

Food and Fitness

National Nutrition Month® 2011



Eat Right with Color- National Nutrition Month

To celebrate National Nutrition Month the American Dietetic Association recommends that we “Eat Right with Color—Color Your Plate with Salad”.

Have salad ingredients readily available in a salad bar so each member of the family can have it their way. It gets the job done. Here are a few suggestions.

Start with Leafy Greens:

- Spinach
- Baby field greens



- Green and red tipped leaf lettuce

- Romaine lettuce

Add other vegetables:

- Artichoke hearts
- Water chestnuts
- Bean sprouts
- Avocado
- Green, red, yellow and orange peppers
- Purple onion
- Broccoli
- Radishes

Add fruits:

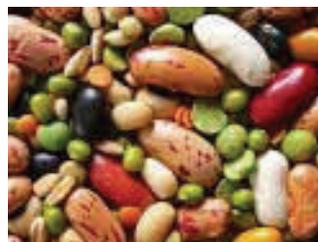
- Blueberries
- Raspberries
- Red and green grapes

Add plant protein:

- Walnuts or pecans



- Garbanzo beans
- Sunflower seeds
- Red kidney beans or black beans



- See Recipe Corner for salad and dressing recipes

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Web sites of interest:

- eatright.org
- fitness.com
- exercise.about.com
- cnpp.usda.gov
- mypyramid.gov/guidelines

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March Madness

Has the snow got you down? College basketball playoff time (lovingly referred to as March Madness) has arrived! It's a sign that warm weather is soon to follow!

Are you looking for a way to start an exercise program or maintain your fitness until the warm weather allows you outdoors more often? Whether it's the weather or the basketball tournament on TV that keeps you inside you can exercise by marching or walking in place.

Marching or walking in place does not require special equipment, only a good pair of walking shoes. Walking or marching can improve your fitness and burn calories, helping you to lose weight while getting fit.

Walking or marching also helps to tone your legs, buttocks and hips. Exercise that improves muscle tone

improves your balance, helping to lessen your risk for falling.

When starting an exercise program, start slowly. Begin walking in place by moving your feet. You don't have to lift your knees very high at first. Stand up straight, swing your arms comfortably, keep your shoulders and hands relaxed.

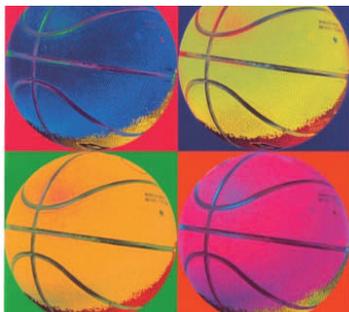
Walk in place for 5 minutes. You should be able to talk while you walk in place. If you are huffing and puffing, you are going too fast and need to slow down. Try to walk in place for exercise everyday.

After 3 or 4 days, add 5 minutes to the length of your exercise. You may do this by walking in place for 5 minutes, resting for a minute, then walking for 5 more minutes. Continue to add walk-

ing time until your exercise session is at least 30 minutes. As your fitness improves, you may no longer need rest intervals.

You may want to walk in place while you watch television. Walking during commercials is one way to build up your walking time. While watching the basketball games, walk during the time-outs. Before long you may be able to walk for most, or all, of your favorite television program.

To challenge yourself and increase exercise intensity, change walking to marching in place. Lift your knees with each step. When marching, pump your arms, raise the opposite hand to chest

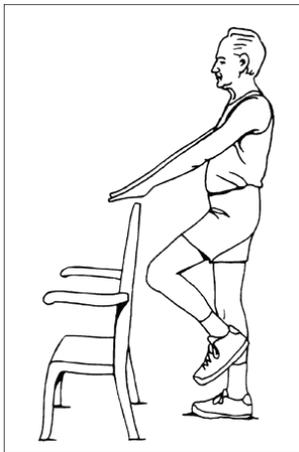


March Madness

level. Add marching by alternating a minute of marching with a minute of walking.

If a minute of marching is too much at first, add marching intervals of 20-30 seconds until you are able to do more. Remember, your exercise goal should be to exercise for at least 30 minutes on most days, all at once or accumulated throughout the day.

If your balance is not good enough to march or walk in place safely, you may march with a chair in front of you and a



wall or corner behind you. You can also march while sitting in a chair. You will see your strength and stamina begin to improve.

You may add strength training to your marching by pumping light hand held weights while you march. Hold the weights in your hands and swing your arms in the same motion you would



while marching. You can also lift your arms straight out to the side and back down or to the front and down to add more strength training. Do each lift for 10-15 repetitions. Don't try to



lift weights for the entire marching workout.

When you get the hang of marching and improve your stamina and balance your stairs can provide a



home gym. When you are

nearing the end of your exercise session, cool down by gradually slowing your walking or marching pace before stopping.

If you invite a few friends to march and watch the game with you this whole exercise thing could even be fun– if the game doesn't distract you too much!!



Less Is More!

This popular phrase was first found in print in 1855, in a poem by Robert Browning, where he says, "Well, less is more, Lucrezia". The phrase was also used by the architect and furniture designer Ludwig Mies Van der Rohe (1886-1969) one of the founders of modern architecture and minimalism. For him it meant keeping the elements of design clean and simple.

