

Food and Fitness

Happy Thanksgiving!

Thanksgiving—Have It Your Way!

Are you tired of hearing about how Thanksgiving dinner **should** be—less fat, less sugar, less salt? Do you want it the way it's always been or even more fun? Will you be having guests in your home for several days?

What you probably want most of all is for everyone in attendance to have the happiest holiday ever in your home! Consider this approach. Ask each guest or family member:

- What favorite dish would make Thanks-

giving dinner most special?

- Are they interested in having healthy options and if so, what would those be?
- What do-it-yourself breakfast items would make them happy?
- Would they like to have the chance to cook something or would they prefer to be off kitchen duty?
- Do they prefer firm or soft pillows or would they rather bring their own?
- Would they like to get some ex-

ercise during the visit and want to know their options?

- Would they enjoy some quiet time for reading, studying or napping?
- Do they have a favorite board game they would like to bring?
- Is there a must-see football game?
- Sounds like a lot of work but it really isn't! They'll be so happy with these generous options that they'll want to move in with you!



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Websites for Healthy Thanksgiving Recipes

- health.harvard.edu
- eatingwell.com
- diabeticliving.com
- heart.org
- diabetes.org

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Celebrate a Plentiful Harvest



When early settlers gathered what was plentiful at harvest time, they found roots, nuts, fruits and berries. While it is no longer necessary to walk out into the woods to secure your food, gathering fall produce is still a rewarding exercise to provide your family with the fruits of this year's harvest.

Perhaps you can help a neighbor to gather and shell pecans or walnuts for the privilege of sharing the yield. Your waistline will certainly thank you for the exercise!

Gathering gourds or holiday pumpkins for a centerpiece is another practical means to decorate. You can later cook those fall decorations with nothing wasted or thrown out.



Shopping at your local farmers' market is a great way to meet local farmers and get newly picked, flavorful, fresh produce. Not only

will the fruits and vegetables be fresher than those from the supermarket, you will be showing your appreciation to those who continue to make a living by farming.

GO NUTS!

Most people think that nuts are high in calories and fat—and they are right! Nuts deliver quite a lot of calories, and on top of that, it is difficult not to overeat these tasty little snacks. If you can restrain yourself from overeating

them, however, nuts can definitely be a part of a healthy diet.

How can nuts be an asset to your health? Researchers found that people who eat nuts regularly

have lower risk of heart disease. In 1996, the Iowa Women's Health Study found that women who ate nuts more than 4 times a week were 40% less likely to die of heart disease.



Two years later, another study conducted by the Harvard School of Public Health found a similar result in another group of women subjects. Furthermore, potential heart health benefits of nuts were also found among men. In 2002, the Physicians' Health



Study found that men who consumed nuts 2 or more

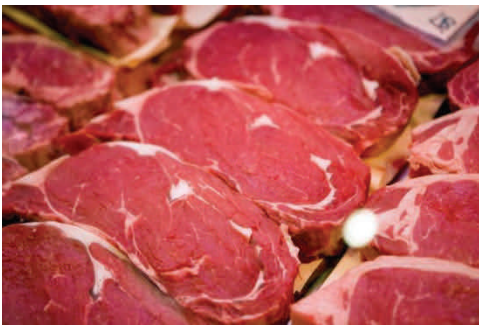
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Go Nuts!

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times per week had reduced risk of sudden cardiac death.

Nuts have an unusual combination of nutritional benefits. They are rich in fiber and phyto-nutrients, plus antioxidants such as Vitamin E and selenium. Nuts are also high in plant sterols and fat - but mostly healthful rather than harmful fats. Nuts may also help to lower LDL (bad) cholesterol when substituted for saturated fats.



Nuts are a good source of protein and can be substituted for meat. Nuts are lower in saturated fat than meat and contain no cholesterol. Walnuts may contain higher antioxidant values, but all nuts such as peanuts, almonds, pecans, pistachios, and cashews are a healthy op-

tion for protein!

The best thing about including nuts in your diet is that they can be served at any meal and in a great variety of ways. Start with them as a convenient snack, but add variety to your salads and side dishes by including nuts in those recipes.

For convenience use peanut butter or almond butter for a quick and simple sandwich at lunch. Notice, too, that cereal companies are beginning to add nuts to breakfast cereals. Just be careful to read the labels to see what you're getting.

As always, try to purchase products which haven't been changed significantly by processing. Cracking your own nuts will bring them to you in



a fresher manner. Choosing packaged nuts and nut butters that have no salt or trans fats added to them will be the best option for good health.

