

FOOD AND FITNESS

September 2012

Volume 126



FOOD AS MEDICINE

“Let food be your medicine” said Hippocrates, the father of western medicine. Dr. Dean Ornish of the Preventative Medicine Research Institute has shown that healthy diet and lifestyle can alter human gene expression “turning on” disease preventing genes and “turning off” genes that promote cancer and heart disease.

Dr. Caldwell Esselstyn of the Cleveland Clinic has shown curative effects for severe heart disease with a

vegan (plant only) diet. Dr. John LaPuma, author of Chef M.D.’s Big Book of Culinary Medicine states that 80% of cancer and 70% of heart disease is potentially preventable by healthy eating and physical activity. His recommendations include:

Dark chocolate—1/4 oz. per day releases nitrous oxide which helps to relax and dilate blood vessels

Cherries—promote enzymes that decrease in-



flammation

Cranberries—reduce recurrence of urinary tract infections

Spinach—lutein in spinach protects against macular degeneration and cataracts

Olive oil and avocado—contain fats which cause 7 x the



absorption of lutein from spinach

Almonds and walnuts—reduce arterial spasms and cholesterol

Cruciferous vegetables like broccoli and cabbage disable cancer cells in the liver

Inside this issue:

Don't Fall Into Fall	2
Change	4
Recipe Corner	5-7
Healthy Food Can Taste Good!	8

Websites of interest:

- pmri.org
- heartattack-proof.com
- pcrm.org
- drjohnlapuma.com
- davidkatzmd.com
- go4life.nia.nih.gov

DON'T FALL INTO FALL!

Do we need yet another reason to exercise?! How about preventing falls! As we age we are at greater risk for falling. Our health can be significantly threatened by a fall. Injuries from falls can infringe upon our ability to maintain an independent lifestyle.

The CDC—Centers for Disease Control and Prevention—says that one out of three adults age 65 and older fall each year. The CDC further states that 30 percent of persons who fall suffer moderate to severe injuries. Most fractures among older people are the result of falling. Among older adults, falls are the leading cause of disability and injury death.

What puts senior citizens at increased risk for falling? Researchers at Colorado State University list five key factors: osteoporosis, lack of physical activity, impaired vision, certain medications and

environmental hazards.

To avoid osteoporosis make sure to get plenty of calcium, from your diet or calcium supplements. Get sufficient vitamin D. Talk to your physician and registered dietitian about both your calcium and vitamin D intake to see if you need supplements. Regular weight-bearing exercise, like walking, also helps promote healthy bones.

Regular exercise helps to prevent the decline of muscle strength and to improve poor balance, both



risk factors for falling. All four types of exercise are necessary for optimal fall



risk prevention.

Try exercises like walking, water aerobics, yoga, and tai chi. These exercises improve strength, balance, coordination, and flexibility.

The **Go4Life** website has all four types of exercises for senior citizens that you can add to your exercise routine. Go to:

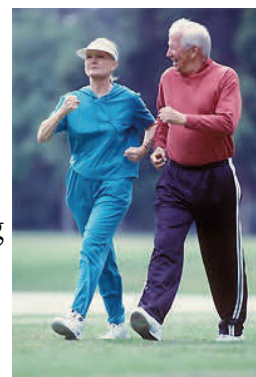
go4life.nia.nih.gov

Click onto "Get Started", then "4 Types of Exercise". Types of exercise to include are:

Endurance/Aerobic exercise—walking, yard work, dancing, swimming, biking, rowing.

Do this daily and work up to at least 30 minutes at a time.

Strength—weights, resistance exer-



(Continued on page 3)

DON'T FALL INTO FALL

(Continued from page 2)

cise machines, or stretch bands like



DynaBands. Do this 2-3 times per week.

Balance—standing on one leg and heel to toe walk. Do this daily.



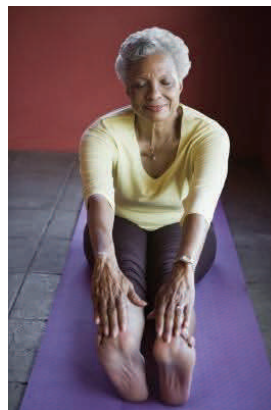
Stretching—general stretching, shoulder and up-

per arm stretch, calf stretch, gentle yoga, chair yoga. Do this daily.

