

FOOD AND FITNESS



SPRING CLEAN YOUR LIFE!

With spring comes the chance to renew our New Years' resolutions to be healthier and happier. Do you feel like you are always over scheduled, overfed, under exercised and under relaxed?

Spring clean your 24 hour day. Have Facebook, text messaging, and online games crept into your life, stealing valuable sleep time, family time, and time you used to have for reading and relaxing? Technology is great but it has to work for

you, not against you.

Spring clean

your refrigerator. Is it filled with left-over fast food containers, processed meats, comforting junk foods and 2-year-old jars of pickles and relishes? Clean it out.

Spring clean your diet.

Let your friends and family know you are swearing off fried foods and extra sweets for a while. Stock up on fresh



vegetables and fruits. If you live alone have a supper club where

you and your friends take turns preparing healthier dinners.

Spring clean your relationships. Do you spend a lot of time listening to negative gossip

from unhappy people? Decrease the time spent on these

“friends” and more time with those who have attitudes and outlooks.



Inside this issue:

The Incredible Edible (Easter) Egg	2
Spring Clean Your Exercise Program	3
Recipe Corner	4
Easter Crafts	5
Dietary Fiber in the News	6

Web sites of interest:

- eggsafety.org
- eggnutritioncenter.org
- morningstarfarms.com
- womensheart.org

THE INCREDIBLE EDIBLE (EASTER) EGG

Coloring and decorating eggs is an age-old rite of spring. So you bought the eggs and dyed them, put them in the baskets, hid them in the yard and hunted for them. Now you need to figure out what to do with them....well, eat them of course!



Safety

Select eggs that have clean unbroken shells. If



you are fortunate enough to have fresh eggs from your



own happy chickens the flavor will be unmatched!

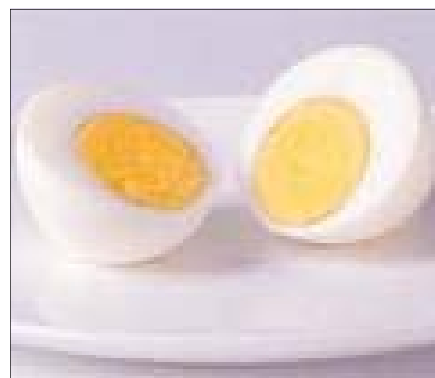
Raw eggs can be kept refrigerated for 4-5 weeks. If store-bought, keep them in the original carton and place them on the refrigerator shelf, not the door.

The risk of Salmonella bacteria occurring in this day and time is only one in 20,000 eggs when eggs are clean and handled properly. Hard cooking for egg dyeing will destroy Salmonella bacteria anyway!

Hard cooked eggs left in the shell can be refrigerated safely for a week. As long as hard boiled eggs haven't been out of the fridge more than 2 hours you can eat them safely without worry.

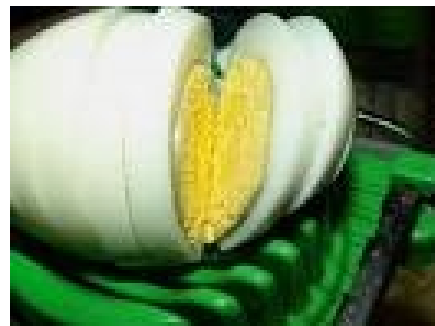
Nutrition

The protein in egg is of the highest "biological value". That means the body can use this protein



more efficiently with less waste than any other form of protein.

When persons with kidney or liver disease are asked to limit their total



protein intake, they are encouraged to consume eggs

(Continued on page 4)

SPRING CLEAN YOUR EXERCISE PROGRAM

Spring cleaning your house can tie right into spring cleaning your exercise program! We hear a lot about aerobic exercise and strength training but stretching for flexibility can move you from stiffness and immobility to flexibility and mobility in a short space of time. But check with your doctor before starting any exercise program.

Sweeping and mopping are good warm-ups for stretching all areas of the body. So do a little cleaning and then do some stretching.

Sit up straight and turn head to one side, holding for 5 seconds. Turn to other side and hold 5 seconds.



Repeat 3 times each side.

