

NUTRITION NEWS

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National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. While our knowledge about this disease is growing every day, there is still much to be learned. Breast cancer remains the second most common cancer among women in the United States (some kinds of skin cancer are the most common). Black women and white women get breast cancer at about the same rate, but black women die from breast cancer at a higher rate than white women.



Different people have different symptoms for breast cancer. And unfortunately some people do not have any symptoms at all. Some warning signs of breast cancer are: new lump in the breast or under-arm (armpit), thickening or swelling or part of the breast, irritation or dimpling of breast skin, redness or flaky skin in the nipple area of the breast, pulling in

of the nipple or pain in the nipple area, nipple discharge other than breast milk, including blood, any change in the size or the shape of the breast, or pain in any area of the breast.

Certain factors can predetermine your risk of getting breast cancer. Some of these risk factors are immutable – age, family history, and previous treatment using radiation therapy. There are also risk factors that you can change – physical activity being overweight or obese, especially after menopause and drinking alcohol.

Research is beginning to show that there is a strong link between dietary fat and the development of breast cancer. Research also shows that increasing your intake of antioxidants may decrease your risk of developing breast cancer. Antioxidants work by defending the body against dangerous substances known as free radicals. Diet is a great place to start in reducing your risk!



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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.



A healthy diet should consist of no more than 30% of your daily calories coming from fats. But what does this actually mean when reading food labels? If you are consuming 2000 calories a day (which is a fairly typical intake for the average adult), no more than 600 of those calories should come from fats. This roughly translates to consuming between 65 and 70 grams of fat per day.

In addition to decreasing your fat intake, adding fruits and vegetables can also be beneficial. As we have discussed in the past, fruits and vegetables are great sources of antioxidants, which can play a role in the prevention of certain types of cancer. They also provide additional fiber.

If you are a loved one who is actively going through treatment for breast cancer (or any other cancer) you may find it difficult to consume adequate calories and protein. There are a few tips to keep in mind to help maintain a good weight and promote a strong immune system.

- * If large meals are overwhelming, try to consume 6 smaller meals throughout the day. You may actually be sneaking in some additional calories and protein by doing this.
- * Try adding one supplement each day. This does not have to be Ensure or Boost. You can use Carnation Instant Breakfast made with 2% milk or even a homemade milkshake. Do not replace a meal with the supplement. Try to use it in addition to your regular meal consumption. Try making it in the morning and then sipping on it throughout the day.
- * Make sure you are drinking enough. Although you may feel like it is difficult

to force yourself to drink, it is easy to become dehydrated during treatment, especially if diarrhea is a side effect. Allowing yourself to become dehydrated can make you nauseous, which sets up a vicious cycle of poor eating, drinking, and malaise.

- * When you do eat, try to consume nutrient dense foods. This means consuming foods that have a lot of nutrition in a small amount. Items such as eggs, peanut butter, cottage cheese, yogurt, and even ice cream can give you significant amounts of calories, protein, and fat in just a small serving.
- * Remember that your physician can prescribe medications that may help with your symptoms and with stimulating your appetite. There are a number of different medications that can combat nausea. And if you still have a sluggish appetite, there are appetite stimulants that may be beneficial. Some of these stimulants do have unpleasant side effects, so be sure to discuss all the options and make an informed decision with your doctor.
- * Most cancer centers now have a registered dietitian as part of their treatment team. Do not be afraid to request an appointment. Being prepared for some of the side effects of treatment can be helpful in minimizing their effects on your well being.



Now that summer is drawing to a close, there are ways to preserve all of the wonderful produce that was grown. Canning your own foods can be an easy, enjoyable, and healthy hobby to get into. People who consume



more canned foods tend to have a higher intake of fruits and vegetables than other people. Therefore, they also tend to consume more nutrients.

Canned fruits and vegetables are usually canned within hours after picking, when done commercially. Because they are picked at the peak of freshness, they generally have the best flavor and nutrient quality. Canning also preserves many nutrients. In fact, the amount of minerals, fat-soluble vitamins, protein, fat, and carbohydrate are largely unchanged during the canning process. Because of the high heat required, canned goods do have less Vitamin C and B vitamins. Interestingly, the high heat required can actually increase the antioxidant content.

The general process for canning is as follows:

1. Processing— fruits and vegetables are washed and peeled, cut, chopped, or pitted. Certain varieties may be blanched beforehand. Once the food is prepared, the cans are filled with either water or juice and seasoned if necessary.
2. Sealing— after processing, the food is put into cans and the lid is sealed.
3. Heating— once the can is sealed, it is quickly heated to a precise temperature for a specified amount of time to kill harmful

bacteria and prevent spoilage. After it is heated, it is quickly cooled.

Interested in canning your own foods? With the simplest method of canning (water bath canning) you fill jars with acidic foods such as tomatoes, berries, or cucumbers in vinegar, cover them with lids and boil them in an open pan of water until a seal forms under the lid. This action forces the air out of the food and out of the jar and creates a vacuum in an acidic environment in which bacteria cannot grow and multiply.

Water bath canning can also provide you with a number of delicious options, including jams, jellies, and pickles. You don't need a lot of fancy, expensive equipment. You can get by with a large pot that holds enough water to cover whatever size jars you want to use and the jars themselves. Then find the best, freshest produce possible, along with a few spices and herbs. The following steps are simple: prep the ingredients fill the jars, wipe the rims, screw on the lids and bands, boil, and remove and cool until you hear the "pops" of the seals forming.

Your local Cornell Cooperative Extension may even offer classes on how to can foods. If classes aren't available they will certainly have other helpful resources. The following page has a simple jam recipe loaded with antioxidants to get you started. And don't forget— you can substitute any berry in this recipe.



Blueberry Jam with Spices

- 2 1/2 pints blueberries
- 1 tsp lemon juice
- 1/2 tsp ground nutmeg or cinnamon
- 5 1/2 cups sugar
- 3/4 cup water
- 1 box (1 3/4 oz) powdered pectin

Wash and crush berries in a saucepan. Add lemon juice, spice, and water. Stir in pectin and bring to a full rolling boil over high heat, stirring frequently. Add the sugar and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, skim off foam, and fill sterile jars. Wipe rims and begin canning process with water baths.

HEAP

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

If you did not receive HEAP last year but want to apply this year, please

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Also, don't forget October is pumpkin season! Rich in Vitamin A and antioxidants, this a nice addition to a fall breakfast!

Cranberry Pumpkin Bread

- 3 1/2 cups flour
- 1 cup packed brown sugar
- 2 tsp baking soda
- 1 tsp baking powder
- 3/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp cloves
- 1 cup egg substitute
- 1 (15 ounce) can pumpkin puree
- 1 (16 ounce) can whole cranberry sauce
- 1/3 cup vegetable oil
- 1 tbs orange zest
- 2 tbs chopped walnuts

Preheat oven to 350 degrees. Spray two 8x4inch loaf pans with non stick cooking spray. Combine the dry ingredients. Mix the wet ingredients and then stir into the flour mixture just until moistened. Pour batter into the prepared pans. Sprinkle the top of each loaf with chopped nuts. Bake for 55 to 60 minutes or until a toothpick inserted comes out clean.

