



Food and Fitness

Spring Clean Your Eating Style!

Are you ready for spring? Clearing away the dried brush, getting the soil ready for planting, and looking forward to the new growth are an exciting progression of steps toward spring.

How can this be applied to our eating style? Let heavy, greasy, wintry foods make way for lighter, crispier, crunchy salads.

- Fresh vegetables to add to salads can include green lettuces, spring onions or shallots, zucchini and yellow

squash, tomato, green beans, chives, watercress, and quartered, steamed new potatoes.

- Marinate vegetables for added flavor.
- Add chopped raw apple or pear, sliced grapes, dried cranberries, or mandarin orange sections to salads.
- To add protein to salads use garbanzo beans, walnuts, almonds, small pieces of skinless grilled chicken, grilled

shrimp or scallops.

- Lighten up on salad dressings. Make your own with low fat sour cream or less olive oil and more vinegar. Try adding herbs, such as, rosemary, tarragon, parsley, garlic, or basil to im-



prove the flavor of your own concoction.

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Web sites of interest:

- www.wvagriculture.org
- www.foodandhealth.com
- www.aarp.org/grandparents/
- www.obesityresearch.org
- www.nal.usda.gov/fnic/foodcomp

Grandparents Are Special People



It is the unique role of grandparents to “spoil” the grandchildren! It’s all about creating special memories of special times.

One way to the child’s heart is through special foods. One of the highlights of my grandmother’s visits was always the “circus peanuts” candy we knew would be in her suitcase every time she came.

But now we have a problem. Scientists tell us that one third of the children in North and South America are overweight, and half

will be overweight by 2010. It is expected that this generation of children will have more health problems and a lower life expectancy than their parents.

While TV marketing, fast food restaurants, sedentary lifestyle and sweetened sodas have all been blamed for the problem, change can start at home. What better place to learn healthy habits than from grandparents who serve as role models. Tips for moving overweight grandchildren to healthier grandchildren:

- Start with family meals, prepared with the child’s help and consumed together. Research says this leads to healthier, more well-adjusted kids.
- Keep the focus off weight control, dieting,

or calorie counting. Focus on fun, togetherness, activity, and health.

Snacks:

- Celery sticks spread with peanut butter
- Whole grain cereal, berries, and skim milk
- Frozen grapes or strawberries
- Banana muffins that they helped to make. See **Recipe Corner** p. 4.
- Dilute 100% fruit juice with water or club soda

Activities:

- Walking in the mall with Grandma
- Planting flowers
- Walking the dog
- Weeding the flower beds
- Bike riding

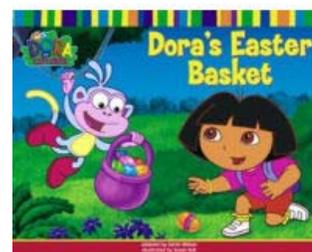
The Ultimate Easter Basket

Let the bunny bring half candy and half other treats. Think of what would excite your grandchild.

Ideas:

- A board game
- Mini boxes of raisins

- Nail Polish
- Movie Tickets
- A book
- A diary
- Stickers



- Seeds for flowers or garden vegetables they can plant with you.

Obesity—Who’s Responsible?

Not I, say the food companies who mass produce countless tasty morsels. **Not I,** say the soda pop manufacturers, who load drinks with sugar and high fructose corn syrup. **Not I,** say the advertisers who educate us about the pleasures of double-decker cheeseburgers and chocolate covered anything. **Not I,** say the consumers who sometimes prefer to sue McDonald’s rather than accept the responsibility of personal choice.



James Tillotson, a business and food policy professor at Tuft’s Friedman School of Nutrition reinforces the idea that the issue of obesity is complex. He maintains that all of the above groups make a contribution to the problem.

Dr. David Katz, an obesity expert at Yale blames food companies who “aggressively peddle food to people who don’t need it”. Others label the tar-

geting of advertising of junk foods to children as criminal.

Robert Earl of the Food Products Association prefers to blame the consumer for making bad food choices and remaining sedentary. Consumers’ attitudes vary from those

who sue McDonald’s for having tasty fries to those who accept personal responsibility for the lifestyle choices they make.

Perhaps we can solve this problem in a few easy steps!

