

Food and Fitness



New Year's Resolutions—A New Approach!

Thinking about losing weight?...eating more healthily?...getting fit?...minding your money? Approach your reso-



Thinking about eating more healthily?

lution in a radically different manner!

It's sometimes overwhelming to consider making permanent changes for the good. So try it out as an experiment for a limited time with you as the guinea pig!

Step 1. Try the resolution for 4 weeks. Lay out a

plan. What will you do, how will you do it, what will you need?

Will you need to enlist the aid of a professional?

Will you need to be part of a group or will you do it alone? Make it a plan that you know you can stick to for 4 weeks.

Step 2. Evaluate
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“Make Your Calories Count”

If healthy eating is one of your New Year's Resolutions visit the FDA's new website “Make

Your Calories Count: Use the Nutrition Facts Label for Healthy Weight Management.”



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Web sites of interest:

cfsan.fda.gov/~ear/hwm

arthritis.org

en.wikipedia.org/wiki/Trans_fat

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ate the outcome. If you are pleased with the results, consider whether you were okay with the intensity level and the time you invested. Maybe you want to

invest more time and energy. Maybe you want to invest less time and energy.

If you are not pleased with the outcome, perhaps you will want to make changes in your program. Perhaps you will

want to try a different project!



Do “Miracle Cures” for Arthritis Include Diet?

From chicken cartilage and horse's hoof cream to omega-3 fats, from fasting to a vegetarian diet – arthritis sufferers will turn

to any remedy hawked by today's quacks in order to alleviate the pain of arthritis. If you are one who is desperately searching for

alternative treatments for arthritis, several dietary tips may lessen your symptoms. Types of arthritis include:

Osteoarthritis—degenerative joint disease with loss of protective cartilage around bone.

Rheumatoid arthritis—autoimmune disease with inflammation of joint linings.

Gout—uric acid crystals collect in joints.

Before modern gout medications like colchicine and allopurinol persons suffering from

gout were advised to limit the intake of dietary purines. Purines can elevate the level of uric acid in the

blood. Painful joints from gout are the result of uric acid crystals collecting in joints.

Foods highest in purines are shellfish and organ meats. Avoiding alcohol and increasing fluids may also help. Lose weight if overweight, but avoid fasting and high protein diets, as both could

raise uric acid levels in the blood.

Losing weight, if you are overweight, will relieve the stress on painful joints. It's easy to believe that single foods are associated with arthritis pain. Since the symptoms vary so much from day to day you might feel like it was something you ate that caused more pain or less pain. If you truly believe that a food causes you more pain there is no harm in eliminating it from the diet to see if that helps.

Food Facts and arthritis:

- Weight is the single most important dietary factor in all arthritis management. If you are carrying an extra load on your joints, lightening the load will relieve



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Follow New York's Lead.....

... and ban “trans fat” from your diet! What is it and why all the hubbub?!

Trans fat refers to an unsaturated fat with a specific chemical arrangement. Trans fat occurs naturally in small amounts in beef and dairy products. In the American diet, however, it occurs mainly as a man made product created by

partial hydrogenation of a liquid oil, resulting in margarine or shortening.

Margarine and shortening initially served as a substitute for lard and butter, known to be high in harmful saturated fat content. Part of the attraction was that trans fat could produce flaky pie crusts and biscuits just as lard

does. However, partially hydrogenated fat has been found to be as harmful to health as is the saturated fat of butter and lard. Trans fat raises bad cholesterol and lowers good cholesterol in the blood. Foods which often contain partially hydrogenated fat are coffee creamers, whipped top-

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Diet and Arthritis (continued)

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- some of the pain.
- Control calories—less fat, sugar, and alcohol.
- Include lots of vegetables and fruits. They're high in anti-inflammatory antioxidants.
- Omega-3 fatty acids have a mild anti-inflammatory effect. Eat more oily fish or talk to your doctor about taking omega-3 supplements.
- Take a simple multivitamin for insurance.
- **Fun to Try**—be a guinea pig in your own “scientific study” and try these home-remedy foods! You'll do no harm, and you may get some benefit even if it is just a placebo effect!
- Grapes and raisins—contain coumarin, quercetin, and resveratrol, all anti-inflammatory compounds.
- Gin-soaked golden raisins? Maybe!
- Pineapple—contains bromelain, which may be anti-inflammatory.
- Ginger—may provide relief of pain and swelling. Try it made into tea.
- Turmeric—contains curcumin, similar to ginger.
- Brazil nuts and sunflower seeds—contain S-adenosyl-methionine which may be pain relieving and anti-inflammatory.
- Stinging nettle plant—applied directly to swollen joints. The sting from the nettle may just take your mind off the arthritis joint pain!

Recipe Corner—Game Day Party Brunch

Mountaineer Mimosas



Mix equal parts chilled orange juice and diet ginger ale in a glass. Drop in a fresh strawberry halves. Garnish with a slice of fresh lime.

Thundering Herd Hash

- 2 medium red potatoes, diced, peel on
- 1/2 # light vegetarian breakfast sausage
- 2 slices whole wheat bread, toasted and cubed
- 1 cup egg substitute
- 1/2 cup skim milk
- 1/4 cup diced green onions
- 1/4 cup chopped parsley
- 1/2 tsp. seasoning powder
- 1/2 cup grated fat free cheddar cheese
- 1/2 cup fat free sour cream
- 1 cup salsa, home made or

ready-to-serve

Microwave diced potatoes 5 minutes on high. Place in pie plate sprayed with Pam. Crumble breakfast sausage and arrange over potatoes. Spread bread cubes over potatoes and sausage.

In a separate bowl combine egg substitute, milk, green onions, parsley, and seasoning powder. Mix well. Pour into pie plate over above mixture. Top with grated cheese. Bake 30 minutes at 350 degrees or until egg is cooked. Serve slices garnished with sour cream and salsa. Serves 6.



Nutrition information per serving:

Calories	232
Protein, g	26
Carbohydrate, g	31
Fat, g	1
Sat. fat, g	0
Trans fat, g	0
Cholesterol, mg	6
Sodium, mg	648

Dietary Fiber, g 3

Tiger Paw Pancakes

- 1 cup whole wheat flour
- 2 tsp. baking powder
- 2 Tbs. brown sugar
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1 Tbs. apple butter
- 1/2 cup pureed sweet potato
- 1 cup skim milk
- 2 large egg whites

Mix dry ingredients and set aside. Mix apple butter, milk, and sweet potato. Combine with dry ingredients. In a separate bowl beat egg whites until stiff. Fold into pancake mixture. Cook on Teflon coated griddle sprayed with Pam. Makes 8 pancakes for 4 servings.

Nutrition information per serving:

Calories	171
Protein, g	8
Carbohydrate, g	35
Fat, g	1
Sat. fat, g	0
Trans fat, g	0
Cholesterol, mg	1
Sodium, mg	267
Dietary Fiber, g	4

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Follow New York's Lead..... (continued)

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pings, crackers, and cookies.

Frying can also rearrange fat molecules to create trans fat. Using oil once in your kitchen will not create much trans fat. However,



fast food restaurants use oils over and over, thus creating trans fats.

The safest bet is to avoid trans fats

completely.

How

can you do this?

- Avoid foods fried in oil used more than once.
- Read completely the in-

redient list on food packages. If you see the words "partially hydrogenated" oil of any kind,

Ingredients: Wheat flour, **partially hydrogenated soybean oil**, sugar, salt.

there is trans fat in

the food. Chances are there will be another package of the same type food right next to it without the dreaded hydrogenated fat!