

# Food and Fitness

## Websites of interest:

- [webmd.com](http://webmd.com)
- [penzeys.com](http://penzeys.com)
- [soyfoods.org](http://soyfoods.org)
- [arthritis.org](http://arthritis.org)

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## MUFA's and Other Dietary Fats

So you've tried the Flat Belly Diet with MUFA's? Simply put, it's a 1600 calorie diet with monounsaturated fatty acids (MUFA's) as a major component. The foods providing MUFA's on the Flat Belly Diet are extra virgin olive oil, nuts, nut butters, and avocado.

Granted, most of us would probably lose weight if we limited our calories to 1600 per day. But is there really a benefit to the MUFA's with regard to belly



fat loss?

A small study (only 9 women) headed by David Katz, M.D., director of the Yale University Prevention Research Center investigated whether this diet does what it claims to do, that is, decrease internal belly fat. The study subjects showed significant loss of visceral abdominal fat as measured

by MRI scans. They also showed improvements in LDL cholesterol, insulin levels and measures of inflammation.

On the other hand the average American diet with 11-15% of calories from saturated fat, the fat associated with heart disease and cancer, has promoted rather than reduced obesity.

## Turmeric: the Brain Spice!

Turmeric may indeed be the ultimate health spice. Research from UCLA, published in the December 2004 *Journal of Biological Chemistry*, reports that the anti-oxidant properties in turmeric can help prevent Alzheimer's Disease, colon and other cancers, and can be useful in the treatment of rheumatoid arthritis.

**Curcumin**, the key ingredient in turmeric, has also been shown to have a potent anti-inflammatory effect. Researchers find that curcumin can effectively fight oxidation, the process contributing to a variety of human diseases.

The brain is especially vulnerable to decline

brought on by oxidation because it has particularly weak antioxidant defenses. In the brain, oxidation trips up communication between brain cells, impairing general mental functions such as memory. Further research in the April 2006 *Journal of Agricultural and Food Chemistry* investigates turmeric's potential as an anti-aging spice.

The good news is that you don't have to buy expensive pills to get it! Turmeric already has top billing as a staple in the cuisine of India and some Chinese cultures. About a tablespoon of curry a day, or 200 mg of curcumin, is enough to provide protection, says Dr. Sally

Frautschym, associate professor of medicine at UCLA.

Start at home by adding small amounts of curry powder to foods you already know and like. Sprinkle on chicken breasts, scramble with eggs, or sauté with vegetables. Soon your taste buds and your brain will be ready to enjoy Indian specialties with curry!



Chow chow is a spicy relish featuring turmeric.

*Article contributed by Catherine Townsend.*



# April Is Soy Foods Month

If you're trying to have more of a plant-based diet and are looking for a healthy alternative to animal protein, consider soy foods. The soy bean is used in a vast variety of ways to provide interest to the diet of those wishing to cut back on animal protein.

**Edamame**—green soybeans—



can be used in a dip as a high protein substitute for avocado or sprinkled on top of salads.

**Soy Milk**—a



thick creamy milk without any saturated fat—the vanilla is great as a beverage. The unflavored is great for cereals or for cream soups and sauces. It's also great for those with lactose

intolerance.

**Soy Yogurt**—a creamy lactose free treat



for yogurt lovers.

**Ground Beef Alternative**—

terrific for tacos, spaghetti sauce, chili or meat loaf.

**Veggie burgers**—make a great quick sandwich with a whole wheat bun, lettuce, tomato, onion, spicy mustard, and low fat mayonnaise.

For more information on soy foods see [www.soyfoods.org](http://www.soyfoods.org)



## Exercise and Arthritis: Use It or Lose It!

Arthritis can cost you your lifestyle and independence as you get older. The good news is that exercise can help relieve pain and keep you active

and independent. Types of exercise that are good for arthritis include stretching, strengthening, and aerobic exercise. Before beginning your exercise pro-

gram talk with your doctor about what type is best for you.

