



FOOD AND FITNESS

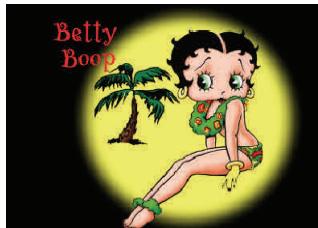
Volume 147

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DIET TYPES—WHICH ONE SUITS YOU BEST?

Atkins, Weight Watchers', South Beach, Wheat Belly, Zone, Paleo, Mayo Clinic, DASH, Mediterranean, Ornish—all these diets spinning around in your head! It's enough to make you crazy!

First, consider your goals—do you want to lose weight, lower blood sugar, lower blood pressure, feel better or just look like Betty?



Research is continually trying to crack the code for the "best diet"! Let's look at some important points of any diet.

If your goal is:

Weight loss—your diet will have to consist of fewer calories than you were previously eating—portion control is important, preferably of healthy foods!



Lower blood sugar—your diet will have to be lower in

carbohydrate—both sugar and starch.

Lower cholesterol—your diet will have to be lower in trans fats (solid vegetable fat) and saturated fat (animal fat).

Lower blood pressure—more fruits and vegetables must be consumed and less salt could be helpful.

When deciding which of these diets best suits you, take the best points from any of their rules and make the diet your own!

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Websites

of interest:

- aicr.org
- fightbac.org
- foodsafety.gov

SUMMERTIME.....

...and the living is easy...”, or so the song goes! At last warmer weather is here and we can be assured that our newly planted gardens won’t freeze!



For some of us, summertime allows that we take a break from the ordinary routine with time put aside for extraordinary pursuits.



Relaxing, picnicking with the family, spending time outdoors, and visiting with

friends can become extraordinary when you set aside the time for these pursuits!

If the living is to be “easy,” one may want to spend less time in the kitchen cooking! Here’s a summertime challenge: Can you simplify your cooking and still enjoy delicious, healthy meals?

Without a doubt, you can! With just a little “in the kitchen” preparation you can roast main dishes and side items on the grill **and** save energy, money, and cool comfort by not heating up the kitchen! Here’s how:

Start with the premise that most vegetables, simply roasted on the grill, become extraordinary in and of themselves without lots of enhancements. When we don’t add heavy sauces or marinades to vegetables the natural flavor of the vegetables can shine forth.

Select a variety of fresh vegetables from the

produce aisles of the grocery store or support your



local farmers by shopping at a farmers’ market. Wash everything well, but it is not necessary to peel most vegetables for grilling.

Experiment with carrots, asparagus, new potatoes and sweet potatoes. Add onions, peppers, beets and tomatoes. Also tasty are summer’s best gourds: squash, zucchini and eggplant.

Prepare vegetables simply. Cut the clean veggies into length-wise slices. A light misting with olive oil spray and a



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SUMMERTIME.....

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light dusting with Tony's Creole Seasoning or Mrs. Dash seasoning will not smother the natural flavors of the vegetables.

For a great protein source, grilled salmon is a wise choice. A four-ounce serving provides essential omega-3 fatty acids, as well as vitamins D and B12. In addition to offering a high-quality complete protein, salmon contains potassium, phosphorous and niacin.

www.livestrong.com

Runners-up include chicken or lean pork tenderloin, the "other" white meat. Prepare salmon, pork tenderloin or chicken by using your favorite lower sodium seasonings like Mrs. Dash and fresh herbs along with fresh lemon or lime.



Cook the meat first until it has almost reached the desired



temperature (see temperature chart), then add your prepared vegetables to the grill. Test vegetables for tenderness with a fork.

Check the cooking temperatures listed on page 6 to make sure that, whatever meat or fish you choose, you will cook it long enough to be safe.

Checking for Doneness

The best and safest way to check for doneness is to use a meat thermometer. As you begin to test for doneness with your meat thermometer, clean the thermometer between



tests to remove any bacteria that may still be present in the undercooked meat.



After removing the meat from the grill you may want to allow the cooked meat to "rest" for a few minutes before serving.



