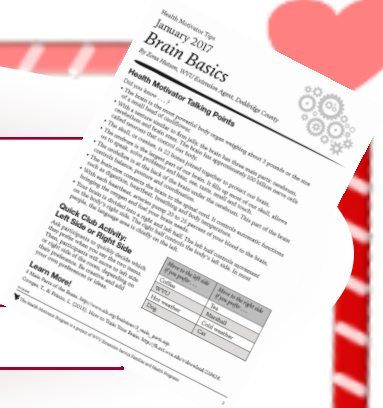


# Food and Fitness

West Virginia Bureau of Senior Services



## Diet and Lifestyle Recommendations from *The American Heart Association*

A heart healthy lifestyle and diet are the most healthy approaches to a successful diet, and *The American Heart Association* has it simplified for your understanding. Eating heart healthy isn't just for people with heart disease. The diet and lifestyle recommendations are as follows:

- ◆ **Use up at least as many calories as you take in.**

Each person has a different amount of calories they need per day. The amount of calories a person needs is based on the person's age, gender, weight, height, amount of exercise, and disease states, or conditions can also be a factor. Normally food labels base their calculations on a 2000 calorie diet as an average, however, some people need more and others may need less calories per day. There are many different tools that can determine the right amount of calories are right specifically for you.

If you are not trying to gain weight, do not eat more calories than you burn every day. Increasing the amount of physical activity to match the number of calories you take in. Example: If you need 1800 calories to maintain weight and you eat 2000 calories, you would want to do 200 calories worth of calorie burning exercise. A good goal is to have 150 minutes of moderate exercise or 75 minutes of vigorous exercise. Even if you have to break up your exercise into 10 minute intervals, because scheduling exercise can sometime be difficult.

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# Diet and Lifestyle Recommendations from *The*

(Continued from Page 1)

- ◆ **Eat a variety of nutritious foods from all the food groups.**

Most people get plenty of food for their bodies but are not getting the right amounts of all the nutrients they need to be healthy. Developing an overall healthy eating pattern, will include all the food groups with nutrient rich choices. Eating a variety of fruits and vegetables, whole grains over enriched grains, skinless poultry and fish, nut and legumes, and non-tropical vegetable oils is a good pattern to emphasize.

As for the foods to limit; saturated fats, trans fats, sodium, red meat, sweets and sugar-sweetened beverages. If choosing red meats, read your food labels and pick the leanest cuts. *The American Heart Association* suggest that DASH (Dietary Approaches to Stop Hypertension) plan fits into this pattern.

- ◆ **Eat less of the nutrient-poor foods.**

Limiting foods and beverage that are high in calories and that do not provide many nutrients is the key as well as watching the fats and sodium as mentioned before.

- ◆ **As you make daily food choices, base your eating pattern on these recommendations:** (Here are a 5 of the 11 recommendations listed on *The American Heart Association* site.)

- ⇒ “Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods fruits and vegetables.
- ⇒ Choose fiber-rich whole grains for most grain servings.
- ⇒ Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- ⇒ Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids.
- ⇒ Select fat-free (skim) and low-fat (1%) dairy products.”.

- ◆ **Also, don’t smoke tobacco—and avoid second hand smoke.**





## Start Eating Better with the Heart-Check Mark



[heartcheckmark.org](http://heartcheckmark.org)

Want to make smart food choices but find all the health messages and logos on foods a bit confusing? The American Heart Association's Heart-Check mark is a widely used and trusted science-backed nutrition guide that can help you choose heart-healthy foods.

### ***What is the Heart-Check mark?***

The Heart-Check mark is a red heart with a white check mark, an easy-to-spot symbol found on hundreds of grocery store products nationwide. Foods displaying the American Heart Association Heart-Check mark can be viewed as building blocks that make it easier to create a heart-healthy eating plan. The Heart-Check mark is a helpful tool and a great shortcut to reading labels! Visit [heartcheckmark.org](http://heartcheckmark.org) to see a list of certified products and make your grocery list.

The Heart-Check mark means the product's Nutrition Facts label values comply with the program's nutrition requirements for a specific food category. In most cases, this means there are upper limits for total fat, saturated fat, trans fat, cholesterol and sodium. Certified products also must provide at least 10 percent of the recommended daily intake for the following beneficial nutrients: dietary fiber, Vitamin A, Vitamin C, iron, calcium or protein. Meeting other nutritional requirements is also required for different categories of certification.

