

# Food and Fitness



## Go Lightly into the New Year!

What a relief! The parties are over and it's time to start the New Year's Resolutions.



Since we have resolved to lighten up here are a few suggestions:

- Eat **mindfully**—let's enjoy the tex-

tures, colors, and flavors of our favorite food as we eat.

- Avoid eating **mindlessly**—watching TV, working on the computer, hurrying to get to the next place—the food disappears quickly as though someone else had eaten it yet we are stuck with the calories!

- **Move it** any way you can—staying active burns calories.



## 2010 USDA Dietary Guidelines, Vitamin D, and You!

The recent USDA dietary guidelines recommended 40 mcg. or 800 IU of Vitamin D daily for

healthy people. Higher doses of 50,000 IU per week are prescribed to replenish deficient lev-

els. Ask your doctor to test your 25-OH Vitamin D level so you will know what amount you need.

### Websites of interest:

- [tcme.org](http://tcme.org)
- [vitaminhealth.org](http://vitaminhealth.org)
- [csaceliacs.org](http://csaceliacs.org)
- [amdawareness.org](http://amdawareness.org)

### Inside this issue:

Age Related Macular Degeneration	2
Small Changes Make a Big Difference	2
Celiac Disease and Gluten Sensitivity	3
Resolve to Exercise	4-5
Recipe Corner	6-7
Fall Prevention	8

# Age Related Macular Degeneration

January is “low vision awareness month”. One of the major causes of vision loss in older persons is age-related macular degeneration (AMD). While AMD has the potential to lead to blindness recent studies from Iceland and the US suggest that early diagnosis and aggressive

treatment may delay the progression of this disease.

The keys to prevention may include:

- Early detection—an annual eye exam by an ophthalmologist
- Treatment with a high dose mix of antioxidants



including Vitamins C and E, zinc, and beta-carotene

- Eating naturally fatty fish like salmon once per week
- Eating dark, leafy and deep yellow and orange vegetables (high in xanthophylls) regularly

# Small Changes Make a Big Difference

You know that Rome wasn’t built in a day. Neither can we lose 50# in a week! But could we lose 25# in a year? Absolutely—just by making small changes! Here are a few:

- Use smaller plates for smaller portions.
- Change the dinner plate and the salad plate—have a large salad on the dinner plate and a smaller dinner on the salad plate.



- Use only calorie-free beverages to satisfy thirst.
- Instead of eating out of the original bag portion up snack foods like chips or cookies into individual servings and put into sealable bags.



- Better yet—make your home a danger-free zone. Remove all

snack food that “tempts” you to eat when you are not hungry.

- Take smaller bites—the food lasts longer.
- Chew slowly and well—it allows your stomach to send a message to your brain that you are becoming satisfied.
- Eating soups and other foods with high water content like fresh fruits and vegetables makes you feel fuller sooner.



# Celiac Disease and Gluten Sensitivity

The autoimmune disorder called celiac disease appears to be on the rise in Americans, especially older Americans. One in 133 persons may have this disorder, yet only about 3% are aware of it.

Celiac disease results in an intolerance or sensitivity to gluten, the protein found in



wheat, barley, rye and to a lesser degree,

oats. Symptoms when these foods are eaten can include diarrhea, bloating, and stomach cramps.

Does this mean everyone should stop eating foods made from grains like bread, pasta, crackers and cereals? Absolutely not. However, if you are plagued by diarrhea, intestinal bloating or stomach cramps you might ask your doctor to screen you for this disease.

The Celiac Sprue As-

sociation recommends three tests. First, a series of blood tests is performed called the Celiac Blood Panel. If these tests are positive, the second step is an intestinal biopsy to confirm the disease. Third, a diet without wheat, barley, rye or oats can eliminate the symptoms. There is no surgery, no medication, just the elimination of gluten. This is not a cure, rather the way the disease is treated.

So what's left to eat for a person with celiac disease? A myriad of possibilities of real food as long as no wheat, barley or rye has been added:

- All fruits and vegetables



- Nuts
- Milk, yogurt, and cheese
- Fish, poultry, and meat
- Products made from



corn, soy, and rice (above stir fry made with rice noodles)

- Corn-bread can be made by using all corn meal and no wheat flour.



Many food items such as flours, breads, pasta, crackers, buns, and cereals are available made from corn and rice. Shopping at a health food store or online can broaden options for gluten-free foods.



## Resolve to Exercise



So Santa was good to us and brought brand new exercise equipment! Now we have no excuse not to exercise!



For many years, people just like us have been making New Year's resolutions to get back to a regular exercise routine or to begin exercising. Whether or not we have a new exercise toy to motivate us, exercise is an important part of a healthy lifestyle, so

let's resolve to get started with the New Year.

Overwhelming? Sometimes it seems that way, but it doesn't have to be. The most difficult thing about an exercise program is getting started. That's where "resolution" comes in.

Dictionary.com offers several definitions for "resolution". Here are a few—"a mental state or quality of being resolved", or "having a firmness of purpose". This can translate to setting goals regarding exercise.

What is the purpose? Is it to have more energy, lose weight, increase strength, decrease risk for heart disease, diabetes, or cancer? All of these would be great reasons to exercise, but if the truth be told what it really boils down to is that we all want to feel better. So we have to resolve to start.

If a workout session seems like too steep a mountain to climb, let's start slowly with what we can do. We will plan to ex-

ercise for 10 minutes and then do it. Now, that wasn't too bad, was it?



