



Food and Fitness



Spring Clean Your Life!

Spring is the perfect time to “lighten up” and make changes in your life! Areas that always seem to need a little brightening are time and money management, health (eating style, stress management, activity), and social commitments.

Time management. Parcel out your 24 hour day into segments as

necessary vs. discretionary:

- Sleep—8 hours
- Food preparation and meal time—3 hours
- Still working? - 8 hours
- Getting ready and transportation to and from work 2 hours
- Exercise—1/2 hour

That all adds up to 21.5

hours with only 2.5 hours for everything else. It’s easy to see there is not much time to waste on screen time and unnecessary commitments that are not absolutely enjoyable.

Are you tired of the bowling league, the quilting circle or the scrabble club? Consider that you only have 2.5 extra hours in the day for fun and decide how you really want to spend them! If clubs and volunteer work bring you great joy, then go for it! If

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Happy Easter!

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Web sites of interest:

- fsis.org
- choosemyplate.gov
- allrecipes.com
- suzeorman.com

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Easter Egg Safety

Who could imagine celebrating Easter without dyed eggs, the Easter Egg Hunt and then the mounds of devilled eggs that have to be consumed afterward?

But aren't you wishing you hadn't dyed 5 dozen or more?

Eggs are a great, inexpensive source of protein and selenium. If you are worried about your cholesterol level the American Heart Association (AHA) says it is more important to be concerned about saturated fat (bacon, sausage) and trans fats (stick margarine) than dietary cholesterol. AHA further reports it is okay even for heart patients to consume 2-3 whole eggs per week.

Tips from the USDA Food Safety and Inspection Service for Easter egg safe-

ty include:

- Buy clean eggs with un-cracked shells from a refrigerated case before the "sell by" date
- Take them straight home and refrigerate at <math><40^{\circ}</math> F. in the original carton, not in the egg keeper on the door.



- Keep them in the coldest part of the refrigerator for up to 5 weeks from purchase date—ok even if this is past the expiration date.
- Place un-layered in large pot with 2 inches cool water. Bring to a boil. Remove from heat

and let stand for 15-20 minutes.



- Use food grade dye for egg coloring.
- Remove eggs from the refrigerator and hide right before the hunt.
- Don't keep eggs unrefrigerated for more than 2 hours.



- Use cooked eggs within 3-4 days as egg salad, sliced in green salads or on sandwiches and as devilled eggs.

Spring Clean Your Life! (continued)

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not, then unload extras!

Money management.

Money is probably not an open-ended commodity! Put the credit cards in the shredder if you have a tendency to use them to buy what you cannot afford.

Parcel out your available real money into necessities vs. discretionary spending.

Make a budget for necessities such as:

- Rent/mortgage
- Home maintenance
- Household necessities
- Car payment
- Insurances
- Food
- Clothing
- Utilities
- Transportation
- Medications and doctor visits
- Taxes

Any leftover cash

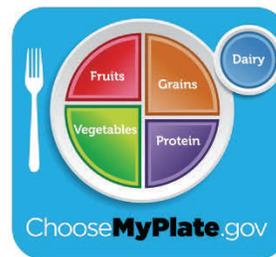


can be divided among discretionary categories such as:

- Gifts
- Charitable donations
- Leisure activities and dining out
- Savings

Eating Style. Is this the year you really want to make some changes in your eating habits? The news is good! It doesn't have to be any harder than "Choose My Plate" recommendations from the USDA:

- Make half your plate vegetables and fruits
- Make 1/4 your plate grains, preferably whole grains
- Make 1/4 your plate lean protein
- Have a serving of low fat dairy on the side



Exercise. Is there some activity you really enjoy? This can be a boon to your health if you do it on a regular basis. Consider these

options or combine a few for variety:

- Walking with a friend
- Exercise class at the senior center
- Swimming or water aerobics
- Riding a bike—stationary or regular
- Treadmill walking
- Rowing
- Dynabands
- Working in the yard

Stress Management.