### ***How can the Heart-Check mark help me achieve my goals?***

The Heart-Check mark helps you:

- **Shop smarter and quicker:** Looking for foods with the Heart-Check mark can help you make healthy food choices while also saving you time in the supermarket.
- **See improvements with small changes:** Meaningful changes to your health are in reach. Take your first step toward better health today by choosing products with the Heart-Check mark. Over time, small steps can lead to big improvements.
- **Build confidence in making healthy choices:** Forget the guesswork! Knowing that you're making smart food choices lets you focus on other goals like preparing healthy meals. Trust the Heart-Check mark to put you on the path to a healthier heart and a better, longer life.

### ***Keep in mind ...***

- Not all red hearts on food packages are from the American Heart Association. Only the red heart with the white check mark represents the trusted symbol from the American Heart Association. Look for the "American Heart Association" name next to the heart if you're unsure.
- The Heart-Check program is voluntary. That means not every heart-healthy food, such as fruits and vegetables, will apply for a Heart-Check mark. But you won't find the Heart-Check mark on desserts, candy, chips and other foods that do not meet our nutrition requirements.

#### ***Heart-Smart Tip***

Check your kitchen for foods you already enjoy that are Heart-Check certified.

# Mineral— Manganese

## Functions

Manganese is used in the human body for enzyme functions, nutrient absorption, wound healing, and bone development. Manganese can be used for health benefits such as strengthening weak bones, antioxidant protection, helps to alleviate pre menstrual syndrome, anemia, arthritis, spot baldness, and in prevention of epileptic seizures.



## Recommendations

Dietary Reference Intakes for 51 years and older

Recommended Dietary Allowances (RDA):  
No RDA established. Up to 10 mg/day is considered safe.

## Food Sources :

### Deficiency

Not likely to occur in humans. If such instance would occur, deficiency could cause nausea, vomiting, low blood cholesterol levels, dermatitis, changes in hair and nail growth, and increase in serum calcium and phosphorus levels.

### Toxicity

Toxicity is also rare in humans but can adversely affect the neurological system. Can occur in patients with liver failure.





# Warm Grapefruit Tea

## Ingredients

- 2 cups red grapefruit juice (preferably squeezed from 2 grapefruits)
- 2 to 4 tablespoons honey
- 1 cinnamon stick
- 1/2 teaspoon whole allspice berries



**SOURCE:** THE MARTHA STEWART SHOW, JANUARY WINTER 2008


## Directions

1. In a medium pot, combine juice, honey, cinnamon, allspice, and 1/2 cup water.
2. Bring to a boil over high heat; strain and discard solids.
3. Serve with a grapefruit segment or strip of zest.

# Brain Exercise

## REBUS FOR YOU !

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1.  <b>FACE</b>	2.  <b>EGG EGG HAM</b>
3.  <b>BUR</b>	4.  THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS ...
5.  TEEF FEET TEEF	6.  FAMILY  SHEEP
7.  po <b>FISH</b> nd	8.  ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9.  <b>TIME</b> a b d e f g h i j k l m n o p q r s t u v w x y z	10.  DAYSALLWORK

# February 2017

• *American Heart Month*

• *An Affair to Remember Month*

• *Black History Month*

• *Canned Food Month*

• *Creative Romance Month*

• *Great American Pie Month*

• *National Children's Dental Health Month*

• *National Grapefruit Month*

Sun Mon Tue Wed Thu Fri Sat

			1 <i>National Freedom Day</i>	2 <i>Ground Hog Day</i>	3 <i>Feed the Birds Day</i>	4 <i>Thank a Mailman Day</i>
5 <i>National Weatherman's Day</i>	6 <i>Lame Duck Day</i>	7 <i>Send a Card to a Friend Day</i>	8 <i>Boy Scout Day</i>	9 <i>Toothache Day</i>	10 <i>Umbrella Day</i>	11 <i>Make a Friend Day</i>
12 <i>Abraham Lincoln's Birthday</i>	13 <i>Clean out Your Computer Day</i>	14 <b>Valentine's Day</b>	15 <i>National Gum Drop Day</i>	16 <i>Do a Grouch a Favor Day</i>	17 <i>Random Acts of Kindness Day</i>	18 <i>National Drink Wine Day</i>
19 <i>National Chocolate Mint Day</i>	20 <b>President's Day</b> <i>Cherry</i>	21 <i>Card Reading Day</i>	22 <i>Walking the Dog Day</i>	23 <i>Tennis Day</i>	24 <i>National Tortilla Chip Day</i>	25 <i>Open That Bottle Night</i>
26 <i>National Pistachio Day</i>	27 <i>No Brainer Day</i>	28 <i>Fat Tuesday</i>				

February 2017

# Brainy Choices

By Gina Taylor, WVU Extension Agent, Jackson County



## Health Motivator Talking Points

Did you know . . . ?

