

Food and Fitness



Meals for Camping Out

With our heat wave it may be too hot to do a lot of cooking around the campfire! But you can beat the heat with cool summer treats that don't require a hot campfire for preparation. Just a cooler packed with perishables and a box of dry goods and utensils and you're off!

Breakfast:

Whole grain cereals, bananas, skim milk.

Whole wheat bread, peanut but-

ter and jam, skim milk.

Muesli—made by stirring together raw oats, vanilla yogurt, bananas, orange sections, grapes and fruit cocktail

Lunch/ Dinner:

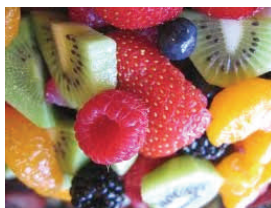
Sandwiches made on whole grain bread with

cool deli meats and cheeses, lettuce, tomato, onion.



Fresh celery, grape tomatoes, cucumber slices, sliced squash with

low fat Ranch dip. Extras in the cooler prepared ahead—fruit



salad, tuna salad, chicken salad, string cheese sticks, hummus,



cottage cheese, yogurt, mixed vegetable salad, and pasta salad

Pack along the Scallop Ceviche from Recipe Corner pages 5-6.

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Web sites of interest:

- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=27>
- wvstateparks.com
- visitwv.com
- buzzle.com/

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Let's Go Camping!!

We waited an eternity for summer to arrive. But it's flying by very quickly—hopefully filled with both relaxing and fun activities!

Perhaps you haven't yet had an opportunity to go camping this summer. August is a great time to plan a camping trip with the grandchildren before they head back to school.

Camping can be a relatively inexpensive vacation option. You don't have to spend loads of money on airfare or hotels. You can save gasoline costs by choosing a camping spot nearby. The money you spend for camping gear is an invest-



ment in future camping vacations since it is all reusable!

Camping can fit into whatever time you have available. You can camp for a night, for a weekend, or even longer.

Spending time camping with your grandchildren

can help them appreciate nature and learn camping skills.

Maybe you can even get them to leave their cell phones and video games at home for a day or two!

Not only is camping a great way to get away from the hustle and bustle of home, it's a good way to enjoy lots of outdoor activities. An ac-

tive lifestyle is a healthy lifestyle. Whether the activity is moderately strenuous and serves as part of your regular exercise program or relaxing and peaceful and helps manage stress, a weekend spent camping is food for the body and for the spirit.

The American Heart Association recommends 30-60 minutes of moderate activity on most days of the week. At home, your exercise routine may be walking or riding a stationary bicycle. You may even go to a gym to exercise.



Let's Go Camping!!

Camping out offers many activities for exercising and having a good time. Imagine the exhilaration of a brisk bicycle ride or walk through the cool woods or around a lake.



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If the facilities are available, you might



You may decide to camp at the river, the lake, the beach, in the forest, or at a “fancy “



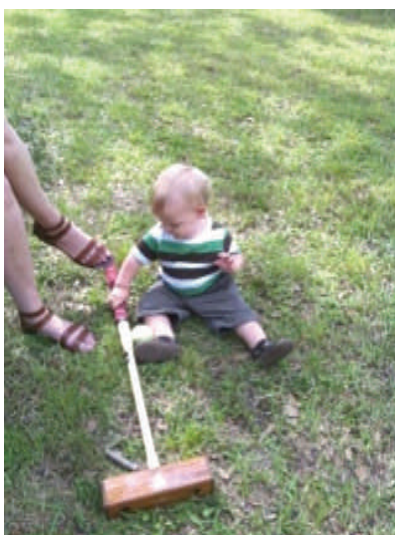
resort with huge sailboats and speedboats!

