

Food and Fitness

March Is National Nutrition Month!

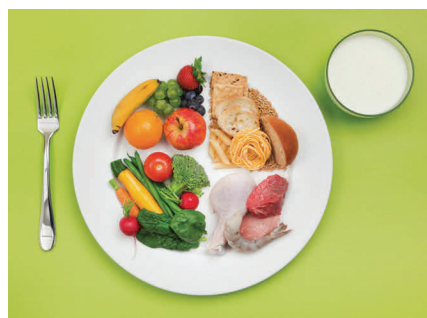
“Eat Right, Your Way, Every Day”

Still working on those New Year’s resolutions to eat healthily? Still trying to get rid of a few pounds? Looking for the right way to get it done?

According to the Academy of Nutrition and Dietetics you can do it your way! The National Nutrition Month® 2013 theme, “Eat Right, Your Way, Every Day” encourages personalized healthy eating styles. The theme recognizes that food preferences, lifestyle, cultural and ethnic traditions, and health concerns all

impact individual food choices.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and



physical activity habits.



Tips for eating right for older adults from the Academy include:

- Enjoy your food but eat less
- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Be physically active your way
- Vary proteins

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Websites of interest:

- eatright.org
- choosemyplate.gov
- cdc.gov

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Finding a Balance: My Plate and My Pocketbook

Can you have an exotic Easter Dinner for a reasonable price? Will it also be healthy? It can happen with some planning and these helpful shopping tips. You may also want to file these ideas in your personal data bank—your brain—for keeps! Here's how to have a festive Easter dinner without going overboard on the expenses.

Tip # 1

If you want to serve one item that might be a little more expensive, consider serving *less* of it and *more* of other things.

We Americans characteristically overindulge in meat, and our special holiday menus tend to be on the fatty side. So it makes sense to change **how much** we eat as well as **what** we eat.

For example, meat is typically the most expensive

item for a special meal. A 3-4 oz. serving will provide enough protein, cover 1/4 of the plate, and not cost a fortune.

Following the recommendations of the US Department of Agriculture when planning a holiday meal will ensure a balanced plate. The healthy plate is:

- 1/2 fruits and vegetables, **or** cover half the plate with vegetables and
- 1/4 lean meat or protein
- 1/4 whole grains
- A side of low fat or nonfat dairy.

www.choosemyplate.gov

This month's Recipe Corner features one simple

meat entrée, several vegetable sides, and a light dessert using fruit. This will give you some healthy options, making your balanced plate part of a balanced food budget!

Tip #2

Another tip for keeping the expenses down is to use produce when it is “in season” and plentiful. Shop for

seasonal specials at the supermarket. Study the newspaper fliers and plan your Easter menu based on what you find.

When you walk into the grocery store be alert for any unadvertised specials. In early spring, Brussels sprouts and carrots are readily available.

They are bursting with flavor



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My Plate and My Pocketbook

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when you buy them fresh!

Even though we have become accustomed to getting almost any produce at any time, the basic laws of economics tell us we will pay less when items are more plentiful!

Tip #3

Don't be afraid to use food you have on hand. In the "good old days" people referred to this practice as "making do." Before you plan a meal, take inventory of what's in your food pantry and freezer.

Set aside one day a week to "harvest" the foods you have put away in the freezer. You might even save money this way because you haven't driven to the grocery store and spent more money! With consistent effort you can keep your freezer from be-

coming chock full of items that eventually get old and must be thrown away.

When someone hands you a basket of fresh lemons, you can figure out how and



what to cook with them so they won't be wasted! With just a little bit of planning you should be able to make your plate balanced and keep your budget balanced as well.

