

# HERKIMER COUNTY OFFICE FOR THE AGING

# NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: JACQUELINE MURPHY

JANUARY 2021



## Happy New Year!



The holidays are behind us, and it is never too soon to start making plans for a healthier year. It is also a good time to look back on our past resolutions and see how many of our goals were achieved.

When setting a goal, remember that no change is too small, especially if it becomes a lasting change. Another important thing to consider when setting goals is to make sure that they are measurable. For example, instead of saying, “I’m going to get healthier this year,” make your goal specific enough that you can determine how successful you were. You can say, “I’m going to exercise three times a week this year,” and then you will be able to make your progress.

Changing eating habits is at the top of the list of resolutions for many of us. Again, make your goals reasonable enough that you can stick to them. You can always make a secondary resolution if you are successful with the first. Instead of swearing off desserts for a resolution, make a commitment to

limiting your treats to a couple of times a week initially. Satisfying that sweet tooth might make your goals much easier to adhere to.

Lastly, think about healthy additions instead of focusing on things to limit. Make a resolution to add more whole grains daily. Or adding a glass of skim milk every day or even every other day to add some vitamins, calcium, and protein. Try increasing your intake of fruits and vegetables to add vitamins, minerals, and fiber. You might see a gradual weight loss as well if the bulk of your intake comes from fruits and vegetables. And you may also be decreasing your risk of developing a multitude of different chronic conditions, including different types of cancer.



### INSIDE THIS ISSUE:

FIBER INTAKE	2
PORTION	3
HIGH FIBER MAPLE MUFFINS	4

### Monthly Exercise— Seated Jumping Jacks

Sit up straight, on the edge of your seat. Extend your arms to the sides and then above your head, as you would with a normal jumping jack. Return them to your sides before raising them again. Start slow, and then increase your speed until you’re moving your arms as fast as you can. Perform three sets of twenty repetitions.

Seated Jumping Jacks



Fiber is a good place to start in terms of something beneficial that can be added to your daily routine. Did you know that most Americans do not even come close to getting their daily recommended amount of fiber? Most professionals agree that getting between 25 and 30 grams daily is the goal. That can be hard to do! Dietary fiber— found mainly in fruits, vegetables, and whole grains— is an important component in many health systems, not just for gastrointestinal health. While it can help prevent constipation, it can also help you maintain a healthy weight, lower your blood sugar, prevent heart disease, and may even prevent certain types of cancer.

The Mayo Clinic explains the different types of fiber in the following way. It is first important to understand that unlike fats, protein, or carbohydrates, fiber is NOT digested by the human body. Instead, it passes through the stomach, small intestine, and colon and then is excreted by the body. Soluble fiber is dissolvable in water, while insoluble fiber is not. Soluble fiber dissolves to form a gel-like substance. It can help lower your blood cholesterol and your glucose levels. It is found in foods such as oats, peas, beans, apples, citrus fruits, carrots, barley, and psyllium (sold commonly as Metamucil.)

Insoluble fiber promotes movement through the gastrointestinal tract. It also bulks up your stool which can be helpful to those who struggle with irregularity. Whole wheat flour, wheat bran, nuts, beans, and vegetables are all good sources of soluble fiber.

Refined or processed foods (such as canned fruit and vegetables and non-whole grain

breads and cereals) are not high in fiber. The grain refining process removes the outer coat, which lowers the fiber content. Here are some tips to increase your fiber intake:

- \* Jumpstart your day— for breakfast choose a high fiber breakfast cereal
- \* Switch to whole grains— consume at least half of your grains as whole
- \* Bulk up baked goods— substitute whole grain flour for half of the white flour
- \* Lean on legumes— beans, peas, and lentils are excellent sources of fiber
- \* Eat more fruits and vegetables— they are rich in fiber, vitamins, and minerals
- \* Make snacks count— fresh fruits, raw vegetables, and whole grain crackers are good choices

It is also important to remember to drink adequate fluid, especially when increasing your fiber intake. If you add fiber and aren't drinking enough fluids, you can actually exacerbate constipation. Most people think you need eight 8-ounce glasses of water daily. This may be slightly high for some of us. A better rule of thumb may be eight glasses of any fluid daily. This can even include diuretics, such as coffee and tea. Anything that is liquid at room temperature counts as a fluid— soup, ice cream, jell-o, popsicles....they all count as fluid!



Another significant change that you can make in 2021 is focusing on appropriate portion sizes. Portion control can be a key factor in maintaining a healthy weight. Instead of trying to eliminate certain foods or groups of foods, cutting down on your portions and eating a moderate, varied, diet can help you be successful in meeting your goals. But what exactly constitutes a “portion?”

It is not surprising that many Americans are overestimating what they think the “recommended” serving of food is. This is partially due to the fact that many more meals are now consumed outside of the home compared to the number of meals eaten outside the home even 20 years ago.