Identify your stressors whether they be situations or people, finances or obligations. Endeavor to make a plan to change these stressors. If you cannot, but have to adapt and tolerate them, consider learning more about:

- Deep breathing
- Meditation
- Relaxation exercises such as yoga

Protein and Muscle Building

No, you probably don't want to be a body builder! But have you noticed that you may not have as much muscle mass as you once did? This can affect your ability to do the things you need and want to do.

Researchers are not sure whether this is a natural phenomenon of aging or is due to being less physically active than we were in younger years. Nevertheless, recent research from Douglas Paddon-Jones, PhD at the University of Texas Medical Branch in Houston indicates that older people have the ability to synthesize muscle when given adequate amounts of protein distributed evenly throughout the day.



It may take as much as 90 grams of protein distributed at 30 grams at each of three meals. Even if we get the total 90 grams of protein per day, the typical eating style of Americans may tend to be distributed less evenly. It is more likely that we have a small amount of protein at breakfast—10 grams, a little more at lunch—20 grams, and a



maybe a heavier meal at night providing 60 grams for a total of 90 g for the day.

Here are some foods and their serving sizes with grams (g) protein supplied. Mix and match according to your preference to help you get 30 grams at each meal:

5 oz. plain Greek yo-

- gurt—15 g
- 8 oz. skim milk—9 g
- 1/4 cup shredded non-fat mozzarella cheese—8 g
- 1/2 cup egg substitute—12 g



- 2 whole eggs—12 g
- 1/4 cup walnuts—5 g
- 1 cup cooked oatmeal—6 g
- 2 Tbs. peanut

- butter—8 g
- 1 cup pinto beans—15 g
- 4 oz. salmon—25 g
- 4 oz. canned tuna—26 g
- 4 oz. chicken breast—35 g



Recipe Corner—Featuring Cumin

Ask anyone from India what they enjoy eating and you are likely to get many different answers. Elfy Shah is from Northern India—she prepares and enjoys foods common in that region. No matter the area of India the use of basmati rice and aromatic spices will predominate.

Indian spices are usually fresher when bought at an Indian market or a store like the World Market. Many Indian spices are available in supermarkets. But what fun it could be to visit an international market and have the sense of taking a field trip to another world!

Not only are these spices essential to having “real Indian food” but they are also beneficial to our health as well! This month we will explore the uses of cumin.



What do you know about cumin? Have you tried it? Cumin seeds are pungent and can significantly change the flavor of a dish. They are used prominently in Indian cooking but are also featured in Middle Eastern, Mexican, Mediterranean, and certain Chinese cuisines.

In the Middle Ages, cumin was one of the most popular – and most accessible – condiments for Europeans. Stories abound of soldiers going off to war with loaves of cumin bread in their satchels for good luck.

In ancient medical folklore, and also in modern India, the seed is sometimes called Jeera. It comes in its original solid form, as pictured above, ground, or even as an oil made from grinding the seeds.

Like other spices that

have been used for thousands of years, cumin may provide a number of potential health benefits. Because of its antioxidant properties, cumin has been lauded as potentially beneficial for the common cold, anemia, and as a digestive aid.

Whether these claims are true or not the spice will add a delicious aroma and flavor to your cooking.

Cumin seed has the most powerful flavor, but ground cumin is often more readily available. Sometimes both versions are used in a recipe for double the flavor and double the benefits!

Featured in Recipe Corner are three recipes which showcase cumin as it is used in Northern India—Rice Pilau or Pilaf, Coconut Shrimp Curry, and Gobi Mater (Cauliflower and Peas).

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Recipe Corner—Featuring Cumin (continued)

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Rice Pilau or Pilaf



Ingredients:

¼ cup vegetable oil
 1 medium onion, chopped
 1 tsp. whole cumin seeds
 1 ¾ cups water
 1 tsp. coriander powder
 1 tsp. ground cumin
 1/3 cup golden raisins
 1 cup basmati or extra long grain rice
 Salt to taste
Preparation:

Heat oil in a skillet that has a fitted cover. Add onion and sauté until onion

is transparent.

