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Happy  
Thanksgiving!

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Websites of interest:

- [webmd.com](http://webmd.com)
- [eatright.org](http://eatright.org)
- [nationaldairycouncil.org](http://nationaldairycouncil.org)

## Eat Protein—Preserve Your Muscles!

The average American needs 10-35% of total calories, or about 50-100 grams protein per day. A rule to calculate protein requirements is 0.8 g of protein per kilogram of body weight—or about 64 g of protein for a 175# person.

Recent research suggests that a slightly higher amount of protein (1-1.5 g/kg of body weight) may be beneficial for older adults, in whom the body's muscle mass begins to be depleted slowly over time. This may be due to both physical inactivity and consuming inadequate

amounts of protein. Protein helps muscles to maintain strength and integrity.

The typical American tends to consume most of the daily protein at dinner and less for breakfast and lunch.

Recent research suggests that the *timing* of protein may be key for maintaining muscle mass in older adults. New recommendations from the National Dairy Council suggest consuming 30 g of protein at every meal.

Not only does the *quantity* of protein matter, but so does the *quality* of protein. Whey protein, or the protein found in dairy products, may be especially helpful in promoting muscle protein synthesis in older adults.

Low-fat milk, cheese, and yogurt are good sources of whey. Whey is beneficial to older adults because it is an abundant source of the branched chain amino acid, leucine. In both animal and human studies, leucine has been shown

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## Eat Protein—Preserve Your Bones!



With adequate protein our bones are safe!

Did you know protein makes up 50% of the volume of bone and one-third of its mass! Protein is essential for bone health because it provides amino acids, which act as substrates for the building blocks of bone.

Scientists are now suggesting that protein may be just as essential to bone health as calcium and vitamin D. Studies have shown that older adults who consume lower amounts of protein tend to have a lower bone

density than those who consume a higher amount of protein.

Exercise of all types— aerobic, strength, and weight bearing—also helps to keep bones strong and healthy. Just do it!

## What Are Good Sources of Protein?

Protein comes in a variety of different animal and plant sources. Below is a list of high quality sources of protein:

- Low-fat milk and yogurt
- Low-fat cheese
- Chicken, turkey, lean beef and pork, fish
- Beans and peas
- Nuts, seeds, and nut butters
- Eggs, egg whites
- Soy beans and soy products
- Commercial protein powders such as whey and soy protein but real food is best!



Try to eat protein consistently throughout the day.

## How Can I Get 30 Grams of Protein in Every Meal?

Research from the National Dairy Council suggests older Americans should consume about 30 grams of protein at every meal.

It is important to plan your meals ahead of time and to have quick protein snacks on hand. For many people, the most difficult meal to prepare

quality sources of protein is breakfast. For easy meal ideas, check out the suggested meal plan and snack ideas on page 10!

## Giving Thanks—for Exercise



The season of Thanksgiving is upon us and this is a reminder to be thankful for another tool in our arsenals for preventing and managing chronic disease—exercise! Exercise has been shown in study after study to be



beneficial in both prevention and management of conditions such as obesity, diabetes, heart disease, hypertension, osteoporosis, vascular disease, lung disease, depression, ....the list goes on and on.



A study published in the August edition of *Circulation* followed 4200

middle-aged adults for more than a decade to assess heart health. The subjects reported the frequency and duration of physical activity. Researchers used markers of inflammation to assess heart health.

Participants who were physically active had lower markers for inflammation initially and these markers remained stable over time compared to inactive participants. The study found that it was not necessary to perform vigorous exercise or participate in sports to benefit. Leisure time activity of moderate intensity resulted in health maintenance and “successful aging”.

A news release in August 2012 by the Harvard School

of Public Health revealed the results of 2 studies regarding physical activity and type 2 diabetes. In the first study of nearly 6,000 subjects with diabetes, those who were physically active had the lowest risk of death.

The other study involved strength training with more than 32,000 men as subjects. Strength training was shown to prevent type 2 diabetes in these men, possibly by increasing muscle mass and improving insulin sensitivity.

Both of these studies were published in the online journal *Archives of Internal Medicine*. Expert comment on these studies states that the ideal treat-

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## Giving Thanks—for Exercise

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ment for prevention and management of type 2 diabetes is probably a combination of both aerobic exercise and strength training.

An article from 2011 National Institutes of Health MedlinePlus entitled “Build Up Your Bones!” calls exercise “vital at every age for healthy bones”. The best exercise to help build and maintain healthy bones is exercise that is weight bearing. Weight bearing exercises are ones that force you to “bear” your weight— like walking, jogging, hiking, and dancing.

Individuals with osteoporosis are at increased risk for broken bones. Exercise also helps your

balance and coordination, which helps to prevent falls which could result in broken bones.

In a study from the *Journal of the American College of Cardiology*, cited August 2012 on MedlinePlus, researchers at Duke University found that individuals with heart disease who suffer from depression may get as much relief from regular exercise as from medication. A physician from St. Luke’s and Roosevelt hospitals in New York responded to the results of this study saying that exercise “has so many other physical benefits and it ought to be something very highly considered” in the treatment of depression.

