



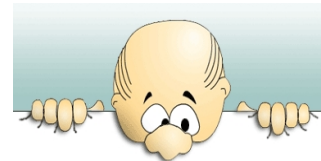
# HERKIMER COUNTY OFFICE FOR THE AGING

## NUTRITION NEWS

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MAY 2018



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### Monthly Exercise

#### Knee Lifts

1. Seated in a chair, with your arms resting but not pressing on the armrests, contract your right quadriceps muscles & lift your leg. Your knee and the back of your thigh should be 2 to 3 inches of the seat.

2. Pause for 3 seconds and slowly lower leg.

3. Complete 8 to 12 repetitions & then repeat with the opposite leg.



## Older Americans Month

May is a month devoted to

older Americans! As you well know, the aging population is growing every year thanks to improved medical care and an increase in longevity.

The statistics on older Americans continue to evolve.

- ♦ The number of Americans aged 65 and older is projected to more than double to over 98 million by the year 2060. This age group's share of the total population will also rise to almost 24%.
- ♦ Older adults are working longer. By 2022 almost 27% of American men aged 65 and older and almost 20% of American women of this same age group are projected to still be working.
- ♦ Average US life expectancy has increased from 68 years in 1950 to 79 years in 2013.
- ♦ Obesity rates among older adults have been steadily increasing. Almost 40% of older Americans were considered

obese in the years between 2009 and 2012.

- ♦ Demand for elder care has been rising and is likely to continue to rise. This is in part due to the increase in the number of people living with Alzheimer's Disease and other dementias. By 2050, the number of older Americans living with Alzheimer's may approach 14 million, which is nearly tripled the rate from 2013.
- ♦ About 80% of older adults have at least one chronic disease and 77% have at least two.
- ♦ Diabetes affects 23% of the elderly population while hypertension affects 64%.

Fortunately, many older Americans enjoy a rich quality of life throughout their golden years. This allows them to enjoy such hobbies as traveling, exercising, and crafting.



Cooking and baking are wonderful hobbies as we age. They can aid in keeping your mind active, your hands dexterous, and offer companionship through group activities. May 17 is World Baking Day! While cooking offers opportunities to put your own flair into different dishes, baking requires a more exacting approach.

*World  
Baking Day*

Did you know that you should be using different measuring cups for liquid and solid ingredients? Understanding the proper techniques for measuring will guarantee better baking results. It can make the difference between soft or crunchy cookies, fluffy or flat cakes, and flaky or dry pie crust.

Flour is the most common ingredient that is measured incorrectly. When measuring flour, use the “spoon and level” method. Do not scoop the flour out of the bag with your measuring cup. Scooping the flour can cause you to end up with 150% of the correct measurement. Instead, use a spoon and scoop the flour into the measuring cup. Do not pack the flour down and do not tap the measuring cup as both can cause the flour to settle in the cup. After you’ve spooned the flour into the cup, use the back of a knife to level off the top of the measuring cup.



Baking powder and baking soda are another common “mismeasured” ingredient. Shake up the container a bit before you start. Using a measuring spoon, lightly scoop it out of the container. Again, use a knife to level it off. Always remember the difference between baking soda and baking powder. They are NOT interchangeable. Also, each

expire after 6 months and actually begin losing strength after only 3. Write the date on the box or container so you know when to replace them.

Unlike flour, white granulated sugar can be measured by scooping it out of the bag until it is overflowing, then leveling it off with the back of a knife. Sugar is more forgiving in baking recipes as it only contributes to the sweetness of the product, as opposed to the texture or consistency that flour contributes to. Brown sugar should also be packed into the measuring cup or measuring spoon, unless the recipe specifically states otherwise. And confectioner’s sugar should usually be sifted. An important distinction you may see in recipes is as follows:



**1 cup confectioners’ sugar, sifted**  
means that the sugar is sifted after measuring

**1 cup sifted confectioners’ sugar**  
means that the sugar is sifted before measuring

Lastly, here are some common weights and measures with their equivalents that you may find helpful. I have also included the proper abbreviations for measurements.

