



Nutrition and Fitness

Small Changes Can Make a Big Difference— Exercise and Calories

The holidays are a time for food, family, fun and much more. It is not easy staying on the healthy train with cold weather keeping us inside and yummy traditional holiday foods everywhere. However, here are some tips and tricks for making the holidays easier to combat.

Exercise

Exercise is hard to do when the weather is getting cold.

- Take advantage of the days the weather is warm and sunny. Walking around the

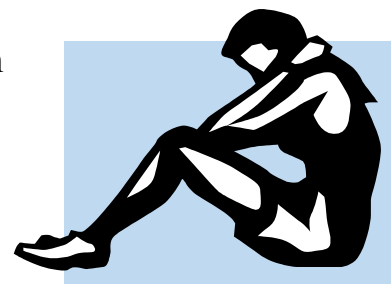
block, at the park, or even to the mailbox and back can make a difference.

- Make trips to the store worth your while. Instead of circling the parking lot to find the closest spot, park in the back and take a few extra steps to get to the door.

- Make an exercise appointment. Pencil in your exercise time at the same time everyday. If you can create a routine, it will make it easier to stick too. Thirty minutes to an hour of exercise each day will do

the trick.

- Take advantage of television time. If you have exercise equipment, this would be a great time to use it. Exercise while watching television will make the time pass while doing good for your body. Now if you do not have exercise equipment you can use items around the house to aid in the



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Websites of Interest:

- aicr.org
- eatright.org
- todaysdietitian.com/
- aginginmotion.org/resources/

How to Stay Healthy Through the Holiday

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workout. Canned foods, books, or any item that you can handle for light lifting.

- Reward yourself with something you enjoy other than food. After a period of keeping up with staying active, reward yourself! Examples could be a movie, shopping, or any activity you enjoy.

Next, some helpful cooking tips. If you cook your own meals you have control of whatever is in your food.

- Try putting down the salt and butter and using more dried or fresh herbs to season.

- Learn how to substitute ingredients. Food can be just as tasty using ingredients with less fat, calorie and etc.



- Trade mashed potatoes for mashed cauliflower.

- Other substitutions listed on page 5.

Substitutions

- Trade Oil for any of the following:

- Apple sauce
- Mashed Avocado
- Mashed Bananas
- Greek Yogurt

- Trade flour for wheat flour or black beans.

- Trade sour cream for Greek yogurt.

- Trade solid fats (lard, hard shorting, etc) for liquid fats (olive and canola oil).

- Trade white rice for brown rice or quinoa.

Lastly, maintain good eating habits. Make sure to fill up on plenty of fruits and vegetables and eat a variety! Fruits and vegetables contain many vitamins and minerals that all have different duties. Make sure one-half of your plate at all meals is filled with fruits and vegetables of your choice!



Making a few adjustments can make it easy to maintain a healthy weight during the seasons!

Post-Core: Food Preparation and Recipe Modification

Build a Better Recipe: Ingredient Substitutions

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean, noskin)
Regular cheese	Fat-free or low-fat cheese (less than two grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream, or plain, nonfat yogurt (except for in baked goods – don't use nonfat sour cream, it makes it too watery)
Margarine, oil, or butter	Low-fat or fat-free margarine or vegetable oil spray ; use nonstick pans
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see cocoa powder box for guidelines)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream-based soup	Fat-free milk-based soups, mashed potato flakes, pureed carrots, or tofu
Evaporated milk	Evaporated skim milk
Whole egg	Two egg whites , $\frac{1}{4}$ cup egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, nonfat or low-fat plain yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

Received from:

National Diabetes Prevention Program: Post-Core

Importance of Protein

Protein is very popular in today's media: from high protein diets to foods made with added protein such as cereals or snack bars. But did you know that as you get older, you need to eat more protein? Protein is important for building strong muscles as well as maintaining muscle health.

As we age, we lose an average of 1-2% muscle mass per year by age 50 and by 70, an estimated 20-40% of muscle strength may be lost. This condition is known as sarcopenia. As muscle is lost, fat is gained; between the ages of 30 and 60 the average individual will lose ½ lb of muscle while gaining 1lb of fat yearly.

Sarcopenia is defined as a progressive loss of skeletal muscle that accompanies aging. Most people begin to lose muscle mass after age 30, and the loss of strength increases with age. Sarcopenia is also thought to play a major role in an increase in frailty and decrease in functionality. This can lead to things like problems with mobility, frailty, weak bones, falls and frac-

tures, decreased activity levels, diabetes, weight gain, and even a loss of physical function and independence. Protein is very popular in today's media: from high protein diets to foods made with added protein such as cereals or snack bars. But did you know that as you get older, you need to eat more protein? Protein is important for building strong muscles as well as maintaining muscle health.

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In addition to protein consumption you may consider taking a vitamin D supplement; vitamin D deficiency is prevalent among older adults and is associated with low muscle strength. It is important to first check with your doctor to see what your vitamin D levels are before making the decision to supplement.

The last important piece to preventing the effects of sarcopenia is physical activity. Almost all older adults can benefit from resistance and strength training because it increases muscle strength, improves functional ability, and can prevent fur-



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ther decline. Resistance training can prevent falls

further decline. Resistance training can prevent falls, improve bone density, increase muscle mass, improve endurance, increase strength, and improve your ability to perform day to day activities. How much resistance training is appropriate to prevent sarcopenia? Before starting any exercise program, it is important to talk to your doctor first; but the ACSM recommends 2-3 days per week of resistance training, 1-2 sets of 8-15 repetitions per muscle group, and the program must last for a at least 12 weeks in order to

see improvement. Intensity, on a scale of 1-10 should be between 7-8; increase weight when more than 12 repetitions can be performed easily and with perfect form.

