Food and Fitness

Happy New Year!

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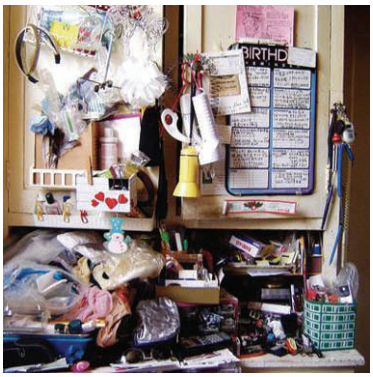
Clean Up, Clean Out, Start Over

Is a feeling of relief washing over you now that the holidays are past? Some of us confess to this because holidays can be stressful with extra shopping, extra activities, extra tasks, extra social engagements, extra work assignments, extra food preparation, and the same 24 hours with no extra time in the day!



January is a time for regrouping and reorganizing— out with the old and in with the new. Try tackling one task per month until you have a handle on it!

Clean Up.

It's hard to clean up before you clean out because there's no extra space to put things away!

Clean out.

Start with old clothes you are saving that are two sizes smaller than you wear

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Starting Over with Your Health

It's never too late! Managing stress, managing weight, managing blood pressure, managing blood sugar – these are a few of the areas we try to tackle all at once come January 1. Pick one behavior and work on it for two months before moving to the next.

Exercise is

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Websites of Interest

- ehow.com
- exerciseismedicine.org
- tonychachere.com

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now – some one can wear them now! Get rid of clothes no one wears any more – give them to Goodwill or the Salvation Army and someone can wear them now!

Confess – have you bought shoes or clothes that were an impulse buy and you have never worn? Some one can wear them now.

Clean out the pantry. Plan

meals around what you already have. If you received food gifts you'll never eat – give them to a food bank

and someone will eat them now!

Clean out all the old magazines and newspapers you were saving thinking you'd have the time to read an article or try a new recipe – recycle them.

Clean out the dish cabinets of those chipped dishes you don't use which are crowding your storage space.

Clean out all the shampoos, conditioners, face cleaners, nail polishes and hand lotions that you don't use. If unopened, give them to a homeless or battered women's shelter.

Still storing your adult children's childhood treasures? Box them up and have a family meeting—remind them that you don't run a storage facility!

Start Over.

Don't bring anything else into the house without getting rid of something first.

Eat the foods you have in your freezer or pantry before buying more. See p. 5 for suggestions.

Starting Over with Your Health (continued from page 1)

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an easy task to start with because we move our bodies every day. We just need to move them more.

Walk around the house more; sit less.

Take short walks—around the sofa, around the house, outside, or in a mall—increasing by one minute every day until you reach 30 minutes. Stick with it.

If you work the stairwell between floors can be your gym. Take an exercise break while others at work take a smoke break!

Lift soup cans repetitively while watching TV.

Make exercise a habit.

Recipe Corner

January is here and there's no better time to try something new. Although soy foods are becoming more mainstream tofu is still foreign to most of us.

Tofu and soy milk are made from the inner

solids of the soy bean, minus the hull. The milk from

the beans is treated with either magnesium chloride or calcium chloride to make it "set up" like a cheese.

The firmer varieties are used for stir fry or grilling while the smoother textured varieties, sometimes called "silken tofu" can be used for salad dressings, dips, puddings or pie fillings.

An excellent source of complete protein, soy products such as tofu can help you to get adequate protein in your diet without the added cholesterol and saturated fat that most animal proteins carry.

Orange Banana Cream Pie

So light and refreshing you can serve it for breakfast, luncheon dessert, or a snack!

Crust:

1 reduced fat graham cracker crust

Bake crust at 350 for 5 minutes, then cool.