It is also important to know how many portions of certain food groups are recommended each day. This can lead to some confusion. For example, a serving of a starch or carbohydrate is generally considered to be about 1/2 cup (ex: 1/2 cup of rice, pasta, or cooked cereal). But the average healthy adult can eat between 6-11 servings of grains daily. Therefore, while a serving size may only be considered 1/2 cup, you can easily have 2-3 servings at a meal.

Here is a guideline for appropriate serving sizes:

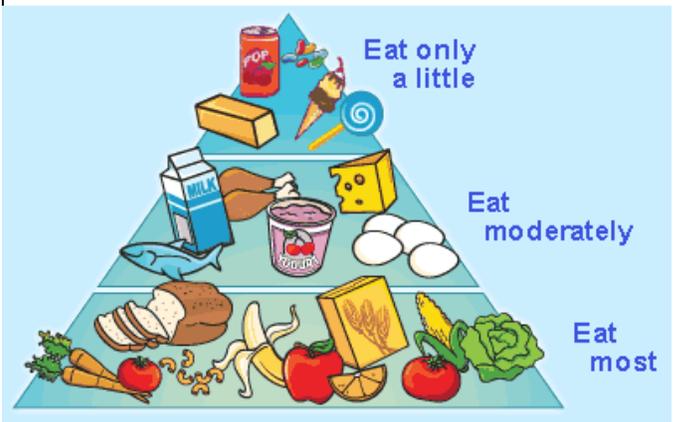
- 1.5 ounce serving of cheese (about the size of four stacked dice)
- Fruit, cooked rice or pasta, and cooked vegetables should all have the same serving size: 1/2 cup, which is about the size of a tennis ball cut in half
- Cooked lean meat, poultry, or fish should be between 2 and 3 ounces which is about the size of the palm of your hand.

- Cooked cereal also consists of a 1/2 cup serving. A serving of cold, ready to eat cereal should be about 3/4 cup
- One cup of raw leafy vegetables (about the size of a tennis ball) is considered a serving
- One slice of bread is considered a serving, while 1/2 of an English muffin or bagel is a serving

Remember, it is acceptable to have more than one serving of any food group at a meal; for an example, a sandwich on 2 pieces of bread at lunch is not considered excessive. The key is to remember to count both slices of bread as a serving.

So how many servings of each group are “allowed?” For a healthy adult on a 2000 calorie diet, the following number of servings is recommended:

- \* 6-11 servings of breads, cereals, grains, pastas, rice, etc
- \* 3-5 servings of vegetables
- \* 2-4 servings of fruit
- \* 2-3 servings each of milk/cheese/yogurt
- \* 2-3 servings of meat, poultry, or fish



Here is a fiber rich recipe to get your New Year off to a good start!

**Maple Muffins**

**2 cups whole wheat flour**

**1 tbs baking powder**

**1 tsp ground cinnamon**

**1/2 tsp salt**

**1 cup finely chopped apples**

**3/4 cup nonfat milk**

**1/4 cup vegetable oil**

**1/4 cup maple syrup**

**1/4 cup brown sugar**

**1 egg, beaten**



Preheat oven to 375degrees. Grease 12 muffin cups with cooking spray.

Mix whole wheat flour, baking powder, cinnamon, and salt together in a separate bowl.

Mix apples, nonfat milk, vegetable oil, maple syrup, and brown sugar in another bowl. Gently fold in egg. Pour into flour mixture. Stir until batter is lumpy and just moistened.

Spoon batter into the prepared muffin cups, filling each 2/3 full.

Bake in preheated oven until a toothpick inserted into the middle comes out clean, about 20 minutes. Cool in the tin for 5 minutes. Transfer to a wire rack to cool completely.

**High Fiber Homemade Granola**

8 cups rolled oats, 1 1/2 cups wheat germ, 1 1/2 cups oat bran, 1 cup sunflower seeds, 1 cup finely chopped almonds, 1 cup finely chopped pecans, 1 cup finely chopped walnuts, 1 1/2 tsp salt, 1/2 cup brown sugar, 1/4 cup maple syrup, 3/4 cup honey, 1 cup vegetable oil, 1 tsp cinnamon, 1 tbs vanilla, 2 cups raisins or sweetened dried cranberries

Preheat oven to 325. Bring the salt, brown sugar, syrup, honey, oil, cinnamon, and vanilla to a boil over medium heat. Pour over the dry ingredients. Spread the mixture out evenly on the baking sheets; bake until crispy and toasted, about 20 minutes. Stir once halfway through the cooking time. Stir in the raisins or cranberries after cooled.



**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 call our Office at 867-1195.

**HERKIMER COUNTY OFFICE FOR THE AGING**

109 Mary St., Herkimer, NY 13350

Phone: 315-867-1121

Fax: 315-867-1448

Email: [hcofa@herkimercounty.org](mailto:hcofa@herkimercounty.org)

Web: [www.herkimercounty.org](http://www.herkimercounty.org); then 'departments' then 'Office for the Aging'

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