Recipe Corner

Although ham is a traditional item on many Easter menus, there is almost theological debate in some families: ham or lamb? "For

Recipe Corner

Greeks there is no question," said Peter Spyropoulos, executive chef of Limani, the Greek seafood restaurant near Chicago. "Lamb is all we eat. Lamb. Lamb. Lamb." (*Erica Marcus, Chicago Tribune, Food and Dining.*)

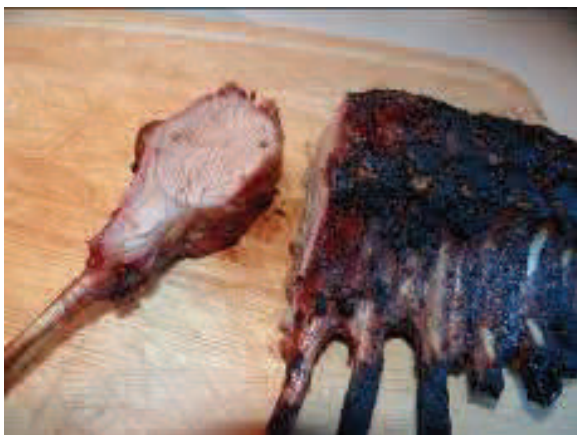
Although American lamb is meatier, the small racks of baby lamb from New Zealand are hard to resist at today's prices. You could serve each person a whole baby lamb rack for the price of a



steak. But just as we may not need to eat the whole steak, one or two "lollipops" or

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Recipe Corner



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lamb chops can be plenty enough lamb for each person!

The chops, once you cut them up, make several delicious bites each. It's perfectly proper to eat them with your fingers, and the grandchildren will be especially charmed by that. To some, lamb has a more agreeable flavour than it had in the "old days". So if it's been a while, try it again!

Grecian Lamb Lollipops

¼ cup olive oil
3 Tbs. fresh lemon juice
2 cloves fresh garlic, minced

1 tsp. Tabasco sauce
1 Tbs. Greek seasoning

2 racks baby lamb
Few sprigs fresh Rosemary

In a gallon-sized plastic bag, combine oil, lemon juice and seasonings to create a marinade for the meat. Stir to combine. Place the racks of lamb in this mixture, and cover the meatiest part of the racks with it.

Sprinkle some chopped fresh Rosemary on top. Place the bag in refrigerator and marinate for at least two hours. Then take the meat out and let it return to room temperature.

Sprinkle salt and pepper on the racks and place them bone side down on the grill. Place on hottest part of grill to brown the outside then remove lamb to side of grill to finish cooking.

Cook until internal temperature reaches desired level of doneness (140° for

medium rare, about 160° for medium.). Remove the lamb and let it rest for about five minutes before serving.

Serve the lamb rack by slicing it into chops. Fan them out on a plate with wild rice and seasonal vegetables. Garnish with additional sprigs of Rosemary.

(Two racks serve eight people. Cost of 2 racks is about \$20.00; cost per serving is \$2.50.)



(Information on lamb from NO-Menu.com)

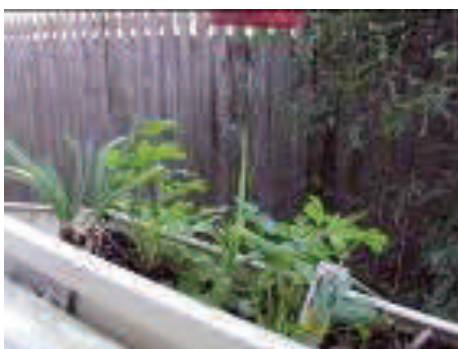
Plastic containers of each herb bought in stores may cost up to \$2.00, and you hardly ever need that much in a recipe! When spring finally arrives, save money by growing your own herbs! In a box

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Recipe Corner

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close to the kitchen window
plant parsley, green onions,



dill, rosemary and mint.

Honey Glazed Carrots

1 pound baby carrots

1 Tablespoon honey

1 Tablespoon fresh dill

Place cleaned carrots in
about two inches of water.

Cook at me-
dium heat
until water
boils. Cover



and cook an-
other five minutes, until ten-
der. Drain, and stir in honey.
Sprinkle with freshly chopped

dill.

(1 pound carrots cost approxi-
mately \$1.00 and serves four,
at a cost of \$.25 per serving.)

Braised Brussels Sprouts

2 cloves garlic, pressed

2 Tablespoons olive oil

1 pound fresh Brussels
sprouts



Prepare sprouts by
washing, trimming off tops,
and cutting in half. Place gar-
lic and olive oil in large skil-
let; heat until garlic is wilted,
then add sprouts.

