



Food and Fitness

Spring Clean Your Diet

Spring really is on the way! Check your perennials and you will see they are beginning to force their way back into your life!



Now is the time to plan the spring cleaning overhaul of your diet. First, out with the old, then, in with the new!

Out with the old:



- If your pantry and refrigerator look like the con-

venience store junk food aisle invite friends over and let them eat all those chips, dips, and cookies.

- If your freezer is stuffed to bursting with ribs, hot dogs, hamburgers, and sausage fire up the grill and feed it all to your neighbors!
- If your pantry is full of canned beans with pork fat, boxed macaroni and cheese and canned “spaghettios”, invite your friends to bring their kids too!

In with the new:

- Have crunchy snacks on hand

like fresh carrots with Greek yogurt dip and whole wheat pita chips (see Recipe



Corner) with your favorite brand of hummus (or make it)

- Trim the fat by stocking your freezer with bags of skinless chicken breasts and portion sized fish fillets—ready for grilling!



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Websites of Interest:

- [wikihow.com/
simplify-your-
life](http://wikihow.com/simplify-your-life)
- [go4life.nia.nih.g
ov](http://go4life.nia.nih.gov)
- aicr.org

Pinched for Time To Cook?

Are you busy with a job? Are you called upon to run grandchildren to soccer or dance practice? (Or are you just plain tired of spending hours in the kitchen after a lifetime of cooking for the family?) Busy senior citizens like you may feel “pinched for time” to cook!

Don’t fret that you are not part of the “slow food movement” (cooking everything from scratch). You can have it your way—quick, easy, and still healthy!

Shortcuts to food preparation had to happen when women entered the work force. And women are still part of the workforce, so shortcuts in food preparation are here to stay!

But you don’t have to rely on canned cream of mushroom soup or boxed macaroni and cheese to get dinner on the table quickly.

Supermarkets now cater to the cook who doesn’t have time to chop vegetables. They also cater to one-person households who don’t want to buy bushels of fresh produce only to

watch them rot in the vegetable bin of the refrigerator!

Want to make a pot of beans for dinner tomorrow night but too tired to chop



onions? Buy them already chopped from the produce chilled area. Soak beans overnight in a crock pot in seasoned water and add purchased chopped vegetables.

Want to make chicken salad for lunches or to take on a picnic but can’t face chopping all that celery?



Your grocer will do it for you!

Want to have a spon-

taneous grill out party with the neighbors but don’t have the time to wash and prep and skewer all those vegeta-



bles? Let your grocer do the work for you!

Want to jazz up the look of the potato salad you bought at the deli for the same grill out party? Get some fresh pepper rings and save yourself the mess of dealing with all those seeds.



You get a variety of colors without having to buy 4 whole peppers!

More Muscle, Longer Life!

Strength training is here to stay! The President's Council on Fitness published its *Physical Activity Guidelines for Americans* in 2008. The guidelines included strong recommendations for older adults to add muscle-building strength training activities at least 2 days per week.

Why? Your activities of daily living—climbing stairs, getting up from a chair, bathing, dressing, carrying groceries, and taking care of your home—require that you have strength and flexibility. Your independence depends upon this!

How?
You don't have



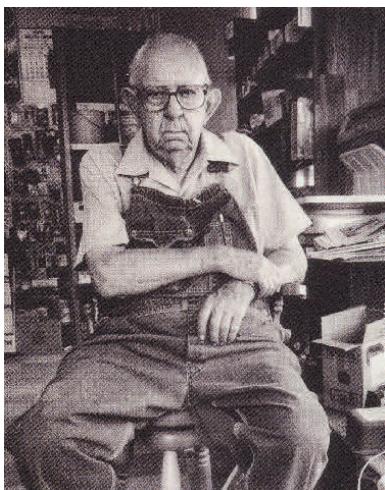
2008 Physical Activity Guidelines for Americans



Be Active, Healthy, and Happy!
www.health.gov/paguidelines

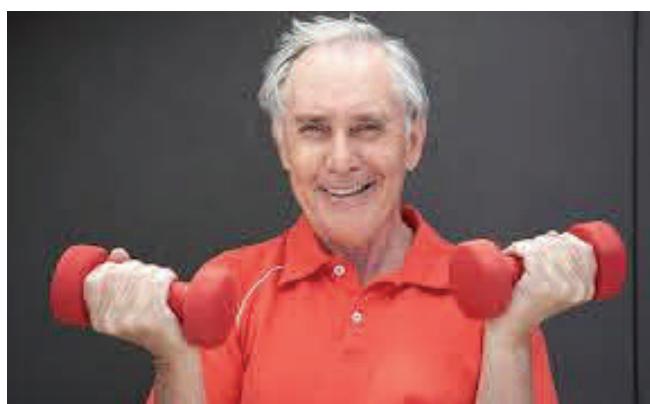


Drs. P. Srikanthan and A.



