

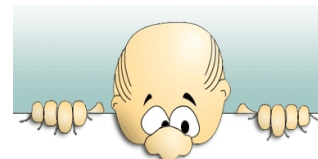


# HERKIMER COUNTY OFFICE FOR THE AGING

## NUTRITION NEWS

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## Happy Father's Day!

Summer is almost here! Time for picnics and barbecues and cooking out on the grill! Soon the farmers' markets will be in full swing, and the choices of fresh fruits and vegetables will be abundant.



When choosing fruits and vegetables, remember to choose produce that is rich in color. The deeper the color, the more antioxidants the produce has, especially if it is a deep blue, purple, or red. The orange and yellow colored produce tend to be high in carotenes, which aid in the production of mucous membranes in the body, boost our immune system, and contribute to healthy vision.

Fresh fruits and vegetables provide a valuable source of fiber. As you may know, fiber does more than promote a healthy digestive tract. It also can aid in lowering your cholesterol and even preventing certain types of cancers, especially colorectal cancers. Fiber also

promotes a feeling of satiety, which can help you maintain a healthy weight. Be sure to drink adequate fluids when consuming fiber. The average healthy adult needs about 2,000 ml of fluid daily. This is equivalent to about 8 eight ounce glasses of fluid.

Don't forget that summer is also a wonderful time to amp up your exercise routine. Walking, biking, and swimming are all fun activities that can be added to your regular routine. You can also try new activities, such as golf or tennis! These are also great activities to do with other people. Adding the social factor can make your exercise more enjoyable and there for easier to stick to. Don't forget to incorporate your grandchildren! Go for a hike or play a game of kick ball, wiffle ball, or Frisbee. You may not even realize you're exercising!



### Monthly Exercise

#### Toe Taps

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strengthens the lower leg.)
2. Repeat 20 times.



Since June is the month we celebrate fathers, I thought it was appropriate to talk about prostate cancer this month. Prostate cancer is one of the most common types of cancer in men. Usually, it grows slowly and is initially confined to the prostate gland. However, it can grow and spread quickly if left untreated, especially the more aggressive forms. Prostate cancer that is detected early has a better chance of successful treatment.



Prostate cancer may cause no signs or symptoms in the early stages. However, more advanced prostate cancer may cause the following:

- ◇ Trouble urinating
- ◇ Decreased force in the stream of urine
- ◇ Blood in semen
- ◇ Discomfort in the pelvic area
- ◇ Bone pain
- ◇ Erectile dysfunction

There are also a number of risk factors associated with the development of prostate cancer that you should be aware of. These risk factors include:

- ◆ Age– your risk of prostate cancer increases as you age.
- ◆ Race– for reasons that are not clear, black men carry a greater risk of prostate cancer than other races do. In black men, prostate cancer is also more likely to be aggressive or advanced.
- ◆ Family history– if other men in your family have had prostate cancer, your risk also increases. Also, if you have a high prevalence of breast cancer in your

family, your risk of developing prostate cancer goes up.

- ◆ Obesity– obese men that are diagnosed with prostate cancer may be more likely to have advanced disease that is more difficult to treat.

You do have some control over your risk of prostate cancer. And these preventative actions are directly linked to diet.

1. **Choose a healthy diet full of fruits and vegetables.**

Avoid high fat foods and focus on choosing a variety of fruits, vegetables, and whole grains. Although there are no specific foods that may “prevent” prostate cancer, eating a diet rich in fruits and vegetables is linked to improving your overall health.



2. **Choose healthy foods over supplements.**

No vitamin or mineral supplements have as yet been proven to reduce your risk of prostate cancer. So instead, focus on incorporating vitamins and minerals into your diet– the forms of vitamins and minerals found in foods are more bioavailable for our bodies to use.

3. **Exercise most days of the week.** In addition to improving your overall health, exercise can also help you maintain a healthy weight. You can always start slow and build up to 5 days a week.