Stir until sprouts are

just losing their crispness.

Total preparation time is
about ten minutes!



(Fresh Brussels sprouts cost
about \$2.75 per pound. One
pound serves about five peo-
ple; cost per serving is about
\$.55.)

Strawberry Trifle with Lemon Curd

Strawberries are be-
coming more plentiful as
Easter nears. Instead of mak-
ing a pie loaded with calories
from crust and whipped
cream, try something a little
bit lighter and every bit as de-
licious!

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Recipe Corner

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1 pound fresh strawberries

1 prepared angel food cake

1 cup Lemon Curd (recipe follows)

Sprigs of fresh mint for garnish



Clean and prepare berries by washing, removing stems, and slicing. Cut pre-



baked cake into small bite-sized pieces. Layer berries

and cake into individual serv-

ing dishes. Drizzle with lemon curd and garnish with fresh mint.

Lemon Curd

Lemon Curd is a thick, soft and velvety cream that has a wonderfully tart yet sweet citrus flavor. Traditionally it was used as a spread for scones but can also be used for pies, tarts and cake fillings. Prepare this sauce ahead and have it ready for the day you need it.

(<http://www.joyofbaking.com/Lemon-Curd.html#ixzz2LHGJgoGW>)

1/3 cup lemon juice

2 whole eggs, beaten

1 cup sugar

1 tablespoon low fat margarine



1 teaspoon lemon zest

Mix lemon juice, eggs, and sugar together in the top of a

double boiler over simmering water. Stir over medium heat until sauce begins to thicken. If you find the lemon curd is



not thickening fast enough, increase the temperature of the simmering water. Once the lemon curd has become nice and thick (like hollandaise sauce), remove it from the heat and strain to remove any lumps that may have

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Recipe Corner

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formed. Then stir in the margarine and lemon zest.

Pour into small glass jars that have been dipped in boiling water; cover, seal, and refrigerate. Sauce is good up to

two weeks if sealed properly.

(Strawberries are currently



\$1.99 per pound. Prepared cake ---on sale---at \$1.99; easier and less expensive to buy it prepared! Eggs, margarine, sugar, and lemon juice are often on hand and are relatively inexpensive staples.

News You Can Use

Fast Food Makes Up 11% of Calories in US Diet 2007-2010

Food facts from the CDC:

- This is down from 13% from 2003-2006
- Adults age 60 and over get 6% calories from fast food
- Ages 20-39 get 15% calories from fast food
- Obese young adults get 18% calories from fast food
- Ages 20-39 fast food calories drop as income rises

Long Sitting Hours Linked to Chronic Health Problems

For 63,000 Australian men age 45-65 greater sitting time increased risk for cancer, diabetes, heart disease, high blood pressure:

Sitting:

- 4 hours least disease risk
- 6 hours greater risk
- 8 hours greatest risk

Truck drivers and office workers want to find a way to decrease sitting time, be more active.

Avoid Return to Hospital

More than one million Americans return to hospital just weeks after discharge. Tips to avoid this:

- Get discharge instructions in writing for medications, diet, wound care
- Follow these instructions
- Call doctor with any questions
- Schedule and keep appointments for follow-up doctor visits, blood tests, therapy

Fueling Your Workout with Food!

Just as your car can't run on empty, neither can your body perform without fuel. You have to have energy (fuel) and the right formula of nutrients to perform your exercise routine.

You may have heard that athletes do carbohydrate loading before a race or a marathon. This practice is not necessary for everyday exercise for general health.

You will, however, want to have a healthy diet with plenty of complex carbohydrates and ample protein. In addition to



putting fuel in your "tank", you will also want to make sure your "radiator" has plenty of fluid. Timing your meals and fluid intake in relation to your exercise is important.

Kathleen M. Zelman, a reg-

istered dietitian and expert columnist for WebMD Weight Loss Clinic, stresses that **what** you choose to eat and **when** you eat it are key factors for success when it comes to energy for exercise. So, what does she suggest?

