

Food and Fitness

March Is National Nutrition Month®— Improve Your Nutrition from the Ground Up

Web sites of interest:

eatright.org

wasted-food.com

livingwordsof-wisdom.com



Focus on Fruits and Vegetables—make them colorful and varied. Increase by one serving per day until you reach 3 fruit servings and 3 cups of vegetables every day.

Buy locally from Farmers' Markets or plant your own garden. It can't get any more nutritious or better for your community.

Make Calories Count. Why waste your calories on breakfast tarts that contain about as much nutrition as Styrofoam? Invest



your calories in whole grain cereals and breads. Think about how
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“Rebuild your diet from the ground up for a good foundation” is the advice of the American Dietetic Association.

Recycling Food

“We waste enough food every day to fill the Rose Bowl”, says Jonathan

Bloom M.A. who recently spoke at the American Dietetic Association's Food and

Nutrition Conference and Expo. Some tips for decreasing food
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Yoga—Not Just for Pretzels

Yoga has been practiced for more than 5,000 years. In recent years yoga has become more popular in western cultures like the United States because of its health benefits.

These benefits are not limited to increases in flexibility and muscle tone. Yoga has also been shown to reduce stress and increase the ability to concentrate.

The postures, or poses, included in yoga practice are designed to increase and maintain flexibility in joints. This, in turn, helps to prevent or reduce arthritis pain.

Yoga poses also help to increase muscle

tone and strength which improves posture and balance. This is important in prevention of falls which can result in injury.

Good muscle tone and strength are also necessary to perform activities of daily living like bathing, dressing, cleaning your home, carrying groceries, and playing with your grandchildren.

In addition to yoga poses, breathing, meditation and relaxation are components of yoga practice. This helps to improve concentration and to reduce stress, anxiety, and tension. Improved concentration helps memory.

Stress man-

agement may result in improvements in blood pressure. Healthy blood pressure helps to reduce the risk of heart disease and stroke.

To reap the benefits of yoga it is not necessary to twist your body into a pretzel or stand on your head. Aging or physical limitations may prevent some individuals from participating in traditional yoga.

Chair Yoga

Chair Yoga has become a popular form of yoga for many people. Chair yoga is a gentle form of yoga that is practiced sitting in a chair or standing, using the chair for sup-

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Yoga—Not Just for Pretzels

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port.

An example of a yoga pose you can do in a chair is the forward bend. The forward bend helps to relax the upper back and neck.

To perform the forward bend, sit up straight in your chair with both feet flat on the floor. Inhale.

Exhale as you bend forward over your knees and let your head and arms relax. Stay in the forward bend position for a few seconds. Inhale

as you return to an upright seated position.

Chair yoga instructors can



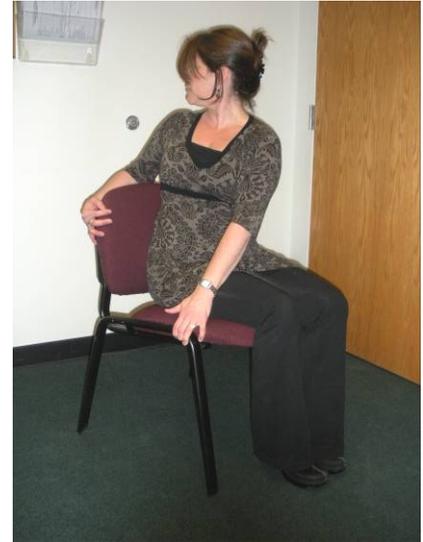
help participants to learn breathing, relaxation, and meditation techniques and yoga

poses with the aid of a chair. Call local community exercise programs to see if chair

yoga classes are available in your area. You may

also check the internet for websites with more information about chair yoga.

One site with pictures and instructions for simple chair yoga poses is found at: livingwordsofwisdom.com. Click on "free printable yoga exercises" and then choose "Chair Yoga" for six easy, relaxing yoga poses to stretch your body and make you more limber.



Seated Spinal Twist Pose



Seated Cobra Pose



Forward Bend Pose

Recycling Food

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waste:

Plan what you will eat during the coming week.

Buy only enough fresh produce for that one week.

Store produce in clear storage containers in the front of the refrigerator

Make vegetable

soup every week with the produce you think is not pretty enough to serve alone—this includes lettuce and celery leaves.

Use bruised fruit in a smoothie or as an ingredient in a bread.

Serve small portions onto your

plate. You can always serve seconds if needed.

These tips can help you to save money, reduce calorie intake, decrease clutter in the fridge and help the environment by reducing food garbage!



Fighting food waste is not a new concept.

March Is National Nutrition Month

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much time it takes to burn the calories you eat and make them count toward your health.

Expand Your Horizons.

Browse the produce section for something you've never eaten. You can easily find a recipe for it on the internet!

Trick your sweet

tooth into thinking you've been to the drive through. Mix vanilla soy milk

tips visit www.eatright.org and click onto "for the public".



with frozen strawberries and Splenda for a creamy satisfying guilt-free dessert shake! For more



New Ways with an Old Favorite: Cinnamon

Cinnamon is one of the oldest known spices. It comes from a small tree that grows in India, Sri Lanka, Indonesia, Brazil, Vietnam, and Egypt.

