

Food and Fitness

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WV Bureau of Senior Services

Summertime…and the Grillin' Is Easy!

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Warmer weather always signals that it's time



to take the grill out, clean it up and enjoy cooking and eating outdoors! But hold



up on the hamburgers and hot dogs!!

Newer evidence from the Health Professionals Follow-Up Study and Nurses' Health Study indicates even more reasons to eliminate or at least decrease intake of red meat (beef, pork, venison) to no more than 2-3 oz. per day:

- **Eating 5 oz. red meat** daily increases chances of dying by 30% compared to eating 2/3 of an ounce daily
- **Heme iron**—iron in muscle of animal flesh—more likely to contribute to atherosclerosis (blockage in arteries)



- **Carnitine** in meats can be changed by microbes in the gut to make a compound called TMAO (trimethylamine-N-oxide) which has been found to promote atherosclerosis
- **Blood TMAO** levels are higher in meat eaters—high levels of TMAO are more likely to contribute to atherosclerosis
- **Heterocyclic amines**—(HCA'S) formed



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Web sites of interest

* aicr.org
* nlm.nih.gov/medlinenews
* heart.org

Here's to Men's Health….And Happy Fathers' Day!

Ahh….yet another reason to exercise! Research conducted by Dr. Susan Lakoski, assistant professor of internal medicine at the University of Vermont, finds that men who are physically fit in middle age have a lower risk of developing and dying from certain cancers. "Fitness is a huge predictor of risk," Dr. Lakoski states, "you need to be fit to protect yourself against a cancer diagnosis in older age."



Dr. Lakoski and her colleagues evaluated more that 17,000 men who had cardiovascular fitness testing at the Cooper Clinic in Dallas. The average age of these men was 50. Based on these fitness tests, the men were placed in five fitness categories from lowest fitness to highest.

When these men reached Medicare status, the researchers checked to identify the ones who had developed three of the common cancers found in American men—lung, colorectal, or prostate. The average follow-up time period was 20-25 years.

The men who exhibited the highest levels of fitness at middle age had a 68% lower risk of lung cancer and 38% lower risk of colorectal cancer. The risk for the development of prostate cancer was no different between men of various fitness levels, but the men with the highest levels of fitness had less risk of death from prostate cancer.



Dr. Lakoski can't say for certain how fitness protects against these cancers. But she says that fitness interrupts pathways related to cancer risk, including reducing inflammation and oxidative damage in the cells.

Another study found that fitness in middle age can reduce the risk of heart failure in men and women. This research was presented at the American Heart Association's Quality of Care and Outcomes Research Scientific Sessions of 2013.



Like the fitness and cancer study, these researchers assessed fitness levels during mid-life. Their study included both men and women. For follow-up, after 18 years, they searched Medicare claims for heart failure hospitalizations.

The researchers found that individuals who were not fit during middle age were at higher risk for heart failure

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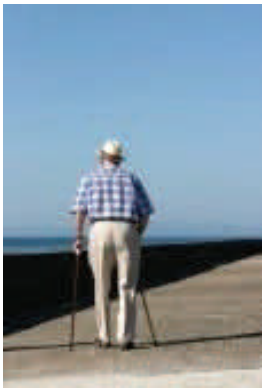
Here's to Men's Health….And Happy Fathers' Day!

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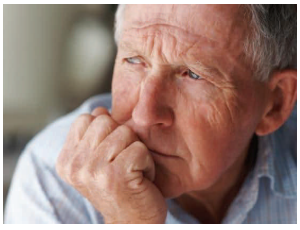
after age 65. However, Ambarish Pandey, M.D., the lead author of this study, points to some very good news associated with these results, "those who improved their fitness reduced their heart failure risk, compared to those who continued to have a low fitness."



If you are past middle age, what does this mean for you? Is it too late? Never!



The National Institutes of Health says that it is never too late to get moving, get stronger and improve your health. "Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard Hodes, director of NIH's Institute on Aging.



He adds, "by exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function."



Dr. Hodes says that older adults can exercise safely. He recommends using NIH's Go4Life website (http://go4life.nia.nih.gov) to help you get started.



You can also develop your own routine of walking or riding a stationary bike. Begin with short sessions at a pace that is comfortable and increase time and distance as you build fitness. Join a walking or hiking club at a nearby senior center. Add strength training by lifting light weights or using stretch bands (DynaBands) 2-3 times per week.

Add more activity to your lifestyle by:

- Gardening
- Golfing
- Playing croquet
- Walking to visit neighbors
- Playing with your grandchildren



- Marching in place during TV commercials
- Taking the stairs instead of elevators

Find something active that you enjoy doing. Find someone you like to do it with and then it could even be fun!



Tomato Time—Red, Ripe, and Ravishing!

Walk through any farmers' market in late June or July and you'll smell them before you see them—red,



ripe summer tomatoes, that is! Not only are they tasty and beautiful but they are a mainstay on the healthy dinner table in summertime!



What's in it for you? One medium sized-tomato provides tremendous doses of vitamin C and vitamin A. Add to that fiber, potassium and iron, and the antioxidant lycopene. This phytonutrient (plant nutrient) protects against prostate cancer and heart disease.

How can we prepare tomatoes? Actually, a minimum of preparation is all that is needed to showcase their potential. A few snips of an herb and just a sprinkle of cheese can make an ordinary tomato sing. Save the heavy cooking over a hot stove with those serious (but delicious) sauce recipes for winter when a good, fresh tomato is hard to find.

Want to make sure the tomatoes you eat are fresh and handy when you want them? Don't have a lot of space to grow them? Try planting your tomatoes in a container garden. Here are five tips to ensure your success from Kerry Michaels, at http://containergardening.about.com/od/vegetablesandherbs/tp/5-Tips-For-Growing-Tomatoes-In-Containers.htm

1) **Use a really big container**… in fact, the bigger the better. Five gallons is an adequate size. Some people like to use an old wooden barrel but you can use just about anything that holds soil. Just make sure to provide adequate drainage for your plants.