First of all, she recommends NOT working out on an empty stomach, even if you are an early-morning exerciser. Have a light, nutritious breakfast about an hour before exercising consisting of complex carbohydrates such as:

- whole grain cereal with berries and



skim milk

- half of a whole wheat bagel with peanut butter and banana slices



- oatmeal with skim milk and crushed flaxseed
- a smoothie made with low-fat yogurt, fresh fruit and orange juice

This breakfast, combining complex carbohydrates with low fat protein and fiber will fuel your workout and help to keep you satisfied until lunchtime.



Riska Platt, R.D., an American Heart Association volunteer and nutrition consultant
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Fueling Your Workout with Food!

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ant for the Cardiac Rehab program at Mt. Sinai Medical Center in New York says "you don't have to adhere to a rigid schedule....but there are some things you should do before, during, and after you work out".

She recommends fueling up 2 hours before exercising by drinking water and eating healthy complex carbohydrates such as whole grain cereal with skim milk, whole wheat toast, low fat yogurt, whole grain pasta, brown rice, fruits and vegetables.

If you haven't eaten and it's time for your workout, you can eat a piece of fruit about 10 minutes before exercising. During exercise it is important to keep well hydrated with small, frequent sips of water. Avoid sports "energy" drinks as they are full of sugar and calories that are not necessary. Water is a better choice.

Platt recommends refueling with water, complex carbohydrates and protein after exercise. Protein helps to

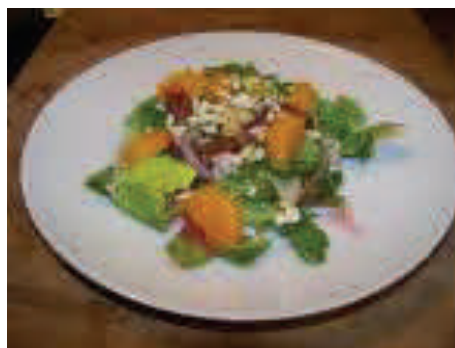
both build and repair your muscles.

Protein supplements are not necessary—get it from food. Food is more enjoyable and less expensive. For protein you could choose to have:

- a baked potato with low fat cheese and low fat sour cream

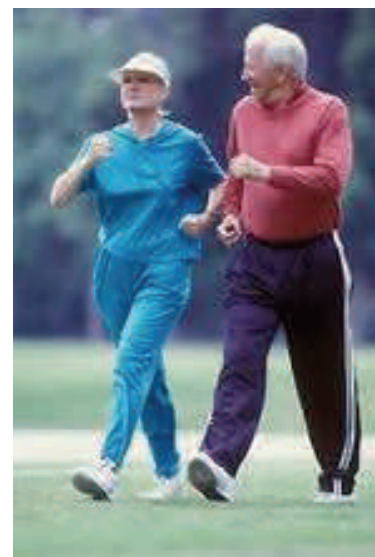


- a peanut butter sandwich on whole wheat bread
- a salad of nuts, fresh vegetables, and mandarin orange slices with olive oil and vinegar dressing



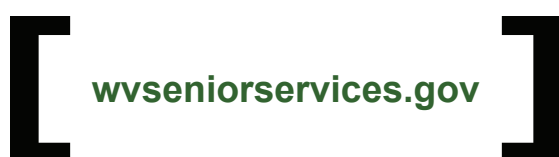
- Greek yogurt (it has more protein than regular)
- soy nuts
- beans with whole grain cornbread.

Spring will soon be here—time to rev up your exercise routine or get started again if you have been away from it during the winter. Start slowly and build gradually if you haven't kept up during the cold months. And don't forget to enjoy healthy food to fuel your workouts!



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More News You Can Use

2013 Vaccinations You Need

CDC says vaccinations against pneumococcal illness (pneumonia, meningitis, bacteremia) are needed for those:

- Age 65 and older
- Age 2-64 with diabetes, cancer, heart, lung, kidney disease, sickle-cell anemia, HIV/AIDS or weakened immune system

- Age 19-64 asthma, smoker
- Resident of nursing home or other long term care facility

Stability Ball

American Council on Exercise says stability ball can:

- Improve balance
- Improve posture
- Strengthen core muscles in

abdomen and lower back

- Improve balance of strength between abdominal and lower back muscles