Facing forward tilt head sideways toward shoulder and hold 5 seconds. Do on each side and repeat 3 times.

Stand with hands on hips. Gently twist torso right looking over right



shoulder.

Hold 5 seconds. Do same toward left. Repeat each stretch 3 times.

Lie on the floor and extend arms overhead as far

as you can while keeping legs straight out in other direction. Hold stretch 5 seconds and repeat 3 times.



Place right hand on left shoulder. With left hand pull right elbow across chest toward left shoulder and hold for 15 seconds. Repeat 3 times and do on opposite side as well.



THE INCREDIBLE EDIBLE (EASTER) EGG CONTINUED

(Continued from page 2)

in order to extract the high quality protein with as little protein waste as is possible presented to the kidneys or liver.

The egg yolk contains most of the vitamins and minerals in the egg. Yes, the yolk does contain cholesterol. So it's not a good idea to have 2-3 fried eggs every day with a side of sausage, biscuits, and gravy over a 10 year period. This amounts to a heart attack on a plate and could increase your risk of heart disease. But eating an occasional egg will provide an economical way to include high quality protein and will not kill you on the spot.

Use your boiled Easter eggs in salads, sliced or chopped up and sprin-



kled over cooked spinach, or as devilled eggs. If you overbought for the hunt and have any raw eggs left try this breakfast casserole recipe in Recipe Corner.

Recipe Corner

Cheesy Veggie Sausage Casserole

This is a lower fat adaptation of the original recipe from Morningstar Farms.

4 whole eggs and 1 cup Egg Substitute

1 cup low fat cottage cheese

1/4 cup fat free half and half

cream

1 tsp. Ground Oregano

1/4 tsp. Garlic powder

1/4 tsp. Salt

1/4 tsp. Black Pepper

1 ten oz. Package frozen spinach

1 1/2 cups reduced fat



Cabot sharp cheddar cheese, shredded

6 Morningstar Farms hot



and spicy Veggie Sausage Patties

1/2 cup green onions

8 cherry tomatoes, halved and seeded

(Continued on page 5)

RECIPE CORNER

(Continued from page 4)



1/4 cup finely chopped parsley

In a large bowl, beat together eggs, cottage cheese, cream, oregano, garlic powder, salt and pepper.

Squeeze water out of spinach. Stir in spinach, cheddar cheese, sausage, green onions, cherry tomatoes and parsley.

Pour into 13" x 9" baking dish sprayed with cooking spray. Bake at 325 degrees 35-40 minutes. Let stand for 10 minutes. Cut into 8 squares. Serve with a fruit salad and whole wheat toast for a great Easter morning breakfast!

Devilled Eggs

After peeling the eggs halve and remove yolks to a large bowl. Mash with a fork..

Add either light mayonnaise or low fat sour cream. Season with Tabasco sauce, prepared yellow mustard, pickle relish, and salt and pepper.

For something special



add either capers or chopped olives instead of pickle relish. After stuffing yolk mixture back into whites sprinkle with paprika. These make great snacks or a pretty and tasty garnish for an Easter dinner.

Easter Crafts

Looking for fun things to do with the grandchildren at Easter? Try decorating your own Easter baskets this year. The Easter bunny will appreciate the new look.

Visit a craft store for a plain basket, artificial

flowers, and some glue. Let each child decorate

his or her own basket with whatever flowers are their personal favorite.



Hand painting eggs could also be fun.

Susan M. Poindexter, MS, RD, LD, CDE
Nutrition Consultant
3200 McCorkle Ave. SE
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 include Catherine M. Townsend, MA and Betsy Greer, MS

DIETARY FIBER IN THE NEWS AGAIN

A recent article in the Archives of Internal Medicine reported that among 380,000 older people studied, those who ate a high fiber diet had a 22% lower chance of dying over a 9 year period than those with a lower fiber diet. They also had a 24-59% lower risk of dying of heart disease, infections, or respi-



ratory disease.

A high fiber diet was defined as 30 grams or more of fiber per day. It would be easily possible to reach this level of fiber by eating in a day:

1 cup raisin bran
1/2 cup blueberries



1 cup black beans

1 cup whole wheat

pasta with 1/2 cup marinara sauce