Remember, you don't have to let sarcopenia prevent you from doing your favorite activities; consume adequate protein, a well-balanced diet, and exercise, and you'll be able to continue to enjoy those golden years!

Food (Cooked)	Serving size	Protein (g)
Chicken, Skinless	3 oz	28
Steak	3 oz	26
Egg, large	1 egg	6
Tuna	3 oz	22
Pinto beans	½ c	11
Lentils	½ c	9
Red Kidney Beans	½ c	8
Peas	½ c	4
Spinach	½	3
Peanuts	1 oz	7
Peanut butter	1 tbsp	7
Almonds	1 oz	6
Cashews	1 oz	4
Cottage cheese	4 oz	18
Regular yogurt	1 c	11
Milk	1 c	8
String cheese	1 piece	6

Fall Fruits and Vegetables

- Apples
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cranberries
- Eggplant
- Figs
- Garlic
- Grapes
- Green Beans
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Limes
- Mushrooms
- Okra
- Onions
- Parsnips
- Pears
- Peppers
- Pomegranates
- Potatoes
- Pumpkins
- Rutabagas
- Spinach
- Sweet Potatoes
- Turnips
- Winter Squash
- Zucchini



Fall Word Search

Do Not Just Exercise Your Body, Work Out Your Brain!

A S H N Z J Q R N W Z D J R L G T W C N
P Y T F O B V K L N X R S E V S H E M B
P E H U E S X E E L T O U B Z X A A R P
I K A X F O A W L H A G N M Z B N C F L
M R R W B F S E O O N F L E M P K V Y U
S U V S Z L I L S B R E L V A M S K W V
H T E N E S I N B S A E K O C T G C S N
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P Q R F Y J L F E I P U U T N X M Y P R
O V X A S B I N G Q P E I I S R J R A W
N H K I L N M T O O H G K R U Q Q S R W
X C D U K F E X S T L P J S E V A E L W
J C Q R R N S L L I M L K O X K R N Y U
N E E W O L L A H U S L L O R G R T T L
W F S A G Z E R P N F E S T I V A L T W
I W E M Y H Z H B T Y L T O D Z U P W Q

BAKING
CASSEROLE
CHILI
FALL
FESTIVAL
GORD
HALLOWEEN
HAM
HARVEST
HEALTH
HOLIDAY
LEAVES
MUMS
NEWSLETTER
NOVEMBER
POTATO
PUMPKINS
ROLLS
SEASON
STUFFING
SWEET
THANKSGIVING
TURKEY



Fun National Days of the Month

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Cook For Your Pet Day</i>
2 <i>Deviled Eggs Day</i>	3 <i>Housewife's Day</i>	4 <i>Use Your Common Sense Day</i>	5 <i>Stress Awareness Day</i>	6 <i>Men Make Dinner Day</i>	7 <i>Bittersweet Chocolate With Almonds Day</i>	8 <i>X-Ray Day</i>
9 <i>International Tongue Twister Day</i>	10 <i>Sesame Street Day</i>	11 <i>Origami Day</i>	12 <i>World Architecture Day</i>	13 <i>World Kindness Day</i>	14 <i>Spicy Guacamole Day</i>	15 <i>I Love to Write Day</i>
16 <i>Button Day</i>	17 <i>Take a Hike Day</i>	18 <i>Occult Day</i>	19 <i>Have a Bad Day Day</i>	20 <i>Name Your PC Day</i>	21 <i>World Television Day</i>	22 <i>Go For A Ride Day</i>
23 <i>International Aura Awareness Day</i>	24 <i>Celebrate Your Unique Talent Day</i>	25 <i>Shopping Reminder Day</i>	26 <i>Cake Day</i>	27 Thanksgiving Day	28 <i>Maize Day</i>	29 <i>Electronic Greetings Day</i>

30
Computer Security Day

November Monthly Observances

- National Family Caregivers Month
- National Healthy Skin Month
- World Vegan Month
- Sweet Potato Month
- Stomach Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- National Pomegranate Month
- National Long-Term Care Awareness Month
- Adopt A Senior Pet Month
- National Diabetes Month
- Banana Pudding Lovers Month
- Epilepsy Awareness Month
- Lung Cancer Awareness Month
- Family Story Month
- National Alzheimer's Awareness
- National COPD Month
- National Peanut Butter Lovers
- AND MUCH MORE

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Simple Recipe

Berry Breakfast

Berry Nutty Breakfast Parfait

- 2 cups blueberries
- 2 cups sliced strawberries
- 1 Tbsp. honey, softened by placing the jar in a pan of water over low heat
- 2 cups low-fat plain yogurt
- 1/2 cup low-fat granola
- 4 Tbsp. chopped walnuts (pecans or almonds can be substituted)

Place berries in mixing bowl. Drizzle with softened honey and toss gently to coat.

Spoon 1/4 cup yogurt into four parfait glasses (tall, narrow wine glasses will do) and top with layer of berry mixture. Repeat layers with remaining yogurt and berry mix. Top with granola and nuts. Serve.

Makes 4 servings.

Per serving: 257 calories, 8 g total fat (2 g saturated fat), 41 g carbohydrate, 10 g protein, 5 g dietary fiber, 118 mg sodium.



Recipe Received from: American Center for Cancer Research