And finally, try this tip for portion control. Divide the container of nuts into individual servings. Place each serving in a small clear bag and tie with a holiday ribbon. This could also serve as a party



favor placed at each person's place for dinner.





Turkeys Trot and Jingle Bells Run



Congratulations! You've spent all year exercising. The walking program you resolved to follow last January was a success and you're fit, really fit. Looking for ways to keep it going during the holidays?

Many communities have 5K runs (3.1 miles) and walks around the Thanksgiving holidays that are lots of fun. What a way to show off to your friends and family! Imagine wearing your well-earned Turkey Trot tee shirt to Thanksgiving dinner. Or you can go Christmas shopping on Black Friday in your Jingle Bell Run shirt!

You don't have to run to participate in these activities.

Most 5K "runs" also have a "walk" of a shorter distance,



perhaps 1-2 miles. What fun the entire family could have if you walked together! Keep an eye out for

Turkey Trots and Jingle Bell Runs in your local area.

You don't have to join an organized event either. You can devise your own

"Turkey Trot" with family and friends during the Thanksgiving holidays.

- Choose a course that everyone can walk. You may want to make it an "out-and-back" course so that each participant can turn around and return to the start as their fitness level allows.
- Make "turkey" award ribbons to give to all finishers. Wear them proudly!

The important thing is that you continue to exercise year round. Make a plan to maintain your fitness, whether it is by participating in fun community

walks or fund raiser walks like the American Heart Association Heart Walk, the Susan G. Komen Race for



the Cure walk, the

Alzheimer's Association Memory Walk and others.

Walking at the mall, going to the local gym,

or dragging out the stationary bike or treadmill that gathered dust all summer while you exercised outside can also work!

It's possible to continue your exercise routine outside in colder weather. Dressing in layers, covering your head, wearing warm gloves and socks, and keeping an eye on the weather



forecast can help you stay

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Turkeys Trot and Jingle Bells Run



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from page 4)

safe. It's best to exercise inside if the temperature is below freezing, especially if it's windy.

If you do exercise outside, know the signs of hypothermia and frostbite. The signs and symptoms of hypothermia are intense

frostbite are stinging or numbness.

If you think you may have bite, of the and up the body in blankets. Slowly warming the affected area with warm but not hot water may help until profes-



frost- get out cold wrap entire

sional help is available. Keeping the affected area still is also im-



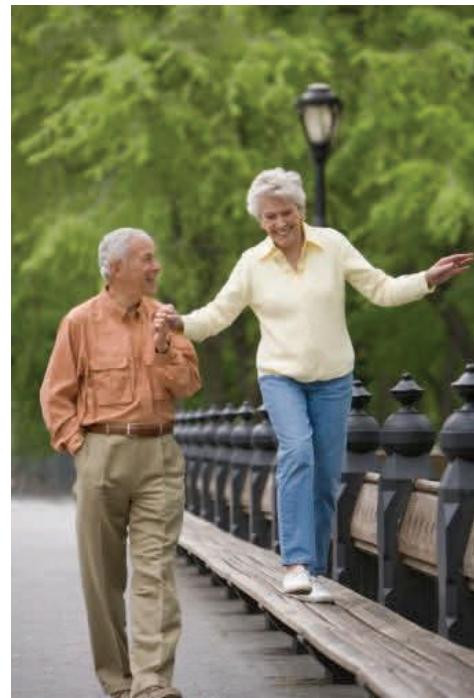
shivering, slurred speech, loss of coordination, and fatigue. If you experience any of these symptoms get out of the cold. Older persons are at increased risk for hypothermia. Seek emergency assistance if hypothermia is suspected.

Frostbite is common on exposed skin, like your nose and ears, but also on covered fingers and toes. Warning signs of

portant.

If you have a hard time staying motivated to continue exercising during the cold months, remember how good it will feel to enter Spring in good shape. You will be ready to plant your garden, work in your yard, and play outside with the grandchildren. T

Think about how good it feels to be fit now.



Recipe Corner

Nutty Waldorf

Serve in pretty stemware for holiday meals.

- 3 red apples
- Juice of one lemon
- 1/3 cup chopped walnuts
- 1/3 cup raisins
- 1 fresh carrot, grated



Cut apples and remove seeds. Place in mixing bowl with lemon juice to prevent browning. Stir in other ingredients and serve with a sprinkle of cinnamon in an attractive dish.