(www.phrases.org.uk/meanings/226400.html)



Van der Rohe glass house

- With regard to dietary habits it is easy to see that eating less can be more, especially if the goal is weight loss. For example, eating less meat could

mean more room for vegetables, whole grains and fruits on your plate.

Here's how to do it.

- Take a stir-fry recipe, reduce the amount of meat by one half and double the amount of vegetables called for. Add pineapple for zing.
- Use vegetable or chicken broth to steam your vegetables. You get flavor without fat.
- Cook dried beans without meat. Use ham seasoning

or a drop of liquid smoke for flavor. Less meat can mean more plant food on your plate for more nutrition with fewer calories!

An-

other way to "lighten the load" is attention to portion sizes. Try smaller servings on smaller plates, like Spaniards do with "tapas." (Tapas are snacks, canapés or

finger food which are served



on a small dish.) Your eyes tell your brain that you have plenty to eat because the food fills the plate while not overfilling the diner!

And don't forget the herbs and spices. Scientific evidence tells us that they are beneficial for antioxidant, antimicrobial and antiviral properties. Good cooks recognize that herbs and spices add variety and flavor for the palate as well. With herbs and spices you can use more as opposed to less!



Recipe Corner

Baked Yellow Squash with Red Peppers

Red peppers are a good source of a carotenoid called lycopene. They are featured in several of this month's recipes.



2 small yellow squash
 ½ thinly sliced red pepper
 Tony's Cajun seasoning

Wash the squash thoroughly. Slice lengthwise, then place on baking sheet. Sprinkle seasoning to taste, then garnish with sliced red pepper.

Bake in oven preheated to 400 degrees for about 20 minutes or until tender. These can also be done in the microwave oven more quickly but baking results in a different texture and nice roasted flavor.

Cuban Black Beans

While Cuban-style beans usually have added pork for flavoring, these beans will be delicious without the extra fat. Cilantro adds flavor and anti-inflammatory health benefits.

1# package dry black beans
 1 quart chicken broth
 1 small onion, chopped
 2 stalks celery, chopped
 3 cloves garlic, minced
 1 small tomato, peeled and quartered
 3 teaspoons ground cumin
 1 teaspoon cayenne pepper
 Salt and pepper to taste
 Extra chopped onion, cilantro and fat-free sour cream as garnish

Rinse and sort black beans, discarding impurities. Place beans in a large heavy pot or slow cooker with broth

and freshly chopped vegetables. Cook on high setting for about four hours in the crock pot or three hours over medium heat on the stove top.

When beans are tender, take out one cup and mash. Return this mixture to the pot to promote thickening of entire mixture..

Continue to cook, adjusting seasonings. To serve,



place in a bowl over cooked rice and top with chopped white onion, cilantro and a dollop of fat-free sour cream. Garnish with (and squeeze) fresh lime.

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Recipe Corner

Pseudo-Stir Fried Veggies

Reducing the amount of chicken by half will reduce the calories. Chicken will flavor the dish but not dominate it.



1-2 Tablespoons canola oil or canola oil spray to further reduce fat

½ cup raw carrots, sliced lengthwise
½ cup fresh broccoli florets
2 stalks celery, sliced into large bite-sized pieces
½ thinly sliced red pepper
1 cup fresh snow peas
1 onion, sliced into rings then halved
2 cloves fresh garlic
1 teaspoon fresh ginger, grated



1 skinless chicken breast, cut into 3 inch pieces
1 cup chicken broth
1 tablespoon cornstarch
Cayenne pepper and salt, to taste

Begin by heating canola oil in a large skillet or saucepan. Stir in chicken pieces and brown, cooking long enough for chicken to cook thoroughly. Add vegetables and stir, cooking for 2 minutes.

Lower heat. Grate fresh ginger on top and cook one minute longer.

Remove all vegetables and chicken from skillet to prepare sauce. Pour in chicken broth and stir in cornstarch

over medium heat until the sauce thickens. Return vegetables and chicken to skillet. Serve over rice.

Salad Greens with Roasted Red Peppers

1 bowl salad greens, including spinach and other dark green leafy vegetables
1 cup fresh mushrooms, thinly sliced
¼ cup roasted and dried red peppers
½ red or purple onion, sliced very thinly

Mix ingredients in salad bowl and dress with your favorite light vinaigrette.

Jeff's Vinaigrette

3 Tablespoons olive oil
1 Tablespoon red wine or tarragon vinegar*
1 teaspoon dry yellow mustard
1 clove fresh garlic, minced



Mix ingredients together and enjoy on salads, sandwiches and vegetables as an alternative to mayonnaise. *Lemon or lime juice can be used instead for a fresh citrus flavor.

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Focus of USDA 2010 Dietary Guidelines



By law every 5 years nutrition recommendations from the United States Departments of Agriculture and Health and Human Services must be updated based on evidence from the previous 5 years. In years past the dietary guidelines were designed to keep healthy people

healthy. Now the guidelines address the fact that much of the American population is unhealthy, largely related to obesity. The 2010 updated recommendations include:

- Reduce calorie intake and increase physical activity to reach



healthier weight.

- Increase vegetable and fruit intake.
- Limit sodium to 1500 mg daily for individuals over 51 or those with diabetes, hypertension, or chronic kidney disease. This encompasses half the US population including children and senior citizens.