You can begin your aerobic exercise program with an easy lap

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## Recipe Corner

### Tandoori Chicken



2-1/2 lbs. chicken pieces  
 1 Tablespoon lime juice  
 Salt to taste  
 1 small onion  
 1 T. cumin seeds  
 1 T. coriander seeds  
 1 T. red (cayenne) pepper  
 1 T. turmeric  
 1 (1 inch) piece fresh ginger root, grated  
 1 1/4 cups plain yogurt  
 Fresh cilantro and lime wedges to garnish

Rinse chicken pieces, pat dry. Slash

meaty parts two or three times to allow seasoning to penetrate. Place

chicken in a shallow non-metal dish. Sprinkle with lime juice and salt. Set aside.

Put all other ingredients into a blender or food processor; process until smooth and frothy. Pour over chicken, cover loosely and marinate in refrigerator 6 hours or overnight.

Preheat oven to 400° F. Drain excess marinade and place chicken pieces in roasting pan. Cook 25-30 minutes, until ten-

der and well-browned. Serve hot with cilantro and lime wedges.

### Cheesy Stuffed Tomatoes

6 small to medium-sized tomatoes

2 T. vegetable oil  
 1 small onion, finely chopped  
 1 garlic clove, crushed  
 1 inch piece fresh gingerroot, grated  
 1 teaspoon ground cumin  
 1/2 teaspoon ground turmeric  
 1/2 teaspoon red (cayenne) pepper  
 2 teaspoons ground coriander or coriander flakes  
 Salt to taste  
 3/4 cup fresh farmers cheese or Ricotta  
 1/4 cup White Cheddar cheese,

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Indian Tandoori Oven



Cheesy Stuffed Tomatoes

## Recipe Corner (continued from p. 4)

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grated  
1 T. chopped fresh cilantro

Cut a slice from the top of each tomato. Scoop out centers; discard seeds; chop and reserve pulp. Turn tomatoes upside down on paper towels and drain.

Heat oil in a small skillet, add onion and cook five minutes. Stir in garlic and gingerroot and cook one minute. Stir in cumin, turmeric, cayenne, coriander and salt; cook 1 more minute.

Stir in tomato pulp and cook, uncovered, about five minutes, until thick. Preheat oven to 375 F. Stir in farmers cheese and half the ched-

dar cheese into spice mixture. Spoon into tomato shells. Sprinkle remaining cheddar on top and place in a baking pan. Bake 10-15 minutes until tops are golden brown and tomatoes are soft. Sprinkle with cilantro and serve hot.

### Fresh Mango Chutney

2 mangoes  
1 red chile, seeded and finely sliced  
¼ cup chopped cashews or pecans  
¼ cup raisins  
2 tablespoons fresh mint  
½ teaspoon ground cumin  
¼ teaspoon red (cayenne) pepper  
½ teaspoon ground coriander  
Mint sprigs for garnish  
Peel and seed mangoes, then

slice flesh very thinly.

Put mango slices in glass bowl with chile, cashew nuts, raisins and chopped mint; stir gently. In a small bowl, mix together cumin, cayenne, and coriander; sprinkle over mango mixture. Stir gently to coat mango mixture in spices. Cover and refrigerate 2 hours. Serve cold, garnished with mint sprigs. Makes about 2 cups.

### Curry Flavored Brown and Wild Rice

Add 2 teaspoons turmeric or curry to a package of instant brown and wild rice mix. Follow package directions. Enjoy as a healthy side dish!



Succulent fresh mangoes make a delicious snack or chutney relish.



Brown and wild rice with turmeric added.

## Spring is on the Way!

Heartfit Building  
3200 Chesterfield Ave.  
Charleston, WV 25304  
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Fax: 304-388-9422

[wvseniorservices.gov](http://wvseniorservices.gov)

Mr. Ernie says "Enjoy your vegetables!"

**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.**

## Exercise and Arthritis

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Article contributed by Betsy Greer, EP, MS

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around the track at a local school or health club. As you progress you can increase your walk to 20-30 minutes. Remember to cool down by walking slowly for 2-3 minutes.

Water exercise can provide both stretching

and strengthening around the joints. Check with your local pool to see if they offer exercise classes.

Using heat on stiff joints before exercise can help. Icing after exercise for 10-15 minutes can reduce pain and swelling that may occur.

