

# NUTRITION NEWS

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SEPTEMBER 2021

## Welcome, Fall!

September is upon us again! Soon the nights will be cool and the apples will be ready to be picked! Upstate New York offers some beautiful items for harvest in the fall. Pumpkins, squash, apples, corn, and more! Incorporating these foods into your diet can increase your fiber intake, increase your intake of certain vitamins (especially Vitamin A and Vitamin C), and help you achieve the five servings of fruits and vegetables that is recommended for healthy adults.

Did you know that New York State is second only to the state of Washington in terms of apple production? New York State averages 29.5 million bushels of apples every year. They are grown on 55,000 acres around the state. The apple industry also provides thousands of jobs to New Yorkers, both directly and indirectly. The apple industry provides 10,000 direct agricultural jobs (growing, harvesting, packing, etc.), 7,500 indirect jobs involving fruit handling, distribution, marketing, and exports, and thousands of other

indirect jobs including agricultural supplies (equipment, crop protection and services), financial services, and apple processing.

On average, 53% of apples (13,250,000 bushels) are sold as fresh market fruit. The remainder are processed into juice, cider, canned products including applesauce, slices, pie filling, and other processed apple products.

New York State grows and markets more varieties of fresh market fruit than any other region in the United States. In terms of production here is the list of top 10 varieties grown in NYS: McIntosh, Empire, Red Delicious, Cortland, Golden Delicious, Rome, Idared, Crispin, Paula Red, and Gala.

\*some info courtesy of nyapplecountry.com\*



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#### Monthly Exercise:

#### Modified Squats

1. Center your body directly with the middle of the chair. Place both hands out in front of the body.
2. Position both feet at hip-width apart, directly under the body. Point toes forward.
3. Bend both knees and loosen the hips, moving the buttocks toward the floor.
4. Once at a stop in the squat position, push the body back to a standing position. Repeat 10 times.



One of the benefits of increasing your fruit and vegetables is increasing your fiber intake. You should aim for about 30 grams of fiber every day.

Dietary fiber is found mainly in fruits, vegetables, whole grains, and legumes. While fiber is probably best known for its role in preventing constipation and promoting regularity, there are additional benefits as well.

According to the American Institute for Cancer Research, there is a strong correlation between fiber intake and your risk of developing colon cancer. This makes sense given the role that fiber intake plays in preventing constipation.

Fiber is also thought to play a role in cardiovascular health. Eating a diet rich in fiber, especially soluble fibers, can help keep your cholesterol at a healthy level. Some fiber can prevent fat and cholesterol absorption, which explains its role in promoting cardiovascular health.

Fiber can also help you maintain a healthy weight. Many high fiber foods are low calories and nutrient rich. Dietary fiber also includes a type of carbohydrate that our bodies cannot digest. The fiber in this food stays in your stomach longer, which can make you feel fuller for a longer period of time and decrease your overall caloric intake.

Did you know that fiber can even play a role in maintaining a healthy blood sugar level? Because fiber may slow how quickly sugar enters your bloodstream, it can also prevent unhealthy blood sugar spikes that diabetics sometimes encounter.

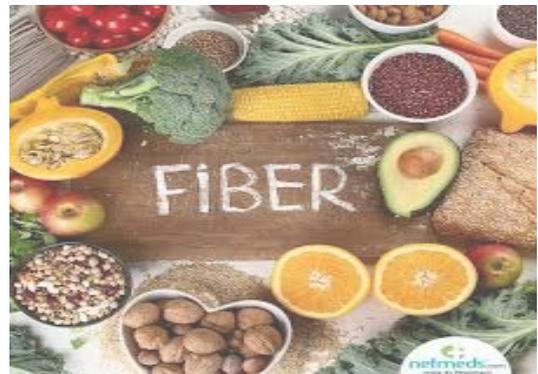
There are two types of dietary fiber: soluble and insoluble. Soluble fiber binds to water and turns into a gel during digestion slowing the process. Soluble fiber includes the following: oats, peas and beans, apples, citrus fruits, carrots, barley, and psyllium.

Insoluble fiber helps foods pass more quickly through the gastrointestinal tract and also increases the bulk of your stool. Good sources of insoluble fiber include whole wheat flour, wheat bran, nuts, beans, and vegetables (such as cauliflower, green beans, and potatoes).

Some foods, such as oatmeal and beans, contain both soluble and insoluble fiber. Eating a wide variety of foods will help you gain the greatest benefit that these fiber rich foods offer.