Exercise is an essential component

for health and well-being. Exercise increases stamina, produces muscle tone and strength, and enhances the ability to perform activities of daily living (which, in turn, helps you to maintain independence).

Exercise burns calories, which helps with weight loss. Weight loss lowers your risk for heart disease, diabetes and cancer. Exercise aids in the prevention of viral illness by strengthening your immune system. Exercise may help you to live longer, and most certainly will help you to live better.



## A New Twist on Harvest Grains



It's not too early to begin planning for Thanksgiving! When you think about reaping foods from a bountiful harvest, consider the fact that many people may be sensitive or allergic to one of the most prevalent grains in our American cooking—wheat.

This month's Recipe Corner will focus on some alternative "grains" that will keep both the hosting home and the guests happy and healthy at harvest time.

**Quinoa**—pronounced keen-wah—is sometimes mistaken for a whole grain but it is really a seed. Quinoa was a staple food for thousands of years in the Andes region of South America as one of just a few crops the ancient In-

cas cultivated at such high altitudes. ([http://vegetarian.about.com/od/glossary/g/what\\_isquinoa.htm](http://vegetarian.about.com/od/glossary/g/what_isquinoa.htm))

It is fast becoming a most popular new "health food" for a variety of reasons:

- Short cooking time—10-15 minutes
- High protein content—8 g protein per one cup cooked
- Balanced essential amino acids
- High fiber—5 grams per one cup cooked

While quinoa can actually be eaten on its own, it lends itself to a variety of recipes where one might typically use rice, barley or other grains. For starters, it can be cooked, then stirred together with olive oil, salt and

lemon juice for a quick and tasty side dish. Another tasty idea is to use it in a salad. See Recipe Corner, page 6.

**Brown Rice and Brown Rice Flour**, other gluten-free alternatives, will also please your guests. They can be used in conventional recipes or special wheat-free recipes.

Brown rice flour delivers essentially the same nutrients as whole wheat flour. Both deliver more nutrients than refined all-purpose refined flour.

This month's Recipe Corner features a recipe for Honey Oat Bread that is made from brown rice flour, flax seed and old fashioned rolled oats. These grains result in a bread different

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## A New Twist on Harvest Grains and Recipe Corner

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from the typical “run of the mill” breads we always see!

**Multi-purpose Gluten-Free Flour Blend** eliminates the worry factor when trying to please those allergic to wheat products. Tackling pie crust is particularly daunting for a beginner, but imagine trying to please someone who is allergic to wheat!

Fortunately, pie crust can be good and tasty by starting with non-traditional ingredients and adding nuts and berries for extra flavor. For more advanced cooks, the recipe for Turkey Casserole is a creative way to use some of your leftover Thanksgiving turkey. For cooks who are more pressed for

time, there are pre-made, gluten free crusts available in the refrigerated section of many supermarkets.

### Mary's Quinoa Salad

½ cup cooked quinoa  
1 oz. crumbled or grated blue cheese  
9 oz. bag mixed salad greens, including spinach  
1 small purple onion, sliced into rings  
½ cup roasted red tomatoes, sliced thinly  
2 Tablespoons olive oil  
2 Tablespoons red wine vinegar

Prepare quinoa by following package directions. Cool quinoa and drain any excess water. Arrange solid ingredients in serving bowl and dress lightly with the olive oil and vinegar mixed into a salad dressing.



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## Recipe Corner



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### Gluten Free Honey Oat Bread

*Note: People who are diagnosed with gluten sensitivity may benefit from avoiding oats altogether at first.*

(Original Source: <http://gluten-free.wordpress.com/2011/11/12/gluten-free-oat-honey-bread/>)



1 1/4 cup warm water  
3 Tablespoons honey  
1 1/2 Tablespoons active dry yeast  
1 1/4 cup certified gluten free oats  
1 1/4 cup brown rice flour  
1/2 cup potato starch  
2 teaspoons xanthan gum (leavening agent available at

health food store)  
1 1/2 teaspoons sugar  
3/4 teaspoon salt  
1/2 cup egg substitute  
3 Tablespoons soft margarine, melted

Preheat oven to 350°F. Heat water to 105-110°F. Mix in honey and yeast. Set aside for about 10 minutes.

Mix together the dry ingredients in your electric mixer's larger bowl: oats, brown rice flour, potato starch, xanthan gum, sugar and salt. Add egg substitute, melted margarine and yeast mixture. Mix together on slow until well blended. Mix on medium-high for 3-5 minutes.

Spray with cooking spray the bottom and sides of a bread loaf pan. Pour bread mixture into pan and smooth out the top with a wet spatula. Set aside to

allow the bread dough to rise. It should rise over the top edges of the pan. Once bread dough has risen, place it in the oven. Bake to an internal temperature of 205°F – about 25-35 minutes, depending on your oven.

