April 2008

Food and Fitness

Volume 74

Revised Food Guide Pyramid for Older Adults

As adults reach the age of 70 and beyond, food and nutrition needs become more specialized. More nutrients and adequate fluid, supplied in fewer calories are needed, according to Alice H. Lichtenstein, of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University.

Emphasis is placed on eating whole grains, colorful vegetables and fruits, lean or plant proteins, low fat or skim dairy products, and adequate fluid from any source. Supplements may be needed to supply recommended amounts of calcium and Vitamins D and B12. For a look at the newly revised pyramid for older adults see page 3 or print your own pyramid from *nutrition.tufts.edu.*

What's In a Label??

Have you ever wondered about a fat free margarine claiming to be fat free, reporting zero fat on the Nutrition Facts label, yet having fat listed as the first item listed in the ingredients? The key to the seemingly deceptive claim is the serving size.

If an infinitesimally small serving size contains less than half a gram of fat, the manufacturer is allowed to call it fat free. Hmmm.

Inside this issue:

Plastic and your food—Is it safe?	2
Modified Pyramid for Older Adults	3
Recipe Corner	4
Vegan Diet and Arthritis	5

Web sites of interest:

- nutrition.tufts.edu
- thegreenguide.com
- about.com/environmentalissues
- nuthealth.org

Plastic and Your Food—Is It Safe?

Concern by environmentalists is growing regarding chemical compounds which may leach from plastics into the food supply and the environment. If you have ever recycled plastic containers you have seen the little triangle on the bottom with the number inside. This number refers to the type plastic from which the container is made. Some plastics are safer than others.

Safer Plastics

#1 Polyethylene terephthalate (PET or PETE)

Used for bottled water, juices, peanut butter, salad dressings. Recycle after single use.

#2 High density polyethylene (HDPE). Used for milk,

water, juice, yogurt, margarine containers. Recycle or wash in hot soapy water and allow to dry thoroughly if reusing a few times.

#4 Low density polyethylene (LDPE) Safe, but not as widely used as #1, #2. Used for vegetable packing, some bread and frozen food bags and squeeze bottles.

#5 Polypropylene (PP) Yogurt and margarine containers, food storage containers.

Unsafe or Less Safe Plastics

Bisphenol A, Polyvinyl chloride, phthalate "plasticizers" or softeners (make plastic wrap stretchable).

#3. Polyvinyl chloride (V or PVC) Cling wrap for meats, cheeses and other foods sold in the grocery store or deli.

#6 Polystyrene (PS) Used in drinking cups or carryout containers. Materials

used in production are known (benzene) and suspected (butadiene and styrene) carcinogens.

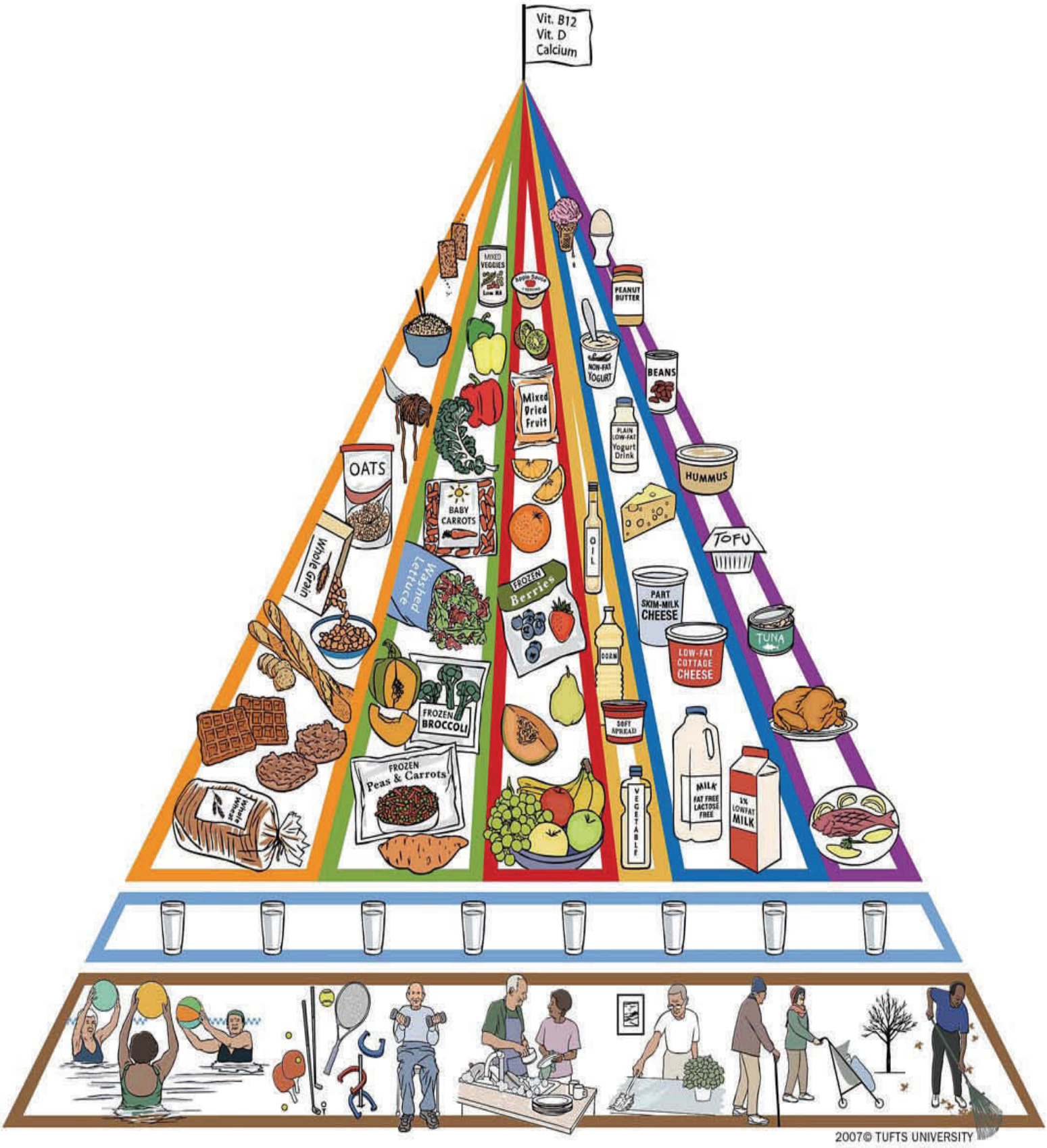
#7 Polycarbonate. Made with bisphenol A, a hormone disruptor. Found in some baby bottles, microwave ovenware, eating utensils, and plastic coating for metal cans.