**3 teaspoons (tsp)= 1 tablespoon (Tbs)**

**4 Tbs=1/4 cup (c)**

**5 1/3 Tbs=1/3 c**

**8 Tbs=1/2 c**

**10 2/3 Tbs= 2/3 c**

**12 Tbs= 3/4 c**

**16 Tbs= 1 c**

**1 Tbs=1/2 fluid ounce (fl oz)**

**1 c=8 fl oz**

**1 c=1/2 pint**



May is also National Mediterranean Diet Month. According to the Mayo Clinic, the heart healthy Mediterranean

diet is based on typical food and recipes of Mediterranean style cooking. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of LDL cholesterol– the “bad” cholesterol.

The Mediterranean diet is also associated with a reduced incidence of cancer, as well as Parkinson’s Disease and Alzheimer’s Disease. Women may also have a decrease in breast cancer risk.

The Mediterranean diet emphasizes the following:

- \* Eating primarily plant based foods, such as fruits and vegetables, whole grains, legumes, and nuts
- \* Replacing butter with healthy fats such as olive oil and canola oil
- \* Using herbs and spices instead of salt to flavor food
- \* Limiting red meat to no more than a few times a month
- \* Eating fish and poultry at least twice a week
- \* Enjoying meals with family and friends
- \* Drinking red wine in moderations (optional)
- \* Getting plenty of exercise



Grains in this diet are typically whole grain and usually contain very few unhealthy trans fats.

Nuts are another part of a healthy Mediterranean diet. Nuts are high in fat but most of the fat is unsaturated. While you have to limit the portion size, they can be incorporated into a healthy Mediterranean diet.

The Mediterranean diet features olive oil as the primary source of fat. Olive oil provides monounsaturated fat– the type of fat that can help reduce LDL cholesterol levels when used in place of saturated or trans fats.

“Extra-virgin” and “virgin” olive oils (the least processed forms) also contain the highest levels of protective plant compounds that provide antioxidant effects.

Some of these fats also contain omega 3 fatty acids. Omega 3 fatty acids lower triglycerides, decrease blood clotting, are associated with a decreased risk of a sudden heart attack, improve the health of your blood vessels, and help moderate blood pressure. Fatty fish, such as mackerel, lake trout, herring, sardines, albacore tuna, and salmon are all rich sources of omega 3 fatty acids.

Lastly, the health effects of alcohol have been debated for years. Alcohol, in moderation, has been associated with a reduced risk of heart disease in some research studies. The Mediterranean diet typically includes a moderate amount of wine daily. This is the equivalent of 5 ounces daily for women and 10 ounces daily for men. If you don’t drink alcohol, however, there really is no reason to start.

Drinking purple grape juice may be an alternative to wine.



Here's a recipe that will help you try out the baking techniques discussed on page 2!

### Pineapple Carrot Cake

- 2 cups flour
- 2 cups sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 3 cups finely shredded carrots
- One 8-ounce can crushed drained pineapple
- 1/2 cup coconut
- 1 cup cooking oil
- 4 eggs

Grease and flour lightly one 13x9x2 inch baking pan. Set aside. In a large mixing bowl, combine flour, sugar, baking powder, baking soda, and cinnamon. Add carrots, pineapple coconut, oil, and eggs. Beat with an electric mixer till combined. Pour batter into the prepared pans. Bake in a 350° oven for 35-40



minutes. Cool thoroughly on wire racks and frost with cream cheese frosting.

### Cream Cheese Frosting

- 6 ounces softened cream cheese
- 1/2 cup softened butter or margarine
- 1 tsp vanilla
- 2 3/4 cup powdered sugar

Beat together cream cheese and butter or margarine until fluffy. Add vanilla and mix in. Gradually add 2 cups of sifted powdered sugar, beating well. Continue to beat in the remaining powdered sugar until frosting reaches spreading consistency.



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



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