

Food and Fitness



Happy Easter!

What's in Your Easter Basket?

Thinking of sticky jelly beans and marshmallow eggs? Try filling your Easter basket instead with a rainbow of plant color! The more color and the wider the variety, the greater the benefit.

A recent study reported in the *Journal of Nutrition* and supported by the

American Institute for Cancer Research tested the benefits of consuming a wide variety versus a limited variety of fruits and vegetables. The ability to protect DNA and blood lipids (fats) from oxidation was



the outcome measured. Oxidation is a harmful process that occurs in cells in the human body. Two groups of 53 women each consumed similar diets for 2 weeks with the exception of variety in fruits and vegetables. Group

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Olive Oil—Liquid Gold?

Olive oil's popularity originated from the Seven Countries Study in the early 1970's.

This study looked at the diet of people in the USA, Finland, the Netherlands, Greece, Italy, Yugo-

slavia, and Japan relative to the rate of heart disease in middle aged

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Web sites of interest:

- aicr.org
- oldwayspt.org
- foodandhealth.com
- iom.edu

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Water—How Much Do You Need?

You've heard that you need eight 8-oz. glasses per day of clear, pure water, but is that the truth? Not necessarily. Water as a component of all beverages can satisfy fluid needs. Fruits and vegetables can contribute a significant amount of fluid. Think watermelon and juicy summer peaches!

How much fluid is enough? Fluid needs vary from individual to individual. Those most at risk of dehydration are infants, the elderly and people who live and work in hot environments.

The Institute of Medicine reports that thirst is usually a good indicator of fluid

need in the healthy elderly. However, thirst impairment, age related institutionalization, reduced mobility, and confusion can result in too little fluid intake.

Urine

color is a good indicator of hydration in healthy individuals. A pale, straw-colored urine indicates adequate hydration. A dark yellow urine can be an indicator of too little fluid intake. However, some medications may contribute to darkening the color of urine.



How can you ensure you are getting enough fluid in your diet? Here are some tips:

- Have a glass of juice or milk with meals
- Include fruit and salad with each meal
- Enjoy soups
- Have a glass of water between meals

What's in Your Easter Basket? (continued)

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one consumed plants from 5 families, known to have potent antioxidant ability, while group two consumed plants from 18 families of fruits and

vegetables. Both groups consumed 8-10 servings of plants daily for 2 weeks. Both groups exhibited protection from oxidation of lipids. However, group two, consuming the wider variety of

plants, also had protection from oxidation of DNA. Try eating smaller amounts of a wider variety of fruits and vegetables.

For help to increase variety visit www.aicr.org.

Suppers We Like!

Does your family have favorite meals that bring smiles to their faces? Routine meals can certainly make life easier.

Adding a little variety can also make things more fun and add to good nutrition!

- Tacos—add fat free refried beans to the taco shell before the rest of the ingredients.

- Spaghetti—mix half whole wheat pasta with the family favorite. Dice



zucchini and yellow squash and add to the

sauce.

- Hamburgers—cut the beef in half with soy crumbles. Chop parsley and green onions into the beef-soy mixture for flavor and added nutrition.
 - Frozen lasagna—sneak in the veggie lasagna in place of the lasagna with meat. Open a jar of your favorite spaghetti sauce for extra flavor, more Vitamin A, Vitamin C, and lycopene.

Olive Oil—Liquid Gold? (continued)

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men. The lowest rate (3%) was found on the Greek isle of Crete. The highest rates were in the USA and Finland (more than 90%).

Residents of Crete consumed 40% of their calories as fat, considered to be very high in fat by today's standards. However the fat came largely from olives and olive oil. Foods available to them

in the area were consumed—whole grains, vegetables, fruits, nuts, and fish. In other words, there weren't a lot of hamburgers, funnel cakes, or Twinkies!

Olive oil is low in saturated fat (15%) and has a high content of neutral monounsaturated fat. Calorie content is the same as for all other oils—135 calories per Tbs.

Not to be overlooked

as possible reasons for low heart disease incidence in this study was the lifestyle of the people—hard work, daily intake of small amounts of wine, strong family ties, and a relaxed lifestyle.

Consider using olive oil as a basis for salad dressings and stir frying vegetables. Use olives in salads and for relishes, spreads and in coatings for fish or chicken.

Recipe Corner



Greek Salad for One

Keep ingredients readily available in snap lock baggies in the refrigerator for quick, easy salad making.

- 1 cup leaf lettuce bites
- 5 cherry tomatoes
- 2 slices purple onion
- 1/4 cup sliced mushrooms
- 1/4 cup sliced canned beets
- 2 bell pepper rings
- 5 Kalamata olives
- 2 Tbs. crumbled feta cheese
- 2 Tbs. Greek Salad Dressing

Mix all ingredients and add dressing when ready to serve. See recipe below.

Nutrition information per serving:

Calories 343

Protein, g	6
Carbohydrate, g	17
Dietary fiber, g	4
Fat, g	30
Saturated fat, g	6
Trans fat, g	0
Cholesterol, mg	17
Sodium, mg	627

Greek Salad Dressing

- Juice of 2 fresh lemons—about 1/4 cup juice
- 3/4 cup extra virgin olive oil
- 1 clove fresh garlic

Blend ingredients with wire whisk or shake. Makes 8 servings of 2 Tbs. each. Nutrition information per serving:

Calories	183
Protein, g	0
Carbohydrate, g	1
Dietary fiber, g	0
Fat, g	21
Saturated fat, g	3
Trans fat, g	0
Cholesterol, mg	0
Sodium, mg	0

Gourmet Burgers

- 1/2# lean ground beef (4% fat)
- 1/2# soy crumbles
- 1/4 cup chopped green onions
- 1/4 cup chopped parsley
- 1 clove garlic, minced
- 2 Tbs. lite soy sauce
- 2 Tbs. cat-sup

Mix all ingredients and grill.

Makes 4 burgers.

Nutrition information per 4 oz. burger:

Calories	149
Protein, g	23
Carbohydrate, g	8
Dietary fiber, g	4
Fat, g	4
Saturated fat, g	1
Trans fat, g	0
Cholesterol, mg	19
Sodium, mg	678



Happy Easter!

Heartfit Building
3200 Chesterfield
Charleston, WV 25304
Phone: 304-744-6466
Fax: 304-388-9422



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by Susan M. Poindexter,
MS, RD, LD, Nutrition Con-
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Entertain the Grandchildren Without TV!

National TV Turn-off Week is April 23-29, 2007. Are you keeping the grandkids? Make it a game for them. How many activities can you think of and do together that don't involve TV.

- Go to the library and check out books
- Read aloud to each other
- Write a poem for someone who can't get out and take it to them
- Plant flowers—spring is here and Earth Day is April 22!
- Go to a Farmer's Market
- Make a salad
- Clean out a closet or the attic and let them look for treasures
- Play a board game
- Write a letter to a soldier
- Wash the car
- Work a crossword puzzle together
- Go fishing!