General suggestions for safer use of plastics:

- Use glass, ceramic, or stoneware for storage and heating of food. Don't heat food in the microwave in plastic containers.
- Cover food with a paper towel for heating in the microwave. Don't use plastic film to cover and heat.

Information for this article obtained from: *thegreenguide.com* and *about.com/environmental issues.*

Modified MyPyramid for Older Adults



Recipe Corner

Persian Rice and Pistachio Salad

A vegan, gluten-free recipe adapted from Moosewood Restaurant Daily Specials

1 cup raw, brown basmati rice

1 Tbs. canola oil

1/2 tsp ground cinnamon

Pinch of black pepper

1/2 tsp. salt

1 tsp. freshly grated orange peel

2 cups water

1/2 cup chopped dates, raisins, or dried apricots

1 cup coarsely chopped pistachios or walnuts, toasted*

1/2 cup minced celery

Juice of one fresh orange

1 Tbs. lemon juice

*To toast nuts spread single layer on a cookie sheet and place in a 350 degree oven for 10 minutes.

Rinse rice in a sieve and drain. In a saucepan over medium heat warm the oil and sauté the rice for 3 minutes. Add the spices and orange peel and continue to stir for one minute.

Add the water, cover, and cook over low heat for 45 minutes. Allow to stand covered 10 minutes more.

In a mixing bowl combine the hot rice and dried fruit. Allow to cool 20 minutes.

Add the nuts, celery, and juices. Chill and serve cold. Serves 6.

Nutrition information per serving: Calories 306, protein 8 g, carbohydrate 42 g, dietary fiber 5 g, total fat 13 g, saturated fat 2 g, trans fat 0 g, cholesterol 0 mg, sodium 208 mg.

Soup for Spring

Adapted from blog.fatfreevegan.com. A nice complement to the above rice recipe.

1 large onion

2 stalks celery, chopped

2 carrots, sliced

6 cups vegetable broth**

2# baby spinach

2 15-oz. cans unsalted white beans

1/2 tsp. thyme

1/2 tsp. oregano

1/8 tsp. chili powder

1/4 tsp. red pepper flakes

Bring onion, celery, and carrots to a boil in broth and simmer until vegetables are tender. Add spinach, white beans, and seasonings. More broth could be added. Simmer for 20 minutes more. Serves 6.

Nutrition information per serving:

Calories 215, protein 13 g, carbohydrate 52 g, dietary fiber 17 g, total fat 1 g, saturated fat 0 g, trans fat 0 g, cholesterol 0 mg, sodium 744 mg.

**To reduce sodium content of soup water could be substituted for vegetable broth.

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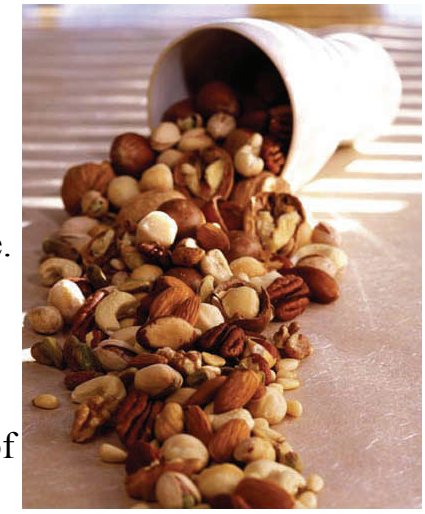
Vegan Diet and Arthritis

People who suffer from arthritis are always searching for relief. Swedish researchers recently reported in the journal Arthritis Research and Therapy that 30 study subjects who ate a vegan, gluten-free diet for three months had fewer swollen joints and a lower level of an inflammatory marker, C-reactive protein, in the blood stream than 28 study subjects who ate a normal diet.

The vegan diet subjects also benefited from weight loss, lowering of LDL or bad cholesterol, and higher levels of immune system factors that may inhibit the inflammatory response.



A vegan diet is devoid of animal products, relying on nuts, beans, peas, and lentils as major protein sources. A gluten-free diet would eliminate the grains wheat, oats, barley, and rye, relying on corn and rice as grain sources of breads, cereals, and pastas.

Lead researcher J. Frostegard pointed out the limitations of such a small study. He indicated that more research was needed in this area, but that big money from drug companies is not available for this type research.