiting, diarrhea (sometimes containing blood), abdominal pain, fever, and chills.

Foodborne illnesses can be caused by a variety of different organisms, including bacteria, parasites, viruses, and chemicals. Bacterial infections are the most common

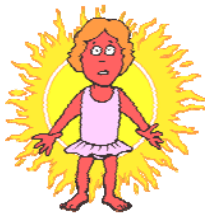
and include salmonella (found in raw and undercooked meats, poultry, dairy products, and seafood), E. coli (found in raw or undercooked hamburger, unpasteurized fruit juices, milk, and fresh produce), and C. botulinum (found in improperly canned foods).

The very simplest and most effective way to prevent the spread of foodborne illness is to wash your hands thoroughly and often when preparing food. Here are some other general tips to limit your risk to food poisoning.

- \* When shopping, select frozen and perishable foods last, such as meat and fish.
- \* Don't use food from flawed containers that leak, bulge, or are severely dented.
- \* Purchase only pasteurized milk and cheese.
- \* Purchase only the amount of produce needed for one week's time. The longer you keep fruit and vegetables, the more time bacteria has to grow.
- \* When purchasing pre-cut produce, avoid those that look slimy, brownish, or dry. They may have been held at improper temperatures.
- \* Make sure counters, cutting boards, dishes, and other equipment are thoroughly cleaned and rinsed before use.
- \* If possible, cut foods to be eaten raw on a clean cutting board that is reserved for that purpose only. Then clean this cutting board with hot soapy water.
- \* When thawing foods, do so in the refrigerator for 1-3 days, under cold running water, or in the microwave. And always marinate foods in the refrigerator.



Unfortunately, food isn't the only hazard we face this time of year. While it is a beautiful time in upstate New York, there are also some increased health risks that come with the summer weather. One such hazard is the risk of sunburn. A sunburn is defined as red, painful skin that feels hot to the touch after too much exposure to ultraviolet (UV) light from the sun. Sunburn may take several days or even longer to fade. Intense, repeated sun exposure increases your risk of skin damage. This can range from wrinkled skin and dark spots to skin cancers, such as melanoma.



Certain risk factors increase your risk of sunburn. These include having light skin, blue eyes, and red or blond hair, working outdoors, having a history of a significant sunburn, and taking a drug or medication that increases your sensitivity to sun.

Skin cancer, arguably the most worrisome effect of too much sun exposure, develops mainly on areas of the body that are most exposed to sunlight. This includes the scalp, face, lips, ears, neck, chest, arms, hands, and legs.



Skin cancer is more common in women than in men. Some types of skin cancers appear as a small growth or sore that bleeds easily, crusts over, heals, and then reopens. Melanomas can present as an existing mole that may change. It can also present as a new, suspicious looking mole. See your doctor if you notice a new skin growth or a sore that doesn't heal.

The good news is that sun exposure can be limited, even while enjoying outdoor activities. The following tips offer protection from the sun's harmful rays.

- Avoid sun exposure between 10 am and 4 pm. The sun's rays are strongest during these hours. If you must be outside, seek shade when possible.
- Avoid sun tanning and tanning beds. Using tanning beds to obtain a base tan doesn't decrease your risk of sunburn.
- Cover up. When outside, wear a wide brimmed hat and clothing that covers your arms and legs when necessary.
- Dark colors offer more protection, as do tightly woven materials.
- Use sunscreen frequently and generously. No matter what your skin type, use a minimum of SPF 15.
- Wear sunglasses when outdoors. Sun can also cause eye damage.
- Be aware of medications that increase your sensitivity to the sun. Common examples include antihistamines, ibuprofen, certain antibiotics, antidepressants, and some cholesterol lowering drugs.

Lastly, when you are out and about this summer, be sure to stay well hydrated. Common symptoms of dehydration include extreme thirst (but this is not always a symptom), less frequent urination, dark colored urine, fatigue, dizziness, and confusion.



The average sized senior citizen needs about 2,000 ml of fluid daily. This translates to approximately eight 8-ounce glasses of fluid. While coffee and tea are considered diuretics (increasing urination), they still count toward your daily fluid intake. So strive for 8 glasses of fluid every day. However, keep in mind that if you are outside and actively sweating, you must replace the fluids that are lost. On very hot days, strive for closer to 10 glasses daily.



One of the most delicious items New York State has to offer are its fresh grown peaches! They don't just have to be used in desserts!

### **Grilled Salmon with Curried Peach Sauce**

2 fresh peaches, peeled and diced

1/4 cup honey

1 tsp curry powder

Salt and pepper to taste

2 salmon steaks



Preheat an outdoor grill for medium-high heat and lightly oil grate. Stir together the peaches, honey, and curry powder in a small saucepan over medium heat. Bring to a simmer and cook until the peaches break down and the sauce thickens, about 10 minutes. Season to taste with salt and pepper.

Season the salmon steaks with salt and pepper and cook on the preheated grill until the fish flakes easily with a fork, 5 to 10 minutes per side depending on the thickness of the steaks. Pour the peach sauce over the salmon to serve.

But a little peach in your dessert is never a bad thing!

### **Blackberry Peach Pie**

3 cups fresh blackberries

3 fresh peaches— peeled, pitted and sliced

3 tbs cornstarch

3/4 c white sugar

Double pie crust

2 tbs butter, melted

1 tbs ground cinnamon

1/2 tsp ground nutmeg



Preheat oven to 450 degrees. Mix the fruit, cornstarch, and sugar in a large bowl. Press one of the pie crusts into a 9 inch pie pan. Pour the fruit mixture over the crust. Cover with the remaining pie crust. Crimp the edges to seal. Cut slits in the top of the pie to vent. Brush the top with melted butter, Sprinkle cinnamon and nutmeg on top. Bake for 15 minutes, then reduce heat to 350° and bake for an additional 35 to 40 minutes.

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