Karlamangla found that older adults with greater muscle mass not only live more independently, but also live longer!

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to have a gym in your home or even at the senior center. You can lift 16 oz. cans of soup or vegetables, then progress to heavier handheld weights or stretch bands.

The news gets better! A recent study from UCLA by

searchers reviewed and analyzed data previously collected by the National Health and Nutrition Examination Survey III between



1988 and 1994. The study subjects were 3,659 men age 55 and older and women age 65 and older.

By 2004 many of these individuals had died from natural causes. The researchers measured a mus-



cle mass index to determine subjects' muscle mass relative to height.

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More Muscle, Longer Life!

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Researchers looked for ways that the muscle mass index might be related to risk of death. It was found that death from all causes was lower in the subjects with a higher muscle mass index.

Simply put, the greater the muscle mass, the lower the risk of death in these subjects. However, these results cannot be interpreted as a cause and effect relationship but rather an association between having greater muscle mass and lower risk of death.

The message is clear:

- Being more active can preserve muscle mass.
- Adding strength training can build more muscle



mass.

- More muscle mass may mean longer independence in life.

• Longer independence makes life worth living longer!

For best muscle mass re-

tention and muscle increase:

- Have a plan as to what type strength training you want to do.
- Do strength training 2 -3 times weekly or every other day.
- Keep your weights or stretch bands where you watch TV so you can do 2 things at once!

- Get someone at the senior center or local gym to give you a few pointers on form.

- Visit the website Go4Life for helpful hints (<http://go4life.nia.nih.gov/>).

Sources:

Am J Med, 2014 Feb 18
“Muscle Mass Index as a Predictor of Longevity in



Older Adults” Srikanthan P, Karlamangla AS.

Science Daily, 2014 March 14 “Older adults: Build muscle and you’ll live longer” .



Recipe Corner

Greek Yogurt Dip

Mix one container of plain non fat Greek yogurt with your favorite powdered salad dressing mix.

Serve with an array of your favorite vegetables— carrots, sliced cucumbers, celery and cherry tomatoes are crowd pleasers. Add steamed fresh green beans and asparagus to kick it up a notch!

Whole Wheat Pita Chips

12 whole wheat pita pockets

2 Tbs. olive oil

1 tsp. parmesan cheese

1/4 tsp. each garlic powder, black pepper, dried basil and dried chives

Preheat oven to 400 degrees



F.

In a small bowl combine olive oil, parmesan cheese and spices.

Brush tops of pita rounds with this mixture.

Cut pita rounds into 8 triangles each.

Place on baking sheet sprayed with olive oil spray. Bake for 5-7 minutes until

own is quick and easy.

2 15-oz. cans chickpeas, drained, reserving liquid
5 cloves garlic, minced
1/3 cup tahini (sesame seed paste)
1/4 cup olive oil
5 Tbs. freshly squeezed lemon juice
1/2 tsp. salt or Tony's Cajun seasoning

Place all ingredients in a food processor and process until smooth and creamy. Add some of the reserved chickpea liquid if a creamier product is desired.

Makers of authentic hummus will often drizzle the olive oil over the top of the dip and may garnish



Home-made Hummus

While there are many delicious prepared hummus options, making your

with parsley and paprika for color and more flavor.

*Recipe adapted from
www.aicr.org*

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News You Can Use

Colon Cancer Rate on Decline for Older Americans

Colon cancer rates declined by 30% in Americans over 50 years of age from years 2000 to 2010. This may be attributable to the 19% rise in screening with colonoscopy resulting in early diagnosis of polyps or cancer and early treatment. Ask your doctor if it is time for your next colonoscopy.

*American Cancer Society
News Release 3-17-14*

Falls Top Car Crashes As Leading Cause of Spinal Cord Injury

Falls account for 41.5% of spinal cord injuries in older persons while car crashes account for 35.5%. And these injuries are on the rise in older Americans. Check your home for trip hazards—carpets with irregularities, objects on staircases, electrical cords and shoes with slippery bottoms.

*Johns Hopkins Medicine
News Release 1-27-14*

Wider Waistline May Mean Shorter Lifespan

Analyzed data from 11 studies of 600,000 people worldwide showed wider waist may increase risk of earlier death. Men with waists 43" or greater had a 50% higher risk of death than those with waist of 35" or less. Women with waist 37" or greater had an 80% greater risk of dying earlier than those with waist of 27" or less.

*Mayo Clinic Proceedings
News Release 3-12-14*