Add whole cumin, water, spices and raisins. Bring to a boil then add the rice.

Simmer over medium heat until water is absorbed. Cover with a towel then put the lid on top. Cook for another twenty minutes over very low heat. Serve hot with other side dishes!

Coconut Shrimp Curry

¼ cup vegetable oil

1 medium sized onion, chopped
 ½ tsp. whole cumin
 2 large tomatoes, diced
 2 bay leaves

1 tsp. freshly ground ginger
 2 tsp. chopped fresh garlic

1/2 tsp. red chili powder

1 tsp. ground cumin

Salt to taste

1 cup coconut milk

1 lb. peeled shrimp

½ bunch cilantro, chopped

Heat oil in a shallow pot. Add onions and sauté until transparent. Add whole cumin, tomatoes and bay leaves. Cook for about five minutes. Now add all the other seasonings, cover and cook for another five minutes.

Finally, add the coconut milk, shrimp, and cilantro. Simmer until shrimp is cooked, about ten



minutes, depending on size of shrimp. Serve over rice.

Recipe Corner—Featuring Cumin (continued)

Gobi Mater (Cauliflower and Peas)

Here's a new way from the Indian tradition to enjoy cauliflower and peas!

3 tablespoons vegetable oil
1 tsp. whole cumin
1 inch ginger root, grated
1 large cauliflower, cut into small chunks

1 tsp. ground cumin
1 tsp. coriander powder
½ tsp. turmeric
1 dash hot chili powder

1 bag frozen green peas
½ cup chicken broth

1 8 oz. container low fat sour cream or plain low fat yogurt

Heat oil in a large pot.

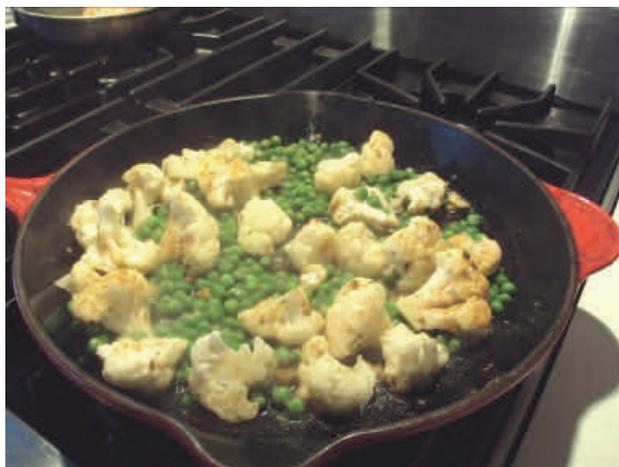
Add whole cumin, ginger and cauliflower. Stir for a few minutes until you can really smell the aroma of the spices.

Add all other spices and stir. Then add



peas and chicken stock, stirring occasionally.

Simmer until cauli-



flower is tender. Finally add sour cream or yogurt and cook five additional minutes. Serve hot.

Devilled Easter Eggs

Remove egg yolks from whites and mash with small amount mayonnaise, spicy mustard, and hot sauce. Add a dash of cumin for a new flavor!

Fill egg whites with mixture and add a splash of paprika for color.



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Protein Power with Flavor!

Trying to eat more protein but tired of the same old chicken and fish? Give them a new twist with a global flavor. Create your own spice blends using these dried herbs:

Greek—oregano, thyme, basil, marjoram, onion, garlic

Italian—basil, oregano, rosemary, marjoram, cilantro, thyme, savory, red pepper

Mexican—cumin, coriander or cilantro, chili, garlic, onion, red pepper, oregano, salt, black pepper

Indian—cumin, curry, coriander, turmeric, chili, ginger, cardamom, cinnamon

Southwest—chili, paprika, coriander, garlic, salt, cumin, cayenne pepper, red pepper, black pepper, oregano

Cajun—garlic, black pepper,

paprika, onion, cayenne, oregano, thyme, red pepper

Asian—onion, garlic, black pepper, red pepper, ginger