There are plenty of activities in which to participate. If you camp near



water, you can canoe, kayak, sail, paddleboat, tube, raft, swim, or water ski. You can go fishing! All of these activi-

ties are good for relaxing and good for exercising. If the facilities are available, you might check out mountain biking, rock climbing, horseback riding, tennis or golf. Some areas have archery ranges or miniature golf courses. You may take horse-



ties are good for relaxing and good for exercising. If the facilities are available, you might check out mountain biking, rock climbing, horseback riding, tennis or golf. Some areas have archery ranges or miniature golf courses. You may take horse-

shoes or croquet to your campsite. Whatever you do for fun and exercise be sure to involve the grandchil-

dren. You will be creating memories for them and may be establishing life-long traditions of activities they will enjoy for years to come. Make it fun, make it active. And take lots of pictures to share with your friends and family.



The Sublime Little Lime

You don't have to sail to Key West to enjoy the great taste of limes!

Limes have been around for a long time. In early days sailors knew to bring limes and lemons aboard ship for their juice to prevent scurvy, without

Why Are
English Sailors
Called
Limeys?



even understanding how it worked. Christopher Columbus brought limes to the new world in 1493. Spaniards brought limes from the West Indies to the Florida Keys in the 16th century.

In Louisa May Alcott's novel Little Women a popular pastime of Amy March and her classmates was



the trading of limes pickled with salt and vinegar. At

Joe's Stone Crabs, a Miami Beach restaurant open since the 1920's, Paul Wilson, Sr. routinely baked 80-100 key lime pies a day, six days a week!



What had all these people discovered about limes that we can use and appreciate today? In a bright, attractive little package, limes offer sensational flavor, a variety of uses, and a powerful punch of Vitamin C and flavonoids.

Like many other fruits and vegetables, limes contain unique flavonoid compounds that have antioxidant and anti-cancer properties.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=27>

While these flavonoids have been shown to stop cell division in many types of cancer cells, they are perhaps most interesting for the possibility of a natural seemingly antibiotic effect. In past history in several villages in West Africa where cholera epidemics had occurred, the inclusion of lime juice during the main meal of the day was thought to have been protective against the con-

traction of cholera.

In addition to unique phytonutrient properties, limes are



an excellent source of vitamin C, one of the most important antioxidants in nature. Vitamin C is one of the main antioxidants found in food and is the primary water-soluble antioxidant in the body. Vitamin C travels through the body neutralizing any free radicals with which it comes into contact

The Sublime Little Lime

in the aqueous environments in the body both inside and outside cells.

Free radicals interact with the healthy cells of the body, damaging cells and their membranes. Free radicals also cause inflammation which is associated with the development of heart disease and some can-



cers. Reducing inflammation with Vitamin C may reduce some of the symptoms of osteoarthritis and rheumatoid arthritis.

Free radicals may also damage blood vessels by oxidizing cholesterol to make it more likely to build up in artery walls. Vitamin C may be helpful for preventing the development and progression of atherosclerosis and heart disease.

Vitamin C is also vital to the function of a

strong immune system. The immune system's main function is to protect us from illness. A little extra

vitamin C may be useful in preventing colds, influenza, and recurrent ear infections.

In animal studies and laboratory tests with human cells, compounds in citrus fruits, including lemons and limes, called limonoids have been shown to help fight cancers of the mouth, skin, lung,

breast, stomach and colon. (www.whfoods.org)

You won't have to sail to

Key West to appreciate the great taste of limes! Limes are generally available year-

round at your neighborhood grocery store. Lime juice and lime zest perk up sauces, salads and desserts.

In the Recipe Corner pages 6-7 you'll find some fun



ways to use limes in your summer menus!

Recipe Corner

Tangy Scallop Ceviche

Delicious and refreshing in warm weather, ceviche (say-vee-chay) is prepared in coastal societies from Peru to Mexico and islands of the Caribbean. The acid from the limes changes the structure of the proteins in the fish, essentially "cooking" the fish without using heat.

