



Food and Fitness

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Enjoy the Taste of Eating Right

Are you convinced that healthy eating has to be bland and tasteless? The Academy of Nutrition and Dietetics encourages you to tempt your taste buds by trying new foods and new flavors during National Nutrition Month®.

At the grocery store.

Try a new fruit or vegetable you have never tasted—you may be surprised at how good it tastes!



In restaurants.

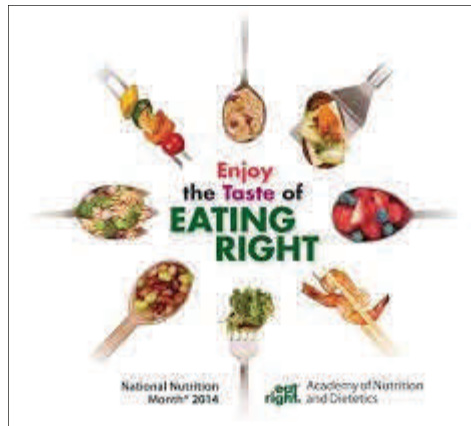
Try an ethnic restaurant like an Asian or African restaurant. Their use of differ-

ent spices and herbs can make an old favorite food a new and exciting addition to your eating experiences!

At home. Look in the spice cabinet.

Add a pinch of this or a dash of that of something the recipe doesn't call for!

Visit the Academy's website to view a [library of recipes](#) designed to help you "Enjoy the Taste of Eating Right." As part of this public



education campaign, the Academy's [National Nutrition Month website](#) in-

cludes a variety of helpful tips, games, promotional

tools and nutrition education resources, all designed to spread the message of good nutrition based on the "Enjoy the Taste of Eating Right" theme.

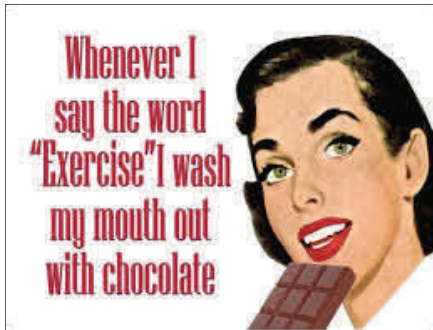
Websites

of interest:

- eatright.org
- ncbi.nlm.nih.gov/medlineplus
- heart.org
- aicr.org
- diabetes.org

“NEAT” Every Day Keeps the Fat Away!

Exercise! Don't you just get tired of even hearing that word?#!



Enter **NEAT!!** That word could be your new best friend forever!

NEAT or Non-Exercise Activity Thermogenesis was described by JA Levine in 2002 as “the energy expended that is not from eating, sleeping or sports-like exercise”.



NEAT could include walking, typing, yard work, doing laundry, shoveling snow and any other movement that expends energy. Obviously, some activities would burn more calories than others!

Researchers tell us

what we already know—that we spend far more time sitting than our ancestors ever could have imagined! And sitting time is on the low end of the calorie-burning spectrum! We sit:

- To watch TV and use the remote to channel surf



- To work at our computers
- To do our taxes
- To waste time on Face-book or playing computer games
- To talk on our cell phones
- To ride in our cars while passing through the drive through restaurants

Our automated society has gotten us accustomed to using:

- Elevators and escalators instead of stairs
- Moving side-



walks

- Riding lawnmowers
- Golf carts



- Robotic vacuum cleaners
- Leila Finn, an integrative health coach who practices in Georgia, reports in a recent article in *Diabetes Self-Management* that scientists now believe sitting, in and of itself, is an independent risk factor for disease and disability. Adults who spend more than four hours a day sitting are at higher risk of cardiovascular events than adults who spend less than two hours a day sitting.

How many steps do you think you walk in an average day? Ms. Finn points out that studies show Americans walk a whole lot less than we think we do!

Pedometer

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“NEAT” Every Day Keeps the Fat Away!

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studies reveal we walk an average of about 5100 steps a day, with some of us walking only 2300 steps daily.

For health it is recommended we walk 10,000 steps a day. But we don't have to do more exercise! Just increase the NEAT! Even periodic standing up is better than just sitting for long periods of time.