- **Step 1.** Education—we have to learn what a healthy diet includes. Research continues to tell us that our veggies, fruits, and whole grains are essential.
- **Step 2.** We have to have a plan. Research tells us that we are more likely to be successful if we plan what to eat, buy it, and take it with us!
- **Step 3.** New research

tells us that if we weigh ourselves regularly we are more likely to make progress and avoid lapses in the weight loss game.

- **Step 4.** In addition to a meal plan, plan healthy snacks to replace visits to the vending machine.
- **Step 5.** No diet plan is worthwhile without an increase in activity to burn the extra stored calories.



- **Step 6.** Have a plan for exercise. Think about what you will enjoy and, therefore, be more likely to follow through with on a regular basis. Do it with a friend.

Recipe Corner

Banana Muffins

1 1/2 cups white whole wheat flour
 1 1/2 tsp baking powder
 1/4 tsp baking soda
 1/4 cup egg whites
 1 cup mashed bananas
 1/2 cup sugar
 1/4 cup Splenda
 3 tablespoons canola oil
 2/3 cup skim milk
 1 lemon, grated peel

Preheat oven to 400 degrees. Spray muffin tins with non-stick cooking spray.

In large bowl, stir together flour, baking powder and baking soda.

In a medium bowl, beat egg whites slightly and stir in bananas, sugar, Splenda, oil and lemon peel. Add to flour mixture stirring just until combined. Fill muffin cups 2/3 full.

Bake for about 18 minutes, or until tops are lightly browned. Allow to cool for 5 minutes and then turn out of pans. Serve warm or refrigerate/freeze for later use. Serves 12

Nutrition information per muffin:

Calories 130

Fat, g 4
 Saturated fat, g 0
 Trans fat, g 0
 Protein, g 3
 Cholesterol, mg 0
 Carbohydrate, g 23
 Sodium, mg 87
 Dietary fiber, g 2

Recipe from
www.foodandhealth.com



Easy Greek Salad

6 leaves Romaine lettuce, torn in to 1.5" pieces

1 medium cucumber, peeled and sliced

1 medium tomato

1/2 cup sliced red onion

1/3 cup crumbled feta cheese

2 Tbs. extra virgin olive oil

2 Tbs. lemon juice

1 tsp. dried oregano

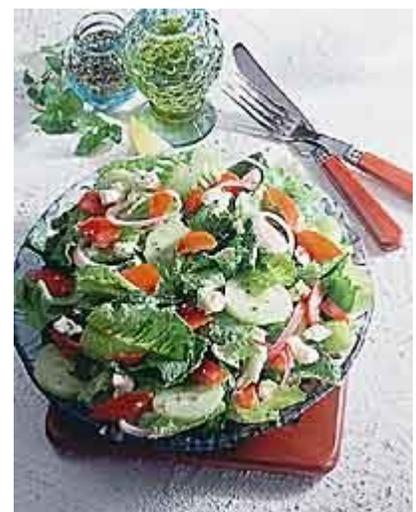
Combine lettuce, cucumber,

tomato, onion, and feta cheese in a large bowl. In a smaller bowl whisk together the oil, vinegar, and oregano. Serve immediately. Serves 6.

Nutrition information per serving:

Calories 71
 Fat, g 6
 Saturated fat, g 1
 Trans fat, g 0
 Protein, g 1
 Cholesterol, mg 4
 Carbohydrate, g 5
 Sodium, mg 52
 Dietary fiber, g 1

Recipe from
www.diabeticcooking.com



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Food and Fitness

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

Added Sugar and Diabetes

If you have diabetes you may have been told to limit your sugar intake. Naturally you might begin by reading the Nutrition Facts label on packages for grams of sugar contained in a serving of the food.

However, looking at the “Total Carbohydrate” section of the Nutrition Facts label is more relevant to persons with diabetes.



To limit added sugars, a more important step would be to check the ingredient list, headed by the word **INGREDIENTS**. Be wary of foods with added sugar. These include foods with other types of sugar such as honey, molasses, fructose, or high fructose corn syrup. Sugar alcohols such as mannitol and sorbitol can also raise blood sugar levels.

The US government has just published a data base of added sugars in common foods, accessible online. Visit the web site

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

www.nal.usda.gov/fnic/foodcomp/ to access this database.