

# Food and Fitness

## Goodbye Food Guide Pyramid!

You knew that the Food Guide Pyramid had something to do with healthy eating, right? But the message was muddled and got even harder to understand as the picture changed over the years!

It's 2011—enter the new icon or symbol for educating us about healthy eating. Voila! It's a dinner plate. What a concept!



The [dinner plate carries the mes-](#)

[sages!](#)

Visit the United States Department of Agriculture's website at

[www.choosemyplate.gov](http://www.choosemyplate.gov) where you can access each individual food group by clicking onto the appropriate section of the plate.

Be a role model for the grandchildren by following these helpful tips:

- Add orange sections, pineapple tidbits, grapes or dried cranberries to salads.
- Add banana



slices or raisins to oatmeal.

- Add raw broccoli, colorful peppers, red onions, parsley and green onions to pasta salad for more



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Volume 112  
July 2011

### Websites of Interest:

- [choosemyplate.gov](http://choosemyplate.gov)
- [wvtrails.com](http://wvtrails.com)

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## Go Take a Hike!

Has your treadmill workout become so boring it puts you to sleep? Has your stationary bike at home become a clothes rack? Too hot outside to pound the pavement? Give yourself a refreshing break and take a hike through the cool shade of the woods.

Hiking has many benefits for both the mind and the body.



Hiking is relaxing. It takes you away from the hustle of everyday life and reduces stress. William Howland, M.D., a Texas allergist, says hiking "can put you into a meditative space..."

Hiking is an aerobic exercise which conditions the heart and lungs. Hiking can be of light to moderate intensity such as walking on a level or slightly elevated trail. It could also be as strenuous as a mountain climb.

Hiking is a weight-bearing exercise and helps strengthen the legs, hips, back and abdominal



muscles. Weight-bearing exercise helps build strong, healthy bones, preventing osteoporosis. If you have arthritis, hiking helps keeps your joints more limber and keeps you more mobile.

Anyone can hike. You choose the terrain and you set your own pace. When you need to rest, you can stop and take in the scenery.



## Go Take a Hike!

If you are out of shape, begin with short hikes in your local area and gradually build up your hiking time. By gradually increasing your hiking time and distance, you will eventually be ready to tackle longer, more challenging hikes.

You want to stay safe while doing any kind of physical activity. The American Hiking Society offers these tips to help you stay safe:

- Dress for the weather.
- Wear properly fitted shoes or boots that provide solid support and cushioning.
- Use sunscreen and insect repellent.
- Bring water.
- Bring a portable snack like trail mix.
- Choose a trail that you can manage according to your health and fitness level.

- Don't hike alone.
- If you must go alone tell someone

where you are going and how long you expect to be gone.

While on the trail if you experience any signs or symptoms like

chest pain, shortness of breath, extreme fatigue, or dizziness report them to your physician.



The following websites can help you plan your hike:  
[www.wvtrails.com](http://www.wvtrails.com)

[www.americantrails.org](http://www.americantrails.org)  
[www.traillink.com](http://www.traillink.com) (source to find rail-to-trail sites)  
[www.wvexplorer.com](http://www.wvexplorer.com) (click on hiking)



[www.wvstateparks.com](http://www.wvstateparks.com) (click on "hikes and walks")

Source: "Hiking your way to better health" Medicine-Net.com



## Avoid a Mid-Summer Slump: Tips for Cool Living

Banish the mid-summer blahs:

1. Sign up for two months of water aerobics at your neighborhood swimming pool. The exercise will refresh you and increase your heart rate without straining joints. Or call a friend and start a walking program in your shopping mall.
2. Rearrange your 'fridge—do you sometimes uncover fresh produce after it's been sitting for a month in the refrigerator? Don't hide produce in a crisper or down at the bottom out of sight. Make sure that you **see** the fresh fruit and vegetables as soon as you open the fridge door.
3. Be prepared for Snack Time. Why not put fresh fruits and veggies in serv-



ing sized bowls or cups, ready to go when your ap-

petite calls? Fresh berries, fat-free yogurt and frozen grapes will take the edge off hunger but not put a dent in your healthy living.

4. Substitute! Use your creativity to substitute healthy items for your unhealthy cravings. If you like potato chips, then purchase baked chips in small serving portions or, better yet, try the fat-free kind! If French fries make you happy, make yours from sweet potatoes and bake them instead of frying. For pizza, substitute a whole wheat tortilla or flat bread for crust, and use fresh vegetable toppings with lower fat meat or chicken.
5. Remember that every day is a new day. In fact, you can make only one choice at a time. If you happen to make a bad choice, forgive yourself, move on and make a better choice in the next moment!
6. It takes a village. Surround yourself with supportive people to make your choices easier. Find or make friends who want to be healthy. Ask your

spouse to take a walk with you after dinner. Get someone you know involved with your exercise routine and they will help you to stay motivated.

## Cool Snacks for Hot Days

### Chilly Shrimp Cocktail

- 1 pound fresh shrimp
- 1 bag crab boil seasoning mix
- 1 lemon, sliced

Bring water, lemon and seasoning bag to a boil over medium heat. Add shrimp carefully and let the water return to a boil.



Turn off the fire and let shrimp sit in seasonings for about five minutes. Peel and chill before serving. Arrange shrimp over the side of an attractive cocktail glass; serve with cool greens and cocktail sauce.

## Recipe Corner

### La. Cocktail Sauce

½ cup ketchup  
¼ cup prepared horseradish  
3 Tablespoons lemon juice  
Dash of Tabasco sauce  
Salt to taste  
Mix and serve.

### Strawberry Coolers



1 pint fresh strawberries  
1 cup crushed ice  
1 package sugar free lemonade mix---individual portion sized  
1 cup apple or pear juice

Freeze berries several hours prior to making drinks. Put all ingredients in blender and process. Serve with garnish of mint and a sliced berry. Recipe makes four drinks.

### Frozen Grapes

*A creative and fun snack for hot days!*

Wash fresh red grapes and place in small clumps on a tray in freezer. They will only need about thirty minutes to freeze. Serve alone

as a snack or to cool your favorite beverage.



### **Farmers' Market Casserole**

*When fresh vegetables are at their peak they will taste better than anything you can find in a can or freezer!*

Two small zucchini, sliced  
2 small squash, washed and sliced  
1 small onion, sliced  
1 fresh tomato,

sliced and seeds removed  
2 Tablespoons olive oil  
2 cloves garlic  
Sauté garlic in large skillet with olive oil. Add onions and other vegetables; cook over medium heat until vegetables are just barely tender. Add tomato last and cook another five minutes. Season lightly with salt and fresh black pepper.



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## Goodbye Food Guide Pyramid!

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flavor and added texture.

- Discover fast ways to cook—cook fresh or frozen vegetables in the microwave for a quick and easy dish any meal.
- Try 100% whole grain



crackers or popcorn for snacks.

- Have a bowl of pinto beans and cornbread made with whole grain corn meal and whole wheat flour. Add some fresh watermelon, a green salad and a glass of skim milk for a perfectly balanced meal.

- Nuts and dried fruits make great healthy snacks



- When dining out ask for a green salad or side of steamed vegetable to replace fried side dish.