4. **Maintain a healthy weight.** Maintaining a healthy weight also includes not being too thin as well as not being obese. You may be your own best judge when it comes to determining your best weight.

Instead of being cooped up cooking in the kitchen, enjoy the beautiful weather while outside using the grill! In addition to being outside, grilling offers some healthier options when it comes to food preparation.



Grilling foods can offer up a nice smoky flavor without requiring the addition of breading or another fat source, such as butter. If you choose a meat that has a significant amount of fat in it, the drippings from the meat often end up in the coals. If you cook this same meat in the pan, you will often end up consuming the fat.

There are other benefits to grilling, especially grilling vegetables. When you boil vegetables, many of the vitamins and nutrients are leached out into the water. Even microwaving can destroy some of the nutrients found in vegetables. Grilling, however, preserves these vitamins and nutrients, offering you the most nutrient dense serving of veggies.



Lastly, grilling keeps your meats and vegetables juicy. Because grilling tends to lock in more moisture than other forms of cooking, you will be less inclined to reach for condiments that can pack on the fat and calories, such as dressings or butter.

There is a learning curve when it comes to grilling and not all meats should be cooked on the grill the same way. Here are some helpful grilling tips to get you started:

- When grilling chicken, try using the thighs rather than breast meat. They can withstand the dry heat of the grill and stay moist.
- Because the dark meat of the thigh is fattier

than white meat, take the skin off but leave the bone in to increase the moisture.

- Coat the chicken with a spice rub to intensify the flavor.
- Grill the chicken over indirect heat, meaning put the meat on the cooler side of the grill. It will cook more slowly and evenly and prevent the glaze from scorching.
- Finish it off over direct heat for 5 minutes to caramelize the glaze.
- For grilling steak, score the beef lightly to help the marinade penetrate the meat quickly. Keep the steak flat while it cooks.
- Keep it juicy and tender by letting it rest for several minutes after cooking then slicing it thinly against the grain.
- Add salt just before grilling and just after marinating.
- Add smoked paprika to a spice rub. Paprika boosts the grilled flavor.
- Buy flank steak- it's leaner than a top sirloin but packs a lot of flavor.
- For burgers, stir in a splash of extra virgin olive oil- it is a heart healthy fat and keeps the extra lean burgers moist.
- Grill the burgers over high heat to retain moisture.
- Toast the buns on the grill to add a crisp texture and a lightly charred flavor.



Father's Day is a great time to try out some of these new tricks! Marinades and grilling tools make great Father's Day gifts too!



Now it's time to try out a new grilling recipe!

### **Rosemary Ranch Chicken Kabobs**

**1/2 cup olive oil**

**1/2 cup ranch dressing**

**3 tbs Worcestershire  
sauce**

**1 tbs minced fresh rosemary**

**2 tsp salt**

**1 tsp lemon juice**

**1 tsp white vinegar**

**1/4 tsp ground black pepper, or to taste**

**1 tbs white sugar, or to taste (optional)**

**5 skinless, boneless chicken breast halves—  
cut into 1 inch cubes**



In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.

Preheat the grill for medium high heat. Thread chicken onto skewers and discard marinade.

Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center and the juices run clear.

Try pairing with some grilled vegetables or a light summer salad to complete the meal!

### **Beet Summer Salad**

**1 (15 ounce) can sliced  
beets, drained and  
diced**

**1/4 cup chopped wa-  
termelon**



**2 tbs chopped fresh cilantro**

**2 tbs reduced fat sour cream**

**2 tbs balsamic vinegar**

**1 tbs olive oil**

**Kosher salt and black pepper to taste**

Mix beets, watermelon, and cilantro in a bowl. Whisk sour cream, vinegar, oil, salt, and pepper. Pour over beet mixture and toss to serve. Let sit 30 minutes before serving.

## **HERKIMER COUNTY OFFICE FOR THE AGING**

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