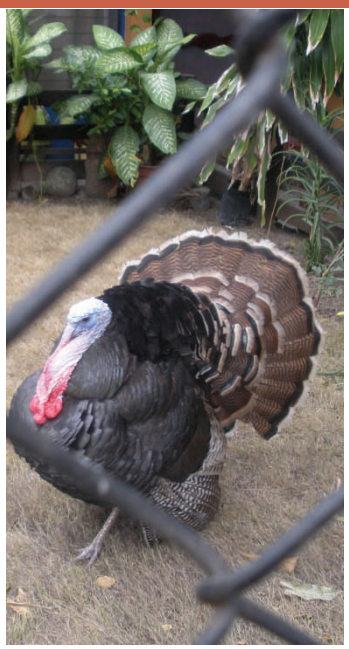
Food and Fitness

Volume 105

November 2010



Alzheimer's or Age Related Changes?

We all misplace things from time to time and wonder if we are in the early stages of Alzheimer's. The Alzheimer's Association lists 10 early warning signs of Alzheimer's:

1. Memory loss that disrupts daily life.

2. Inability to solve problems.

3 .Difficulty completing familiar tasks

4. Confusion with time or place.

5. Visual perception problems.

6. Problems with speech or written words.

7. Misplacing things.

8. Poor judgment.

9. Withdrawal from social situations.

10. Changes in mood or personality.

Check the web site www.alz.org for normal age-related memory changes vs. early warning signs.

Web sites of interest:

- **alz.org**
- **cdc.gov**
- **about.com**

Happy Thanksgiving!

Thanksgiving ushers in the holiday season of wonderful dining experiences. But many of us worry about whether we will gain the holiday 5# this year or not. A few tips to help reduce the calories, fat, and salt in some of our holiday din-

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Recipe Corner

Sweet Potato-Pecan Waffles

This recipe can be prepared the day before company arrives, refrigerated, and cooked fresh for breakfast next day. Or you can cook the waffles, freeze them and then toast when it's time to eat.

1/2 cup chopped pecans
3/4 cup whole wheat flour
1/2 cup all-purpose flour
2 teaspoons baking powder
1 cup boiled and mashed sweet potato
3/4 cup skim milk
3 tablespoons canola oil
3/4 cup egg substitute, lightly beaten
1/4 cup brown sugar

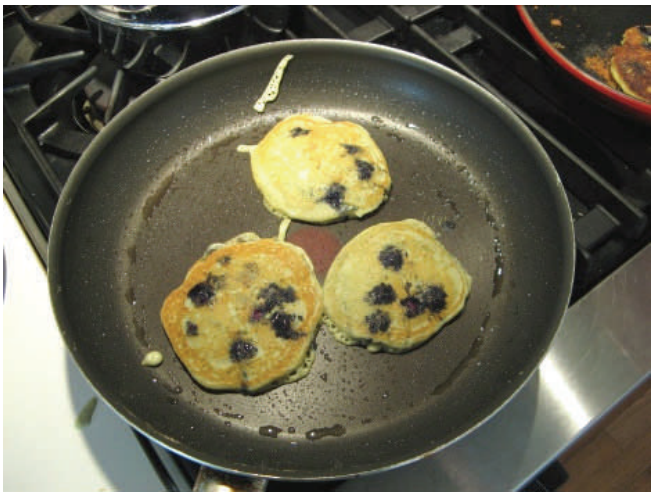
Fresh berries or banana slices as garnish

Toast the pecans in a skillet over medium heat, stirring frequently, until fragrant and lightly toasted, about 5 minutes.

In a small bowl, combine the flours and baking powder, and whisk to mix thoroughly. In a larger bowl, combine the sweet potato, milk, canola oil, egg substitute and brown sugar, and whisk to mix. Add the flour mixture, and stir to combine. Add the pecans, and mix. Cook on a preheated waffle iron until browned. Garnish with fresh fruit. Serves 4 generously.

Blueberry Cornmeal Pancakes

This recipe is an unusual variation on the normally bland pancake. It can also be prepared ahead and



Recipe Corner

cooked up fresh when breakfast calls. It also makes a nice snack or addition to a country supper.

1 cup white or yellow whole grain cornmeal
1/2 cup whole wheat flour
1/2 cup all-purpose flour
1/8 teaspoon salt

1 teaspoon baking soda
1 teaspoon baking powder
3 tablespoons brown sugar
1 1/4 cups low fat buttermilk
1/2 cup egg substitute, lightly beaten
4 tablespoons canola oil
1 cup blueberries

Combine the dry ingredients in a mixing bowl, and whisk to mix well. Add the buttermilk, egg substitute and vegetable oil, and stir to combine. Gently fold in the blueberries. Spoon the batter onto a hot, lightly greased griddle. Cook until bubbles form on the surface of the pancake, and then turn, and cook briefly on the other side. Serves 4.