Some recipes call for mayonnaise as a dressing but it is not essential! Other recipes add pineapple chunks. You might also substitute dried cranberries or cherries for the raisins for a colorful twist!

Rosemary Cashews

One bag fresh mixed greens

- 1 lb. unsalted cashews
- 2 T. fresh rosemary leaves, minced
- 1/2 teaspoon cayenne pepper
- 1/2 tsp. salt
- 1 Tablespoon olive oil



Preheat oven to 350 degrees. Spread nuts on cookie sheet and place in oven for five minutes.

While nuts are toasting, combine

seasonings with olive oil. Remove nuts from oven and turn oven off.

Toss nuts thoroughly with spices then return them to the warm oven for about ten minutes more. These taste best when served warm with a cool beverage.

Walnut Orange Salad

The key to the salad is in the dressing.

like baby lettuces, spinach, endive, etc.

- 3-4 cloves garlic
- 3 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 1 teaspoon fruit jam
- 1 avocado, peeled and sliced
- 1/4 cup walnuts, toasted
- 1 fresh orange, peeled,



seeded and sectioned

Start with your favorite

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Recipe Corner

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mixed greens, the fresher the better! Add tomatoes, avocado, and orange slices.

Prepare dressing by mashing 3 to 4 cloves of garlic with a mortar and pestle or pressing through a garlic press. Transfer garlic into a small jar with a lid. Add 3 Tablespoons of olive oil and the balsamic vinegar. Stir to mix. Finally stir in your favorite fruit jam to taste. (I used sugar free raspberry.)

Toast walnuts or pecans and add to greens with chopped avocado and tomato. Shake dressing and pour over salad just before serving.

Nature's Sweet Side Dish: Root Vegetables

This dish can be prepared in a slow-cooker to be ready in time for a holiday dinner. Or try baking it in the oven at 325° for 90 minutes.

2 large sweet potatoes

1 lb. parsnips

1 lb. fresh carrots

1 large red onion, coarsely chopped

¼ cup dried cranberries

1 T. light brown sugar

2 T. balsamic vinegar

2 Tablespoon olive oil

1/4 teaspoon salt

1 teaspoon pepper

1/3 cup chopped Italian parsley



Clean, peel and cut up vegetables into 1 ½ inch pieces. Place in bottom of slow cooker with sweet potatoes on top.

Whisk together other ingredients, saving parsley for garnish. Pour liquid ingredients over vegetables and cook on high in crock pot about 3 hours.

Toss vegetables with parsley before serving. (A version of this recipe can be found in the

November 2011 Southern Living Magazine.)

Money Saving Tips at Thanksgiving!

- Invite your neighbors and have everyone bring a side dish.
- Be a neighborhood scavenger--- look for unusual greenery to supplement your table's centerpiece (ask permission before you cut!)
- Share what you have with others. Perhaps you have an abundance of rosemary and your neighbor grows yellow roses!
- Eat your decorations— collect butternut squash and small pumpkins with which to decorate. Then bake them and serve on a chilly night to warm your heart after your holiday crowd has departed.



Susan M. Poindexter,
MS, RD, LD, CDE
Nutrition Consultant

Phone: 304-388-9406
Fax: 304-388-9422



This newsletter is created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the WV Bureau of Senior Services, and is funded in part by the West Virginia Bureau of Senior Services. Regular contributors include Catherine M. Townsend, MA and Betsy Greer, MS.

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News You Can Use

You can help your children and grandchildren prevent heart disease by not overfeeding them! Preliminary results from a study from Canada indicate that a **large waist measure** is a predictor of early atherosclerosis in young people age 18-35. Have low calorie snacks on hand like raw vegetables, low fat dip or whole wheat



crackers
and
cheese.

Heart

*and Stroke Foundation of
Canada October 2011*

Alcohol consumption occurs more often during the holidays. Some **medications interact badly with alcohol**.

Talk to your pharmacist if you use alcohol and take: NSAIDS, acetaminophen, dextromethorphan, antihistamines, kava kava, St. John's wort, or valerian root, to name a few.

*American Academy of
Family Physicians*



According to researchers from Harvard Medical School if young adults are overweight they can reduce risk of dying from heart disease by slimming down in

middle age. A study following 19,000 men over 56 years from age 18 determined lower death rates for those who remained or later became leaner than those who were obese or overweight. *Archives of Internal Med. Oct. 2011*