Explore the area of the website entitled “Stay Safe” for tips on safe exercising.

Vision impairments are common with aging. Cataracts and glaucoma alter vision and make it harder to perceive hazards that can lead to falling. Get regular check-ups from your ophthalmologist or optometrist. Wear your glasses and clean them often.

Medications like sedatives, anti-depressants, and blood pressure medicines can reduce mental alertness and drop systolic blood pressure resulting in dizziness or unsteady gait. Multiple medications can interact to put you at risk for falling. Talk to your physician or your pharmacist about your medications.



Be aware of the risk that your medications may present regarding falls. Ask for advice about limiting this risk.

Environmental hazards like loose rugs, lack of

grab rails and stair railings, unsteady furniture, and areas of poor lighting can present risks for falling. A common environmental hazard is tripping over objects on the floor. Walk through your home and correct any environ-



mental hazard that could increase your risk of falling.

Autumn is a beautiful season in WV. Be sure to get outdoors to exercise in the comfortable, cooler temperatures. But, be aware of risks that could lead to falling and take steps to stay safe.

CHANGE—A NEW BEGINNING

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.” T.S. Eliot

September is a month that often brings images of children beginning again with new teachers, new classrooms and new schools. It is also a time to plant a new garden for fall, but, of course, the old garden has to go first! According to T.S. Eliot, when we start something new we are essentially ending something else.

It is not necessary that we wait for January to make new beginnings. Is there anything in your life that you could change now to make you healthier? The first, and perhaps the hardest step, is to identify what needs to be changed. The next step would be to make a plan that lists steps for changing. And then, finally, we have to put on the Nikes and, as their ad says “just do it!”

When you identify

what needs to be changed set a SMART goal—one that is:

- Specific
- Measurable
- Achievable
- Realistic
- Time specific

For example:

Specific—I will change to using less fat and healthier fats such as olive oil in place of bacon grease or butter

Measurable—I will reduce the amount of fat I use in recipes by one half

Achievable—I have tasted and enjoyed flavorful food that is lower fat so I know I can do this!

Realistic—olive oil is available at my local grocery store and by using half the amount a bottle will last me twice as long!

Time specific—by Thanksgiving I will have totally changed my recipes to reflect this new behavior.

This month’s **Recipe Corner** features foods from the tropical island of Cuba. A tiny island only 90 miles from the coast of Florida, Cuba is about the size of Pennsylvania. For political reasons Americans have been prohibited from traveling to Cuba for many years. Now some of those restrictions have been lifted and more people are visiting the country.

Cuban cuisine is typically a spicy fusion of Spanish and Caribbean, and incorporates locally grown fruits and vegetables. Our recipes will use healthy fats from olive oil and avocado. Whether you care to visit Cuba or not, sampling some of this great food is not difficult to do at home.



RECIPE CORNER

Grilled Vegetables with Mojo Grilling Marinade

(Marinade recipe from allrecipes.com with some adjustments).

Ingredients

Variety of fresh vegetables, prepped and sliced for grilling—

red, green, and yellow bell peppers, yellow and zucchini squash, onions, eggplant, mushrooms, green beans, etc.

Mojo Marinade

6 cloves garlic

1/2 cup minced yellow onion

1 cup freshly squeezed orange juice

1/2 cup freshly squeezed lime juice

1 1/2 tsp. ground cumin

1 tsp. dried oregano flakes

1/2 tsp. lemon-pepper seasoning

1/2 tsp. freshly ground black pepper

1/2 tsp. salt

1/4 cup chopped fresh cilantro

1 Goya seasoning package

1 tsp. Tabasco sauce

2 Tbs. olive oil

Chop garlic and onion in blender until very finely chopped.

Pour in or-

ange juice and lime juice. Add cumin, oregano, lemon-pepper, black pepper, salt, cilantro, Goya seasoning and hot pepper sauce. Blend until all are thoroughly incorporated. Add the olive oil and blend until smooth.