The meat will continue to cook a bit before it begins to cool down.



EXERCISE—FOR THE FUN OF IT!

After a winter that was way too long, with more snow than we've seen for quite a while, summer is finally here. Perhaps your exercise routine is in full swing.

But now you can enjoy walking outdoors. You can switch from the boring stationary bike to a real bike, cruising through the



neighborhood to check out other peoples' gardens.

If your exercise program slipped through the cracks in the snow, now is a good time to get it going again! Sound like fun? Yes? No.

Don't despair. Sometimes it's just hard to get motivated. According to the American College of Sports Medicine, women, in partic-

ular, are more likely to be less active during the winter months---30% less active than in warmer months.



In an online article published on WebMD, "Why is it So Hard to Exercise?", the author, Linda Wasmer Andrews, credits certified health behavior coach Shelly Hoefs with the following statement: "When we try to start exercising, we think of all the excuses for not doing it and all the things that have gotten in the way before."

Hoefs suggests five steps to help you get started and to keep you on target.

Personal Motivation

What goals do you have that exercise can help you reach? Weight loss? Lessening the risk for diseases like heart and lung

disease, diabetes, some types of cancer? Feeling more energetic? Increasing strength to better perform activities of daily living and stay independent? All of the above?

Realistic Goals

The Council on Fitness and the American College of Sports Medicine recommend that adults perform at least 30 minutes of aerobic exercise on most days of the week. Aerobic exercises are activities like walking, biking, and swimming.

To keep goals realistic, **start slowly** if you have



been inactive for awhile. Exercise in intervals to achieve 30 minutes if necessary. You can set a goal to participate in a 5K run/walk event or other walk for a

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EXERCISE—FOR THE FUN OF IT!

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cause in your local community. Ask your friends and family to join you. Don't think "Exercise". Think fun.

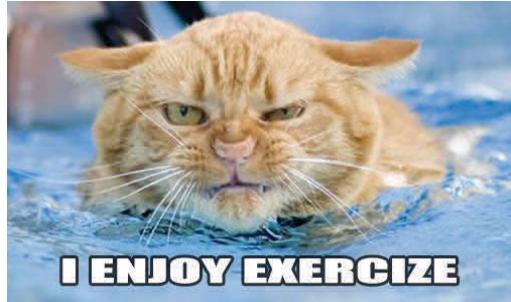
Do Something You Enjoy

Kristen Dieffenbach, Ph.D., assistant professor of athletic

coaching at WVU encourages us to try a variety of classes or exercise devices.

Something will click with you!

Liking what you do for exercise makes it easier to invest time in it. Walk your dog, walk with and play with your grandchildren, work in the yard,



play ball, swim, canoe. You decide!

Plan How to Fit Exercise into Your Schedule

Make it a normal part of your day. Have a standing appointment with yourself to exercise!

Researchers at Penn State found simply having a supportive friend, family member, or significant other makes you more likely to follow an exercise plan. When you know someone de-

pends on you to meet them for a walk, you are more likely to join them, and vice versa.

Bounce Back From Setbacks

If you miss a day of exercise at the gym because of unforeseen circumstances, don't dwell on it. You can take a walk at home that evening and get back to exercise class the next day.

If you are feeling under the weather, back off your pace and distance or have a rest day. You can return to your normal pace or resume exercise when you start to feel better.



Sources: "Find Your Motivation to Get Fit" Liz Plosser, March 26, 2014 WomensHealthMag.com

"Why is it so Hard to Exercise?" Linda Wasmer Andrews, WebMD

COOKING SAFELY!