**These first two recipes appeared in Louisiana Life, July-August, 2010. They were modified to make them healthier.*

Fruit and Yogurt Smoothie

Take it with you to work or exercise!

I cup fat free, sugar free vanilla yogurt

1 cup fresh fruit bites such as banana, mango or seasonal berries

Place ingredients together in blender Blend for about 30 seconds. Serve with a straw in a pretty glass or take along for a healthy breakfast when you are on the way to work or appointments. This recipe doubles easily!

Rise and Shine—Fuel Up for Breakfast!

Why is breakfast touted as the "most important meal of the day"?

Studies show that students who eat breakfast score higher on tests. Breakfast is equivalent to putting gas in your car. A car will not run without gas and you cannot run on empty. Your brain only uses carbohydrates for energy. Just as breakfast is important for students, so, too, is it necessary for adults. If you don't eat, you can't think!

Having enough time is often a problem in the morning. If you plan ahead, however, you can take advantage of some more traditional recipes included in this month's issue.

What are some good "grab-and-go" ideas for breakfast?

For people who say they don't have time for breakfast, here are some suggestions:

Whole-grain bagel with low-fat cream cheese.

Fresh fruit with yogurt. You can sprinkle low-fat granola in the yogurt.

Cereal bar with a glass of skim or 1 percent milk. (A cereal bar alone is usually less than 200 calories and little or no protein. Adding a glass of milk provides protein and a good source of calcium.)

Whole-grain toast with peanut butter.

Whole-grain muffin. Avoid the oversized, high-fat muffins.

Fresh fruit. Cut up fruit when you get home from the grocery store to make a fruit salad. If you are cutting up apples, add lemon juice so that the flesh does not turn brown.

Banana and peanut butter sandwich.

Trail mix. Choose a trail mix with nuts to provide a source of protein and heart-healthy unsaturated fat.

What are some "alternative" breakfast ideas for people who say they don't like "breakfast foods"?

How about a tuna salad or a cheese sandwich! You don't *have* to have breakfast foods to "break the fast"

Any food that you would normally eat could be eaten at breakfast time, so if vegetables are your favorite thing then go for it. In Mexico, a breakfast buffet might include items like steamed seasonal vegetables. In Greece, olives, cucumbers and fresh tomatoes are often served for breakfast.

Source: Amanda Williams, RD, Baptist Memorial Health Care; August 24, 2005

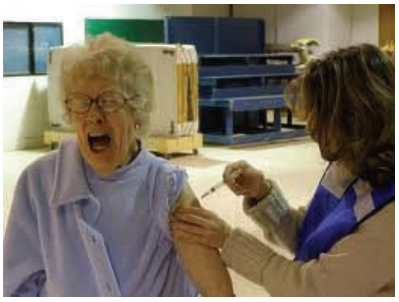
Starve a Cold, Feed a Fever….. Get a Flu Shot!

Everyone knows it's important to drink plenty of liquids and get lots of rest when you have the flu. However an ounce of prevention is worth a pound of cure, i.e., the flu vaccine, and there's no time like the present!

This year's flu vaccine is designed to prevent flu from 3 major viruses expected to cause the most illness this year. The vaccine can prevent flu from these viruses and can also lessen the severity of other viral strains of flu.

The Centers for Disease control and Prevention recommend that everyone 6 months and older get the flu shot, but especially those who are at high risk for complications:

- Pregnant women
- People over age 65

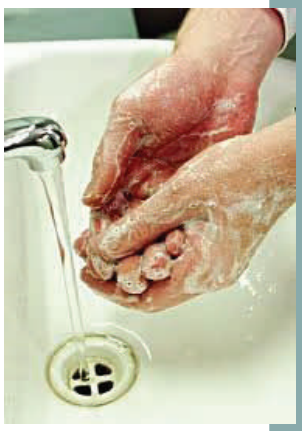


- Children under age 5

- People with asthma
- People with chronic medical conditions including heart disease, lung disease, diabetes, HIV
- People with weakened immune systems such as organ transplant recipients

- People who live in long term care facilities
- Health care workers and people who live with those at high risk for complications from flu

Additional important flu prevention steps include:



- Wash hands often and long (sing ABC song) with soap and water
- Avoid touching your mouth, nose, and eyes—germs can enter the system this way
- Boost immune system with regular exercise and a healthy diet of vegetables, fruits, whole grains, lean meats, and low fat dairy products every day!