2) **Plant tomatoes deeply.** Most plants will not thrive if you plant them deeply, but tomatoes are different.



Roots will develop from stems that are underground and your tomatoes will be stronger and healthier.

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Tomato Time—Red, Ripe, and Ravishing!

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3) **Water, water, water**—but



not too much. Give the plants a consistent amount of water on a daily basis when it starts to get hot.

4) **Feed your tomatoes** with a slow-release all purpose fertilizer.

5) **Give them plenty of sunlight.** Because tomatoes in containers need lots of sun, place the containers in a location with six or more hours of sun daily;



up to 8 hours if possible.

Which varieties grow best in containers? It's a good idea to choose a variety you really like to eat!

Kerry Michaels offers a list of her favorite varieties for containers. They include Sungold, a small, sweet orange tomato



that is "easy to grow and cheerful to look at".

Try Supersweet 100, a sweet, tasty red cherry tomato or Brandywine, a huge beefsteak that



takes a little extra care but has a rewarding harvest.



Experiment with different varieties. Heirloom varieties are becoming very popular and drawing rave reviews from cooking magazines, (Bonappetit.com) but a field-grown beefsteak has everlasting appeal and costs less, too. Ripe tomatoes are highly fragrant, heavy for their size, and come in a variety of sizes and colors. You can now find tomatoes not only in red, but also orange, purple, green and yellow!

You might also want to try growing some herbs alongside your tomatoes or in separate pots indoors or outdoors. Herbs distract insects from your vegetable plants so you don't have to apply harmful





chemicals to keep the bugs away. Try these herbs as companion plants: basil, oregano, dill, parsley and chives. Then use them to complement





the flavor of your juicy fresh tomatoes in your salads.

Recipe Corner

Variety of Open Faced Tomato Sandwiches

Whole wheat English muffins

Creole mustard

Beefsteak tomatoes, sliced

Spread one-half of an English muffin with Creole mustard. Add a thick tomato slice then top with desired toppings for:

1) **American**—sliced cheddar cheese, dill pickle, sliced purple onion



2) **Cosmopolitan**—boiled shrimp, fresh dill, and grated mozzarella cheese



3) Gourmet—fresh basil, feta cheese



Each sandwich may be toasted under the oven broiler or served chilled on a hot summer day.

Tomato, Corn and Avocado Salsa



Two cups diced fresh tomatoes (any variety)

1 cup fresh corn, cut from ear and steamed slightly

Two avocados, peeled, sliced and diced

1 teaspoon minced Serrano chili pepper (optional, but hot!)

3 Tablespoons fresh cilantro, chopped finely

Juice of two limes

Stir all ingredients together. Enjoy with low-fat chips or oven-baked pita crackers. This also makes a nice accompaniment for grilled chicken or pork..



Savory Greek Spinach Dip

2 bags fresh baby spinach leaves

1 can artichoke hearts in water, drained and halved

1 small white onion, chopped

3 Tablespoons olive oil

8 oz. plain non-fat Greek yogurt

1 cup Mozzarella cheese, grated

3 Tablespoons fresh Parme-

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Recipe Corner

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san cheese, grated

2 tablespoons fresh oregano, chopped finely

1 Tablespoon Greek Seasoning



Steam spinach and drain thoroughly. Wrap clean dish towel or paper towels around leaves and squeeze out excess water. Heat olive oil in skillet; add onion and sauté until transparent. Add spinach and artichoke hearts, oregano, Mozzarella cheese and Greek yogurt.

Stir thoroughly until cheese melts, then season with salt and pepper. Pour into prepared casserole dish and top with grated Parmesan.



Bake at 350° for 20 minutes or microwave for about six minutes on medium high setting. Serve as a dip with oven baked pita crackers or as a vegetable side dish at your next meal.



Summertime…and the Grillin' Is Easy! (continued)

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from grilling of high fat animal flesh directly over hot flame

- **N-nitroso compounds** in processed meats (like bacon, sausage, ham, and lunch meats) increase colorectal cancer risk



But what is there left to put on the grill for healthy safe cookouts? Experts advise us to:



- Marinate lean cuts of beef or pork to decrease production of HCA'S—try low fat salad dressing for marinade
- Have very small portions of meat— 2-3 oz.
- Grill vegetables, veggie burgers or veggie hot dogs, skinless chicken and fish more often



WV Bureau of Senior Services

Susan M. Poindexter
MS, RD, LD, CDE
3200 McCorkle Ave SE
Charleston WV 25304

Contact Susan Poindexter via wvseniorservices.gov

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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. Contributors include Catherine M. Townsend, MA, and Betsy Greer, MS.

Summer Sampler

Americans Still Making Unhealthy Choices

The Centers for Disease Control and Prevention reported in May 2013 that Americans continue to make unhealthy lifestyle choices:

- 60% of us are overweight or obese
- 60% drink alcohol
- 20% smoke



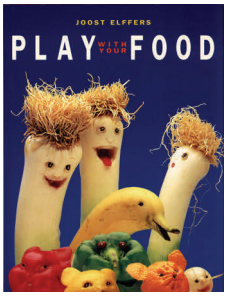
- Only 20% meet federal exercise guidelines

Keeping the Grandchildren for the Summer?

- Some important things to remember:



- Home-cooked rather than fast food meals
- Helmets for bicycle rides
- Water and low fat milk for beverages—no sugary drinks in the house



- Have fun with healthy food
- Walk for exercise in the cool of the morning or evening
- Swimming lessons for non-swimmers