Everyday choices can either make your brain healthier OR damage your brain.

What are the biggest risks and threats to the brain?

- Alcohol reduces blood flow to the brain.
- Smoking also reduces blood flow to the brain, because nicotine narrows blood vessels. This may lead to clogged arteries and stroke.
- Drug use causes permanent changes in the brain.
- Physical injuries can seriously reduce brain function.
- Psychological trauma and emotional stress can damage your brain.
- Lack of sleep can lead to memory loss and being less alert. Sleep helps the brain recuperate from daily stress and store information and memories.
- What brainy choices can keep your brain healthy?
  - ✓ Exercise increases blood flow, helps reduce depression, anxiety, and stress, and improves balance.
  - ✓ Stop smoking and stay away from secondhand smoke.
  - ✓ Get enough sleep.
  - ✓ Avoid activities that may cause blows to the head.
  - ✓ Learn something new each day.
  - ✓ Change your routine.

More than 16 million U.S. adults are living with cognitive (brain) impairment.

Do all you can to maintain brain health!

## Quick Club Activity: Balance Your Brain

Set a timer for 20 seconds. Challenge all to stand and balance on one leg. If needed, hold on to a stable chair. New research shows that those who can balance on one leg for at least 20 seconds have a lower risk for small blood vessel damage in the brain and have better brain function.

## Learn More!

See this month's Healthy Extras on page 15.

Payne, J. (2014). *Change your brain, change your life before 25*. Ontario: Harlequin.



# Brainy Choices

By Gina Taylor, WVU Extension Agent, Jackson County



*Fold this paper in half to hide answers. Circle your answer for each question. Unfold the paper. How many of your answers were correct?*

1. **True or False:** I am at my optimal brain health, although I don't eat well or regularly exercise.
2. **True or False:** High blood pressure is a significant risk factor for stroke.
3. **True or False:** No matter if I am 20, 30, 40, 50 or 80, the choices I make today affect how my brain will function as I age.
4. **True or False:** Smoking or any tobacco use is strongly linked to heart disease and stroke, and linked to mental decline and brain function.
5. **True or False:** Foods that are good for your heart are also good for a healthy brain and may help prevent stroke.
6. **True or False:** When I forget things, like names or what I did yesterday, this could be a sign of memory loss.

— — — — — (FOLD HERE) — — — — —

1. **False** – You can try to convince yourself, but don't kid yourself about brain health. An active body and mind can improve brain health and help you avoid brain problems like stroke, dementia, confusion or memory loss.
2. **True** – High blood pressure is a significant risk factor for stroke. About three in every four people (77%) who have had a stroke have blood pressure higher than 140/90 mm Hg. A 10-mm Hg drop in systolic blood pressure (top number) or a 5-mm Hg drop in diastolic pressure (bottom number) can cut your risk of stroke death in half. So, check your blood pressure regularly and work with your health care provider to get it under control.
3. **True** – Choices you make today will affect your health as you age. Eating well, being physically active and managing blood pressure will help reduce your risks. No matter what your age, take steps to stay brain healthy and mentally sharp.
4. **True** – Smoking or any tobacco use is not only strongly linked to heart disease and stroke, but also linked to mental decline and brain function.
5. **True** – Vegetables, fruits, fish and lean meats can help reduce your risk for stroke and heart disease, and keep your mind sharp, too. Eat healthy!
6. **False** – Forgetting names of people or things does not mean you have impaired brain function. This is normal. But early signs of memory loss and mental process in some 40-year-olds can be a result of unhealthy behaviors and lifestyles in their 20s and 30s. A great reason to make good choices today and every day!

Adapted from the Brain Health Quiz at <http://brainhealth.strokeassociation.org/quiz/q7-correct.html>.

## West Virginia Bureau of Senior Services

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## Brain Exercise Answers

# REBUS FOR YOU !

### SOLUTIONS

1. Red in the face
2. Green eggs and ham
3. Backrub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work