Walking Away from Colds and Flu

Fall is here and along with colorful trees and more comfortable temperatures for enjoying outdoor

exercise comes cold and flu season. Stuffy noses, congested sinuses, fever, and achy muscles are not fun!

The average adult has 2-3 colds each year. Elizabeth Quinn, writing about exercise and the immune system at about.com, states that we are all exposed to the viruses that cause colds and flu all the time. The temptation is to stay indoors, cuddled up under blankets on the couch in front of a cozy fire!

The truth is, moderate exercise offers protection against colds and flu. A 1999 study, "Exercise and Immune Function", published in Sports Medicine, compared outcomes of participants who exercised with those of participants who were inactive.

The researchers, Nieman and Pedersen, found that moderate exercise decreased the number of sick days by half among exer-

cisers as compared with inactive participants. Moderate exercise in this study was defined as brisk walking for at least 30 minutes almost daily.

Early studies noted that recreational exercisers reported fewer colds when they increased their exercise moderately. Moderate

Walking Away from Colds and Flu

exercise was then linked to a temporary boost in the production of cells that attack viruses and bacteria.

More recent research, including that of Dr. Nieman at Appalachian State University, has shown there are physiological changes in the immune system associated with exercise. Researchers believe that these attack cells circulate more quickly through the body during moderate exercise and are better able to kill bacteria and viruses.

The immune system returns to normal in a few hours however, thus proving the need for regular and consistent exercise. Dr. Nieman also reports that his research shows exercise has a cumulative effect that leads to long-term immune response.

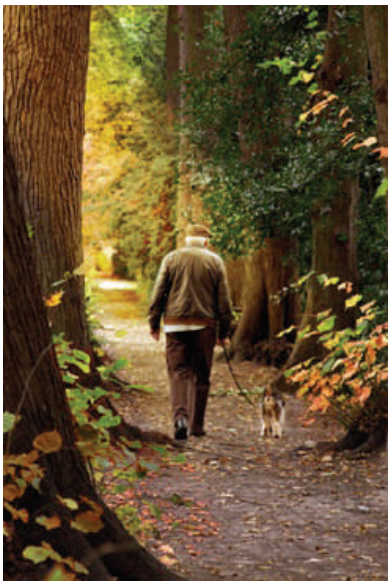
Research has also shown that people who exercise regularly not only have fewer colds, but that when they are battling colds, taking a walk helps them to feel better. It has been theorized that the temporary rise in body temperature that occurs when you exercise acts like a fever to fight bacteria and viruses.

A word of caution! While exercise may benefit a head cold, exercise when you have a chest cold or a fever is not recommended. In other words, if your symptoms are above the neck, exercise can help you fight a cold. But, if symptoms are below the neck, it would be better to rest. And always rest when symptoms are associated with a fever.

It requires fairly low levels of aerobic exercise to benefit your immune system. As little as 20 - 30 minutes of brisk walking 5 times a week is ideal for maintaining a healthy immune response in the body.

You should never exercise to exhaustion when you feel a cold coming on. Research also indicates that too much or too strenuous exercise may blunt the immune response.

Don't let the cooler weather keep you from exercising. When the weather gets cold, when it rains, or when the snow flakes start falling, have a plan for exercise. Your immune system will thank you!



WV Bureau of Senior Services

Susan M. Poindexter
Nautilus/Heartfit Building
3200 Chesterfield Ave
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 included Catherine M. Townsend, MA and Betsy Greer, MS

Happy Thanksgiving!

(Continued from page 1)

ing coupled with the exercise information found on pages 6-7 can help us to avoid the holiday 5#! Try these:

- Pumpkin pie—use

evaporated skim milk or fat free condensed milk and egg substitute for the filling. Use fat free whipped topping for the pie's garnish.

- Fresh cranberry sauce—use Splenda for half the sugar. Add a bit or orange rind for flavor.

- Mashed potatoes—reduce the butter and add fat free cream cheese and garlic for a burst of flavor!

- Gravy—while you are allowing the turkey to rest before carving, take the juices and put them in the freezer. Then you can skim off the grease and save the broth for a lower fat gravy.
- Green beans—cook with Goya ham flavored seasoning instead of bacon
- Serve a first course of a salad of baby greens like they do in restaurants—it gets an extra low calorie vegetable into everyone right from the start!