Filling:

1/2 cup egg substitute
2 T. light brown sugar
5 packets Splenda sugar substitute
1 teaspoon grated orange zest (peel)
1 teaspoon vanilla
16 oz. Package silken tofu (available at Kroger, Wal-Mart or health food stores)
2 medium ripe bananas
1 10.5 oz. can mandarin oranges, well drained
1/4 teaspoon ginger

Use food processor to blend together egg substitute, brown sugar, Splenda, orange peel and vanilla. Add half of the tofu and 1 banana, then process again. Add rest of tofu, banana, mandarin oranges and ginger, blending together until smooth and creamy.

Pour filling into cooled pie shell and bake at 350º for 45 minutes to 1

hour. Chill before serving. Top with Redi-Whip light whipped topping and fresh or canned orange sections.

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Recipe Corner (continued)

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Friday Night Stir Fry

Simple, straightforward; just like chicken stir fry but with a different ingredient—tofu!

12-16 oz. very firm tofu

Marinade:

½ cup soy sauce
2 T. lemon juice
1 T. lemon zest (peel)
1 T. fresh ginger, grated
2 cloves fresh garlic, minced

Cut tofu into two inch long strips about ¾ inch thick. Pour marinade over tofu pieces and let stand for one hour. Drain tofu, reserving the marinade.

Coating Mixture:

½ cup whole wheat flour
1 teaspoon freshly grated black pepper

Prepare drained tofu pieces for stir fry by dipping in coating mixture.

Heat 1 T. canola oil and brown tofu strips in skillet or wok for two-three minutes. Remove from heat and drain on paper towels.

Vegetables:

2 cups bite sized fresh vegetables—may include carrots, celery, broccoli florets, snow peas, onions, water chestnuts or others of your favorites.

Heat 1 T. canola oil in skillet or wok and stir in vegetables. Pour reserved liquid marinade into skillet. Add 1 T. cornstarch dissolved in 1/4 cup water, stirring to thicken. Add 1/2 cup vegetable broth and continue stirring.

Finally add vegetables and tofu pieces, stirring together to coat all with sauce. When mixture is thoroughly heated serve over brown rice.

Mac 'n' Cheese—the Ultimate Comfort Food

...with a new twist!

12 oz. bag uncooked macaroni noodles
3 T. soft margarine
3 T. flour
2 cups soy milk
1/2 cup or 4 oz. "silken" tofu, processed in food processor until creamy
1/4 cups reduced fat cheddar cheese, grated
Salt and pepper to taste
1 teaspoon Tony's Creole seasoning.

Prepare noodles according to package directions. Drain and set aside.

Melt margarine over low heat. Add flour and blend. Add soy milk and stir until mixture begins to thicken. Add tofu and half the grated cheese; stir until smooth. Season with salt and pepper to taste.

Place noodles in baking dish sprayed with non-stick baking spray and cover with sauce. Top with remaining grated cheese and sprinkle with Tony's seasoning. Bake for 25 minutes at 350º or until casserole bubbles.

Happy New Year!

Nautilus/Heartfit Building
3200 Chesterfield
Charleston, WV 25304

Phone:304-744-6466
Fax: 304-388-9422

wvseniorservices.gov

Food and Fitness

This newsletter is created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the West Virginia Bureau of Senior Services, and is funded in part by The West Virginia Bureau of Senior Services.

Catherine Townsend contributed to Recipe Corner.

Starting Over with Your Diet—It's Easy and Cheap!

You don't have to buy any diet books or diet foods! Look in the pantry, the freezer, and the fridge. Keep it simple. It's about the portions—just make them smaller than before!

First eat the most perishable leftovers in the fridge. **Repackage** the "Christmas goodies" and take them in to work or to a neighbor. Let your fiends relieve you of the calories!

Cook rice or pasta you have on the pantry shelf and combine with frozen or canned vegetables you already have. It's okay to add a little of the meat or chicken from the freezer with this to add protein, or you can use your canned beans. Spice it up—you already have the spices!

Make muffins out of your stale breakfast cereals by replacing the flour in the muffin recipe with cereal.