Pour marinade into a zip lock bag and add vegeta-



bles. Refrigerate for one hour then grill as usual until vegetables are tender. Serve in a flour or corn tortilla



with sliced avocado and salsa. Garnish with fresh cilantro.

(Continued on page 6)

RECIPE CORNER

Ensalada de Aguacate y Limon (Avocado-Lime Salad)

3 avocados peeled,
pitted and diced

1 small bunch
green onion tops

3 small red tomatoes, diced

1/2 bell pepper any color,
chopped

1/2 cup cilantro, finely
chopped

1/4 c. fresh lime juice

1/2 tsp.
McCormick
Cuban season-
ing or
any
spicy season-
ing

Fresh
ground black pepper

In a mixing bowl combine the avocado, green onion, tomatoes, bell pepper, cilantro, and lime juice. Add the



spicy seasoning and black pepper. Refrigerate at least 15 minutes before serving to allow the flavors to develop.

Jeff's Tomato Salsa

3 large ripe
tomatoes

1/4 cup fresh
lime juice

1/3
bunch
fresh cilantro,

chopped finely

1/3 bunch green onions,
chopped finely

1 teaspoon hot sauce,
such as Crystal's or Tabasco



Salt and pepper to taste

Peel and chop tomatoes finely. Add lime juice and vegetables. Season to taste with salt and pepper. Serve



(Continued on page 7)

RECIPE CORNER

(Continued from page 6)



with Corn chips or any light chips for a lower fat alternative.

Quick Cuban Black Bean Soup

3 cans frijoles negros (black beans) rinsed and drained to lower sodium content

1 medium sized onion, peeled and chopped

1 small bell pepper, cored, seeded and chopped finely

2 cloves garlic, minced

Salt and pepper



1 teaspoon cumin

Dash hot sauce



Extra chopped onion, fresh cilantro, and fat-free sour cream for garnishes

Cook all of the above together on low heat for about thirty to forty

minutes, stirring to prevent scorching. Remove from heat and cool slightly. Pour into blender and puree. Return to heat and add salt, pepper

and cumin, stirring to blend.

To serve, pour into bowls and top with garnish of

fresh cilantro, chopped white onion and sour cream. Muy delicioso! (Very delicious!)

Tropical Trail Mix

1 small bag banana chips, approximately three cups

1 container mixed nuts (10 oz.)

3 cups popped popcorn

Mix and enjoy. Keeps well in a zip lock bag or plastic container. Also travels well and works for tailgate parties.



Susan M. Poindexter
3200 McCorkle Ave SE
Charleston WV 25304
Contact via wvseniorservices.gov

[wvsenior
services.gov](http://wvsenior
services.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. Regular contributors include Catherine M. Townsend, MA and Betsy Greer, MS.

HEALTHY FOOD CAN TASTE GOOD!!

“A spoonful of sugar makes the medicine go down!” according to Mary Poppins. We all know that some medicines can taste really bad! Did you know that food can be just as health-promoting as medicine and that this “good-for-you food” doesn’t have to taste bad?



Our palates are fond of sugar, salt, and butter as flavor enhancers. Your doctor may have told you jokingly about food “if it tastes good, spit it out” or “if it tastes bad, it must be good for you!”

Chef and Registered Dietitian Michele Powers-

Farber at nutrientchef.com suggests the following spice and seasoning combinations to liven up your meals with less fat, less sugar, and less salt. Additionally, herbs and spices are health promoting in and of themselves!

- Mediterranean/Greek - lemon, garlic, oregano, olive oil
- Asian - ginger, garlic, lemongrass, reduced-sodium soy sauce, sesame oil, rice vinegar
- Italian - tomato, garlic, basil
- Middle Eastern - yogurt,



dill, lemon, garlic

- Tex Mex - cumin, chili powder, garlic, lime juice
- French/Provençal - olive oil, garlic, basil/herbs, wine
- African - cumin, coriander,



der, cinnamon, ginger, onion, tomato, peanuts

- Spanish - olive oil, garlic, nuts, onion, peppers, tomato