Remove from oven and use a metal spatula to slide along the sides of the bread pan to loosen the bread. Remove the bread from the pan by inverting the pan. Allow the bread to cool on its side on a cooling rack for 20+ minutes before slicing.

Store wrapped in foil or in an airtight container after cooling completely on the counter or in refrigerator. Suggested additions might include 1/2 cup sliced bananas and 1/2 cup nuts.

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## Recipe Corner

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### Turkey Casserole with Cranberry Pecan Crust Toppers

(Recipe adapted from Southern Living "Our Best Casseroles," to include more vegetables and less fat)

2-3 Tablespoons vegetable oil, divided

1 large sweet onion, diced

½ cup thinly sliced carrots

1/2 c. celery, diced

1/4 cup cornstarch

1 tsp. salt

1 tsp. black pepper

½ teaspoon "herbs de provence" or other seasoning combo

¼ teaspoon red pepper

3 cups cooked turkey cut into bite-sized pieces

¾ cup chicken

stock, no wheat products included

1 cup skim milk

2 cups fresh spinach

leaves, torn

Preheat oven to 350°F. Pour 1-2 tablespoons oil into skillet and heat; add onion, celery and carrots and sauté until onions are glazed. Place vegetables in a bowl and set aside.

Combine cornstarch, salt and pepper. Dredge turkey in this mixture.

Pour remaining oil into skillet and add turkey, browning on all sides. Gradually stir in chicken broth and milk. Cook, stirring constantly, for about one minute or until mixture thickens.

Stir in onion, celery, and carrot mix; add spinach leaves and stir until just wilted. Pour mixture into lightly sprayed casserole dish.

Cover and bake for about thirty minutes. Remove from oven and deco-

rate with desired amount of Cranberry Pecan Crust Toppers.

### Cranberry Pecan Crust Toppers

½ cup soft, tub margarine, iced\*  
2 to 4 tablespoons water, iced\*

1¼ cups King Arthur Multi-Purpose Gluten Free Flour Blend plus more for rolling

1 teaspoon salt  
1 tablespoon sugar  
2 Tablespoons chopped pe-



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## Recipe Corner

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cans, 2 Tablespoons chopped dried raisins

\*Add some ice cubes to both the water and to the margarine. Allow them both to get ice cold while preparing the dry ingredients.

Combine the flour blend, salt and sugar into the bowl of a food processor. Pulse 5 -6 times to combine. Add the iced margarine and pulse 6 -8 times or until the mixture resembles coarse meal with some pea-sized pieces.

With food processor running, add iced water 1 tablespoon at a time until the mixture just barely starts to clump together. If you pinch some of the crumbly dough and it holds together then you have enough water; if not add more a little at a time.

Remove the dough from the machine. Divide the mixture into two medium-sized plastic storage bags, forming a disk using each bag to help.

Refrigerate for at least one hour or for as long as 2 -3 days. Remove dough from refrigerator 5 minutes before rolling.

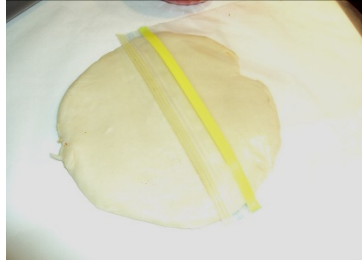
To roll the dough, lay a piece of waxed paper on a work surface and sprinkle with some flour blend. Lay one chilled disk on the floured paper, sprinkle with some more

flour and lay on another piece of waxed paper.

Roll the dough into a circle approximately 12 inches wide. Remove the top sheet of waxed paper and add finely chopped dried raisins and nuts.

Cover with the next piece of dough and roll two pieces together until about 1/4 inch thick. Remove waxed paper and use seasonal cookie cutters to make decorative accents. Cut into shapes using 2-3 inch cutters, dusting each cutter lightly before using. Preheat oven to 425°F.

Place shapes on a cookie sheet covered with parchment paper and bake for 8-10 minutes at 425°F or until golden. Affix decorations to the top of the turkey casserole when it comes out of the oven.



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Ask your doctor if there is any reason why you should not increase the protein content of your diet.



## Eat Protein—Preserve Your Muscles!

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to increase muscle protein synthesis, especially in aging muscles. Whey protein is also absorbed very quickly in the small intestine and immediately added to the body's amino acid pool. Suggested day's menu:

### Breakfast:

1 cup oatmeal

1 cup skim milk

Banana

1/2 c walnuts

1 cup Yogurt

### Lunch:

Turkey sandwich with 2 oz. turkey, 2 oz. low-fat cheese on 2 whole wheat bread

Apple

### Dinner:

3 oz. grilled chicken

1/2 c brown rice

1/2 c broccoli

### Quick Snacks

- 1 cup skim milk
- Yogurt
- String cheese
- Small handful of nuts
- 2 T peanut butter
- 1/2 c cottage cheese
- 1/3 c tuna salad
- Protein bar