To prepare cinnamon, the bark of the tree is dried and rolled into sticks, also called quills. The bark can also be dried and ground into powder, the form most familiar to us. Whether used in stick form or as a powder, cinnamon is thought to have health benefits.

In traditional Chinese medicine, Cassia cinnamon is used for colds, flatu-

lence, nausea, diarrhea, and painful menstrual periods. It is also believed to improve energy, vitality, and circulation and to be particularly useful for people who tend to feel hot in their upper body but have cold feet.

Recent studies have found that cinnamon may have a beneficial effect on blood sugar. One of the first human studies was published in 2003 in *Diabetes Care*.

Sixty people with Type 2 diabetes took 1, 3, or 6 grams of cinnamon in pill form daily, an

amount roughly equivalent to one quarter of a teaspoon to 1 teaspoon of cinnamon. After 40 days, all 3 doses of cinnamon reduced fasting blood glucose by 18 to 29%, triglycerides by 23 to 30%, LDL cholesterol by 7 to 27%, and total cholesterol by 12 to 26%.

Cinnamon Tips: **Add** cinnamon to your oatmeal or other hot cereal. **Make** a quick snack of cinnamon toast.

Core and cut up an apple, sprinkle with cinnamon, sugar and raisins; microwave for a healthy dessert.



Cinnamon Tree



Cinnamon Bark Quills



**Natural and artificial flavors.



Recipe Corner

Austrian Pickled Red Onions

A version of this recipe appeared in January 2010 Bon Appetit magazine. These



are a great addition to sandwiches and a "must" for your next spinach salad.

1 large red onion, thinly sliced
 ½ cup white wine
 1/3 cup sugar
 ½ teaspoon salt
 1.5 teaspoons black peppercorns
 ½ stick cinnamon

Place the wine, sugar, salt, cinnamon stick and peppercorns together into a small saucepan.

Bring to a boil over medium heat and turn off. Pour mixture over sliced onions; chill overnight. Drain before serving.

Super Spinach Salad

1 small bunch or bag of baby spinach leaves
 1 10.5 oz. can mandarin oranges
 3 Tablespoons reduced fat feta cheese, crumbled
 1/3 cup Craisins
 ½ cup Austrian pickled red onions

Assemble ingredients in a salad bowl and top with pickled onions. Serve with vinaigrette or poppy seed dressing.

Cinnamon Rolls with Craisins

For dough:
 1 package active

dry yeast
 ¼ cup warm water
 1 cup soy milk
 ¼ cup soft margarine
 3 Tablespoons sugar
 1 teaspoon salt
 1/4 cup egg substitute, beaten
 1 cup whole wheat flour
 2-2½ cups all-purpose flour

Sprinkle yeast over warm water and set aside. In a saucepan heat soy milk to just below boiling point then pour into mixing bowl.

Add margarine, sugar and salt; cool to lukewarm. Stir in dissolved yeast and egg substitute.

Add two cups of the flour and beat well.

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Super Spinach Salad with Austrian Pickled Red Onions



Recipe Corner (continued)

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Gradually stir in enough of the remaining flour to make a soft dough. On floured surface, such as a cutting board, knead dough until smooth, about five minutes.

Place in a bowl sprayed with cooking spray. Cover and set in a warm place. Allow to rise until doubled in bulk. Punch down dough and allow to rest five minutes before handling.

Divide dough into two pieces. Repeat the following steps for each piece of dough.

On a floured surface roll the dough out to make a rectangle, approxi-

mately 8 x 16 inches.

Filling for both pieces dough—divide evenly to cover both pieces:

1/2 cup soft margarine
1/2 cup sugar
1.5 teaspoons cinnamon
2 teaspoons orange zest (peel)
1/2 cup Craisins, divided

Melt margarine and spread over dough evenly. Mix sugar and cinnamon together; sprinkle over dough. Top with craisins and orange zest.

Roll up each piece of the dough lengthwise with filling inside. Cut in 1.5 inch slices and transfer to round glass baking dish or

muffin cups which have been sprayed with cooking spray to prevent sticking.

Cover again and let rise about thirty to forty minutes. Preheat oven to 400 degrees. Bake rolls 20-25 minutes. Remove and cool on baking rack. Makes about two dozen small or 18 large rolls.

A version of this recipe originally appeared in *Modern Approach to Everyday Cooking*, published by the American Dairy Association, 1966.

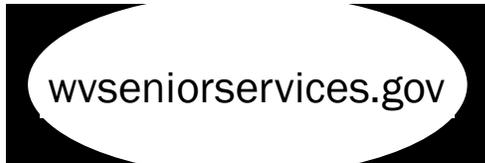


Happy St. Patrick's Day!

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**Food and
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The Light at the End of the Tunnel (Daylight!)

Spring is coming and with it comes Daylight Savings Time on March 14. We'll move our clocks forward and get an extra hour of daylight. Hooray!

What will you do with your "extra time"?

Some tips:

- Relax on the front porch

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.

Contributors: Catherine Townsend and Betsy Greer

waving to neighbors you haven't seen since autumn.

- Start clearing the yard of dead flowers and shrubs.
- Work the beds to get them ready for planting.
- Remove "throw away" or "recycle"

items from the garage for a half hour every day—then re-organize for a half hour daily.

- Clean the outdoor furniture one piece per day.
- Wash down the porches, too.
- Wait for the Easter Bunny!