1 pound fresh or frozen sea or bay scallops
1 cup freshly squeezed lime juice
2 teaspoons lime zest
2/3 red onion, finely chopped
½ sweet red pepper, diced finely
2-3 fresh banana peppers, chopped finely



1 whole jalapeno pepper, seeded and chopped finely
2 teaspoons fresh cilantro, chopped

1 tsp. grated fresh ginger
2 teaspoons salt
Dash of red Cayenne pepper or Tabasco
Juice of two additional limes

Prepare the scallops by rinsing and cutting into ½ inch pieces. Cover the seafood with lime juice in a



non-metal container and refrigerate for 3 hours or overnight. Drain the seafood, and combine with chopped vegetables and seasoning.

Mix well and chill another two hours before serving. Taste and check seasoning---may need more salt or another dash of Tabasco.

Pour juice of two additional limes over the mixture and serve with avocado slices on a bed of crisp greens.

Sparkling Lime Cooler

...Cool and healthy summer sipper!

Juice of three fresh limes



Zest of one lime
3 packets sugar replacement/artificial sweetener
1 teaspoon freshly grated ginger
1 small bottle club soda
Lime slices and fresh mint as garnish

Mix juice and artificial sweetener; add grated ginger and club soda and stir. Garnish and serve over ice.

Kiwi Lime Meringues

A light and attractive summer dessert, meringue cups offer an unusual alternative to pie crust..

Recipe Corner

Meringue cups:

4 egg whites
4 Tablespoons fine, granulated sugar
1 teaspoon vanilla or almond extract
½ teaspoon nutmeg
1 teaspoon cream of tartar



Preheat oven to 225

degrees.

Separate 4 egg whites in two small bowls.

Transfer whites to a mixing bowl, being careful to

keep out shell and egg yolk. Add vanilla, cream of tartar and nutmeg to the whites.

Use electric mixer to whip egg whites until foamy. Fold in sugar slowly, about 2 Tablespoons at a time until all of it has been added. Continue beating until mixture

is very stiff. (This process may take 5-6 minutes!) Test for stiffness by turning bowl upside down to make sure that egg whites stay in bowl when you turn it upside down.

Line baking sheet with aluminum foil. Using a dry ½ cup measurer, scoop out equal portions of meringue and place on cookie sheet.

Shape cups by mold-

ing egg white with the back of a spoon. Bake for two hours then turn off the oven.



Close door and leave in oven for an additional hour.

Remove meringue cups from oven and place on rack to finish cooling. Slowly

Peel each cup from the foil and place on serving dish.

Hint: To save energy start the meringues in early morning during the coolest part of the day. Don't forget to turn on the oven fan!

Fruit mix:

1 cup sliced strawberries
1 cup sliced kiwis
Fresh mint leaves, cut into small pieces with kitchen scissors
1 sliced banana
¼ cup lime juice

Prepare fruit by washing, peeling and slicing kiwis. Wash and slice strawberries. Add banana, lime juice and freshly cut mint to the mixture. Serve fruit medley in meringue cups. Enjoy!



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More Reasons to Have a Healthy Lifestyle

You've heard that healthy eating helps your heart, exercise helps your diabetes, stress management helps your blood pressure and avoiding smoking reduces cancer risk. The American Heart

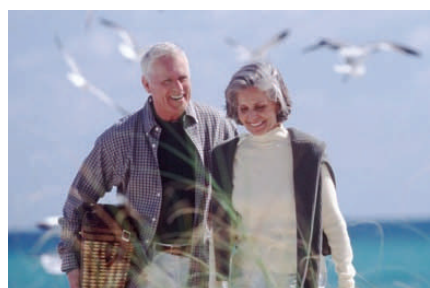


Association and the American Stroke Association reported in the July 21 issue of *Stroke* that a healthy lifestyle including all the above steps may also reduce risk of dementia.

Since dementia affects 1/3 of the population over 80 it behooves us to opt for a healthy lifestyle for yet an-

other reason—brain health!

Other recent research reports confirm that regular



exercise reduces our risk of developing dementia. And it doesn't have to be any more sophisticated than walking!