Food Safety Cooking Temperatures

GROUND MEAT & MEAT MIXTURES

Beef, Veal, Pork, Lamb	160° F
Turkey, Chicken	165° F



FRESH BEEF, VEAL LAMB & PORK

Plus 3 Minutes Standing Time For Safety	145° F
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POULTRY

Chicken & Turkey, whole	165° F
Poultry Parts	165° F
Duck & Goose	165° F
Stuffing (cooked alone or in bird)	165° F



HAM

Fresh (raw) Plus 3 minutes standing time	145° F
Pre-cooked (to reheat)	140° F

EGGS & EGG DISHES

Eggs	Cook until yolk & white are firm
Egg Dishes	160° F



SEAFOOD

Fin fish	145° F flesh is opaque
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm

LEFTOVERS & CASSEROLES

165° F

THE POWER OF PRODUCE

By: Alyssa Claxton, BS; Edited by: Erika Ford, RD, LD



Image courtesy of Stoann/FreeDigitalPhotos.net

USDA's MyPlate recommends that we fill half our plates with fruits and vegetables. Fruits and vegetables are low in calories, naturally low in fat and cholesterol, full of fiber, and may help reduce the risk of chronic disease including heart disease, obesity, type 2 diabetes, hypertension, and certain kinds of cancers. Another reason to enjoy fruits and vegetables is they are full of nutrients. VITAMIN A keeps eyes healthy and helps to prevent against infection. VITAMIN C keeps gums healthy and helps heal cuts. It also aids in the absorption of iron. IRON is needed for healthy blood. FOLATE reduces the risk of spinal cord birth defects during pregnancy. FIBER helps promote bowel regularity and lowers cholesterol. CALCIUM is essential

for healthy bones and teeth. POTASSIUM helps maintain healthy blood pressure, reduces the risk of developing kidney stones, and helps decrease bone loss. MAGNESIUM is needed for healthy bones and is responsible for over 300 different chemical reactions in your body! If you are not eating the recommended amount of fruits and vegetables, you are missing out on all these benefits. A good rule of thumb is to eat 5 or more servings of fruits and vegetables every day.



Choose MyPlate.gov

Tips for Including More Fruits and Vegetables in Your Diet

- Keep whole fruit visible on the kitchen counter.
- Buy fruits that are dried, frozen, or canned so that there is always some on hand.
- Make convenience packs of pre-cut fruits and veggies for quick on-the-go snacks.
- Top cereal or yogurt with fresh fruit at breakfast.
- Add fruit, like peaches or pineapple, to BBQ kabobs.
- Choose baked apple, baked pears, or a fruit cup for dessert.
- Stock up on frozen vegetables for quick, easy cooking.
- Buy vegetables in season for increased savings and freshness.
- Try a main dish salad for lunch or add a small side salad to dinner meals nightly.
- Add color to your plate by choosing a large variety of vegetables.
- Pick up a new vegetable to try each time you go to the grocery store.
- Replace the meat on your pizza with veggies.

Make it a goal this month to start eating at least 5 servings of fruits and vegetables daily! For more information visit a registered dietitian and/or check out www.eatright.org, www.choosemyplate.gov, and www.fruitsandveggiesmorematters.org.



Alyssa Claxton is a dietetic intern at WVU Healthcare and member of the Academy of Nutrition and Dietetics. She plans to become a registered dietitian. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their communities. To find a registered dietitian in your area, visit www.eatright.org and click on "Find a Registered Dietitian."

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QUOTABLE QUOTES

“An apple a day keeps the doctor away.”



“When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.”

“Never eat more than you can lift.”



Miss Piggy

“Eat food, mostly plants, but not too much.”

Michael Pollan

“Let food be thy medicine, thy medicine shall be thy food.”

Hippocrates

“I come from a home where gravy is a beverage.”

Erma Bombeck

“Health food: the food they serve in hell.”

Henry Beard

“I want nothing to do with natural foods. At my age I need all the preservatives I can get.”

George Burns

“As a child my family’s menu consisted of two choices: take it or leave it.”

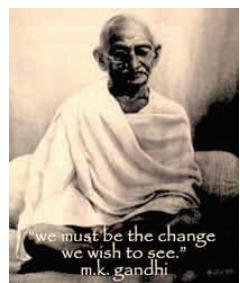
Buddy Hackett

“I believe every human has a finite number of heartbeats. I don’t intend to waste any of mine running around

doing exercise.”

Neil Armstrong

“I have known many meat eaters to be far more non-violent than vegetarians.”



Ghandi

“The secret of staying young is to live honestly, eat slowly, and lie about your age.”

Lucille Ball