The next day, we'll do it again. Before long, we'll find we don't mind walking a little longer.

Then we start to feel better. So we find we can increase our walking time again. We'll use 30 minutes on most days of the week as a goal. We'll be firm, resolving to exercise and to stick with it.

Joining a health club or exercising with a buddy can help us to stay with the routine. Keeping a journal



# Resolve to Exercise

can help with re-viewing progress.

We'll make exercise fun by doing something we like to do. Walking, biking, and swimming can be fun! We'll put exercise on the schedule so it becomes a habit.

When we begin an exercise routine, we must exercise at a pace that is comfortable. As our fitness improves, we'll pick up the pace a little bit. We should have enough breath to talk while we exercise. If we are huffing and puffing, we'll have to slow down. But, if we can sing while we exercise, we should



- Perseverance—stick to a routine
- Tenacity—have patience that you will achieve your goals
- Strength—believe that you can achieve anything
- Fortitude—with strength and firmness of purpose

speed up. Synonyms for resolution are determination, perseverance, tenacity, strength, and fortitude.



**Simply put:**

- Determination— set goals

you can overcome any obstacles to exercise



## Recipe Corner (You Can Have Your Cake and Eat it Too!)

*In this month's recipe corner several recipes appear which satisfy a need for "comfort food" during the cold and dreary winter months, without wrecking diets or New Year's resolutions. Old favorites with less fat can fill the bill for guilt-free comfort food and great taste!*



### White Bean and Chicken Chili

#### Ingredients:

2 Tbs. olive oil  
1 large onion, coarsely chopped  
2 cloves garlic, finely chopped  
2 cups cubed cooked chicken  
1/2 tsp. ground cumin

2 10-oz. cans diced tomatoes and green chili peppers  
1 15 oz. can great northern beans, drained and rinsed.

#### Topping:

Fat free sour cream  
Fresh chopped cilantro

#### Directions:

In a large heavy sauce pan sauté onion until tender. Add garlic, stirring for 2-3 minutes until garlic is wilted. Stir in remaining ingredients except toppings. Heat to boiling point then reduce heat to low. Simmer uncovered an additional 10 minutes, stirring constantly.

Top each serving with a dollop of sour cream and a sprinkle of fresh cilantro. Serve with Broccoli Cornbread. Serves 6-8.

### Broccoli Cornbread

*This recipe originally appeared in the Houston Chronicle on March 27, 2002. The bread is hard to resist on a cold night. You could eat three pieces for the same amount of calories you would get in one piece of the original high-fat recipe. But save room for the rest of your dinner!*

#### Ingredients

Cooking spray  
1 cup egg substitute  
3/4 cup fat-free cottage cheese  
1/2 cup fat-free sour cream  
2 tablespoons light margarine or butter substitute  
1/2 teaspoon salt  
1 1/2 cups finely chopped onion  
1 (10-ounce) package fro-



## Recipe Corner (You Can Have Your Cake and Eat it Too!)

zen chopped broccoli,  
thawed and drained  
1 (8.5 ounce) package corn  
muffin mix

### Directions:

Preheat oven to 400 degrees. Coat a 9-by-13 inch dish with cooking spray.

In a large bowl, combine egg substitute, cottage cheese, sour cream, light margarine and salt. Stir in onion, broccoli and muffin mix; stir until well blended. Pour into prepared pan. Bake 27 minutes or until set. Makes 12 servings.

Photo courtesy "Down Home with the Neelys"

### Light Pear Cobbler

*This recipe was first featured in Diabetes Forecast, November 2006*

### Ingredients:

4 pounds fresh pears, peeled, cored and sliced  
1/3 cup granular sugar substitute, such as Equal or Sweet n Low

2 Tbsp. cornstarch  
1 tsp. cinnamon  
1 tsp. grated lemon zest  
3 T. fresh lemon juice

### Topping:

1/2 cup whole wheat pastry flour  
1/3 cup rolled oats  
1/3 cup brown sugar  
2 Tbsp. light margarine, melted  
1 Tbsp. canola oil  
1 teaspoon cinnamon

### Directions:

Preheat oven to 400 degrees. Combine the pears, sugar substitute, cornstarch, cinnamon, lemon zest and lemon juice in a bowl. Spoon into a casserole dish coated with cooking spray.

To prepare topping, combine all ingredients in a small bowl and toss with a pastry

blender or fork until well blended. Sprinkle the topping over the pear mixture and bake for 40 to 45 minutes until topping is browned and pears are tender. Serves 8.



Fresh apples are a good substitute if fresh pears are not available.



## Food and Fitness

Susan M. Poindexter  
Nautilus/Heartfit Building  
3200 Chesterfield Ave  
Charleston, WV 25304



**wvseniorservices**  
**.gov**

***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.***

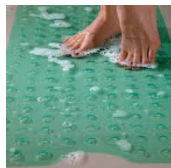
***Contributors included Catherine M. Townsend, MA and Betsy Greer, MS***

## Fall Prevention

Falling can be a minor inconvenience yet most traumatic brain injury in older adults is the result of having fallen. Most fall-related deaths happen to persons 75 and older.

To prevent falls in the home:

- Remove trip hazards
- Use non-slip mats in bathtubs and showers
- Use low storage—avoid use of step stools and



ladders

- Install bars for holding on in showers and tubs
- Have handrails and lights on all stairs inside and outside the home
- Have a health care provider review all medications to determine if there are some which might increase risk for



falling

- Wear good shoes with non-slip soles
- Do exercises regularly that improve strength and balance