Leila Finn encourages us to find more ways to move. So let's take a tip from our ancestors:

- Clean the house vigorously



- Walk to a neighbor's house for a visit



- Push the lawnmower



- Plant a garden



- Cook healthy meals with the delicious food you grow in your garden
- Picnic with



your family and friends



- Play croquet



- While watching TV stand up during commercials and march in place



When do you sit? Try to include your family and friends in your NEAT activities. It will be more fun and they will reap the benefits too!

Root Vegetables—“You Gotta Dig ‘Em”!

Yes, pun intended! Do you find the turnips, beets, carrots, and parsnips you once scorned as a child to be delightful now that you’re all grown up? You are not alone.

No matter how scientists classify them, if vegetables grow underground we think of them as root vegetables. They may actually be:

- Roots or taproots—beets, carrots, parsnips, and turnips.
- Bulbs—onions
- Tubers—potatoes
- Rhizomes—ginger

Do you love digging in the dirt? If so, root vegetables provide you with the process, then, months later, the reward for your efforts!

Providing you with an amazing array of colors, root vegetables extract nutrients from the soil and the sun’s rays on their green tops and store them up just for you! Why should you be excited about root vegetables? A few reasons:



Carrots—besides beta-carotene, carrots contain falcarinol, a recently acclaimed nutrient found to blunt tumor growth in rats. (Journal of Agricultural and Food Chemistry 2005.)

Tip: crunchy, low calorie, fat free snack excellent for dipping into Greek yogurt flavored with ranch dressing mix.

Turnips—good load of vitamin C which boosts iron absorption.

Tip: Mix 1 cup mashed turnips into your next batch of mashed potatoes for a real flavor snap and to dilute carbohydrate content of the dish. Could help to keep blood glucose in better control for diabetics.

Beets—contain folate, a B-vitamin that can protect against heart disease, birth defects and anemia. Drinking beetroot juice boosts your stamina and could help you exercise for up to 16% longer (Journal of Applied Physiology 2009).

Tip: Add beets to your veg-

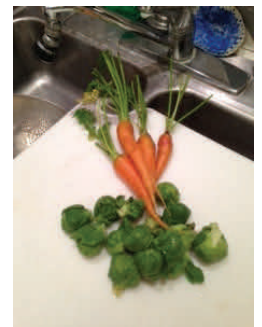
etable roasting tray or pickle beets with onions and vinegar for a tasty salad variation.

Potatoes and Sweet potatoes—in addition to Vitamin C, potatoes provide a blast of fiber when you eat the peel. Sweet potatoes are well respected for their contribution of beta carotene, a phytonutrient good for heart, eyes, and cancer protection.

Tip: Roasting other root vegetables with potatoes adds more flavor to this staple food.

For root vegetables, the best flavors come from those which are newly harvested

(like these from Catherine Townsend’s garden). So it would be worth a trip to your farmers’ market for some farm-fresh vegetables! Root vegetables, however, will keep for a quite while in a cool dark place if you can’t enjoy them right away.



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Recipe Corner

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Velvety Carrot and Turnip Soup

1 lb. fresh carrots

1 lb. fresh turnips

32 oz. chicken broth

½ teaspoon freshly grated or ground ginger

Salt and pepper to taste

Clean carrots with a brush or potato peeler. Rinse and cut into small chunks. Wash and peel turnips. Cut into one or two-inch cubes.

Pour chicken broth into a covered saucepan and add vegetables. Cook until vegetables become tender, about twenty minutes

on medium heat. Cool this mixture about fifteen minutes before proceeding to next step.

Pour one half the liquid and vegetables into a blender or food processor. Process on medium speed



until texture is smooth and velvety. Repeat with second half of mixture. Serve warm and garnish with fresh herbs.