Keep in mind that foods that are heavily processed or refined tend to be lower in fiber, as the processing removes much of the bran from the grain. Enriched foods have some of the B vitamins and iron replaced after processing, but the fiber is not replaced.

Whole foods (as opposed to supplements such as Metamucil) are more beneficial. When adding fiber to your diet, remember to increase your water intake as well. Adding fiber without a similar increase in fluid intake can actually lead to constipation instead of the desired results.



September is also Prostate Cancer Awareness Month. About 1 in every 7 men will be diagnosed with prostate cancer. Other than skin cancer, it is the most common cancer in American men. It mainly develops in older men and is rare in men under the age of 40. The average age at diagnosis is 66.

Most men diagnosed with prostate cancer do not succumb to it. If it is caught early, it is very treatable. Usually, prostate cancer grows slowly and stays confined to the prostate gland. Prostate cancer may cause no signs or symptoms in its early stages. More advanced prostate cancer may present as the following symptoms:

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

There are a number of factors which can increase your risk of developing prostate cancer. These include:

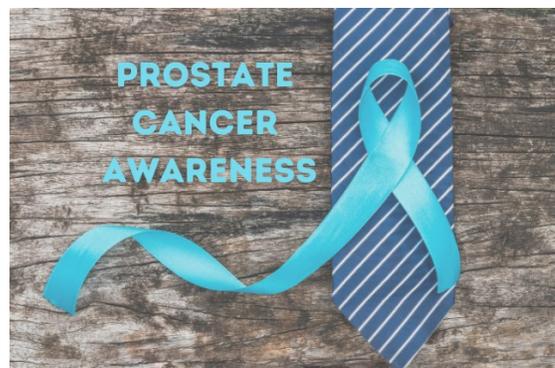
- \* Age– your risk of prostate cancer increases as you age
- \* Race– for reasons that are not determined, black men carry a greater risk of developing prostate cancer than men of other races do. Also, in black men, prostate cancer is more likely to be aggressive or advanced.
- \* Family history– if men in your family have had prostate cancer, your risk may also be increased. Also, if you have a family history of genes that increase your risk of breast cancer or a very strong family history of breast cancer, your risk of prostate cancer may be higher.

- \* Obesity– obese men diagnosed with prostate cancer may be more likely to have advanced disease that is harder to treat.

There is some controversy regarding screening for prostate cancer. Prostate screening may include a physical exam or a simple blood test. Men over the age of 50 (or men of any age who may be having symptoms) should discuss the possibility of being screened for prostate cancer.

Some men diagnosed with low risk prostate cancer may not require treatment right away. The doctors may choose to monitor the growth of the cancer through blood tests. This is known as active surveillance. Active surveillance may be an option for cancer that isn't causing any symptoms and is expected to grow slowly and stay confined to a small area of the prostate. It may also be considered for someone who has another serious health condition or in someone of advanced age, where the treatment may be very difficult.

Other treatments may include surgery, radiation therapy, or even hormone therapy that may stop the body from producing testosterone. As always, discussing your symptoms and health conditions regularly with your physician can help you dictate the path of screening and treatment that is right for you.



Why not try a new recipe with some of that beautiful fall harvest? This rich cake with cream cheese frosting is perfect for dessert after Sunday dinner!

### **German Apple Cake**

2 eggs  
1 cup vegetable oil  
2 cups white sugar  
1 tsp baking soda  
2 tsp ground cinnamon  
1 tsp salt  
1 tsp vanilla extract

### **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**

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

4 cups apples-peeled, cored, and diced  
1/2 cup chopped walnuts  
2(3 ounce) packages cream cheese  
3 tbs butter, softened  
1 1/2 cups confectioners' sugar  
1 tsp vanilla extract

Preheat oven to 350 degrees. Grease and flour a 9x13 inch pan. In a medium bowl, mix together flour, baking soda, cinnamon, and salt. Set aside.

In a large bowl, combine eggs, oil, and sugar. Beat until foamy. Add flour mixture and beat well. Add vanilla and stir in chopped apples and walnuts. Pour into a 9x13 inch baking pan.

Bake for 45-50 minutes, or until a toothpick inserted into the cake comes out clean. Allow cake to cool, then spread with cream cheese frosting.

To make the frosting: in a medium bowl, combine cream cheese, softened butter, confectioners' sugar, and 1 tsp vanilla. Beat until smooth, then spread on cake.