Comfort Chicken with Root Veggies

2 teaspoons Herbs de Provence (or combination of thyme, fennel, basil and savory)

1 teaspoon celery salt

Freshly ground black pepper

½ cup flour

2 Tablespoons canola oil

4 small bone-in chicken breasts, skin removed

1 lb. small, red potatoes

¾ cup peeled pearl onions

1 cup baby carrots

1 cup peeled and cubed turnips

2 cups chicken broth

8 oz. fresh white mushrooms

Garnish of fresh parsley

Combine herbs, celery salt, and pepper on one dinner plate. Spoon flour onto a second dinner plate.

Coat each chicken breast with herb mixture then dredge in flour.

Heat oil in a large, heavy pot. Add chicken and cook over medium heat until chicken is browned on both sides, about 3-4 minutes per side. Once browned, remove any extra oil and add all remaining ingredients, except for garnish.

Cover and cook on low heat for about one hour. Sprinkle with fresh parsley before serving. This recipe makes a healthy dinner for four in one pot!

A "Family Features" recipe, appearing in American Press, January 8, 2014, modified slightly.



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Recipe Corner

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Steamed Garden Delights

One bunch small, fresh carrots (about ½ lb.)

One half-pound fresh Brussels sprouts

1 cup chicken broth



Prepare carrots by washing and cleaning with a brush.

Rinse sprouts and set aside.



Pour about 1 cup chicken broth into the bottom of a medium-sized saucepan. Place a metal steamer inside the saucepan.

Then place Brussels sprouts in first. Cover and turn on the heat so that the broth will reach boiling point. Then lower the heat and allow steam to cook the sprouts for about five minutes.

Next add carrots to the steamer and continue cooking until all vegetables are tender, probably about ten minutes. Enjoy with a sprinkle of salt and freshly ground black pepper.

Mary's Easy Roasted Beets

Preheat oven to 350 degrees Fahrenheit. Wash beets thoroughly, peel, and coat lightly with olive oil.

Season with salt and pepper. Place on a tray that has been covered with parchment paper. Oven-roast beets until they are tender when pricked with a fork. (This should take about 40 minutes.) No garnishes necessary!



Pickled Turnips with Natural Beet Coloring

Coloring

2-3 turnips, peeled and sliced

1 beet, peeled and sliced

1 small red pepper, such as cayenne or chili

1 qt. white vinegar

2 Tbs. sugar or Splenda

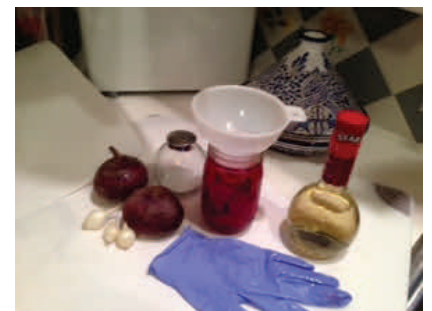
1 tsp. salt

Cover turnips with ice water and refrigerate for several hours.

Stir together vinegar, sugar or Splenda and salt in a small saucepan. Bring to a boil and cook, covered, about three minutes.

Drain turnips and dry with paper towels. Distribute evenly among three pint jars. Add a few sliced beets to each jar, and one pepper per jar.

Pour boiling liquid into each jar, covering the vegetables. Cover with canning lid and ring. The heat from inside the jar will cause the lid to seal. Refrigerate pickles for 2-3 weeks. Enjoy!



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News You Can Use

Mediterranean Diet Improves Health

For 800 US fire-fighters closer adherence to a Mediterranean diet (vegetables, fruits, fish, nuts) resulted in a 35% lower risk of developing the metabolic syndrome (high blood sugar, large waist, high blood pressure, low good cholesterol, high triglycerides). *Online Journal PloS One Feb 4, 2014.*

Smoking Cessation Improves Mental Health

Quitting smoking improved mental health of 4800 US smokers. Those who quit smoking were 3 years later less likely to have mood disorders, alcohol problems or drug problems than they had previously. *Psychological Medicine Feb 11, 2014.*

Obesity May Shorten Life By 4 Years

In a report from the U.S. National Health and Nutrition Examination survey between 1988 and 1994 obesity was associated with a 20% increase of death from all causes. Obesity is a disease and needs to be treated as such. *American Journal of Public Health, . 16, 2014.*