



Food and Fitness

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Web sites of interest:

- hearttruth.gov
- cfsan.fda.gov
- healthnewsreview.org
- oldwayspt.org

May Is Older Americans' Month

How does nutrition fit in with the 2006 theme of Older Americans' Month— "Independence + Dignity + Choice = Healthy Aging"?

Independence

Remaining independent with regard to nutrition is a challenge for many older Americans. Food has to be purchased, stored, prepared, served, and leftovers have to be managed. All of this can be overwhelming to someone trying to make it on their own!

- Partner with a friend or relative. Take turns shopping, cooking, and hosting meals.

- Keep it simple. One dish meals can contain healthy food from 3-4 food groups.

Dignity

- Set a place at the table rather than using a TV tray in front of the television.
- Once per week use a table cloth and cloth napkins. Pick flowers from the yard and make a pretty centerpiece.

Choice

Make healthy food choices most of the time. Occasional treats will not ruin one's health when blended into a typically healthy eating regimen.

- Remember that vegetables, fruits, and whole grains will never go out of style no matter what the latest diet fad may be!
- Share a small garden with a friend, or patio garden with a



few tomato, bell pepper, chive, and parsley plants.

Alzheimer's and the Mediterranean Diet

We know that the Mediterranean diet reduces risk of heart disease. Can a diet good for the heart also be good for the brain? Yes, say researchers from New York's Columbia University Medical Center.

Dr. Nikolaos Scarmeas of the Columbia University Medical Center in New York, lead author of the research, followed 2,258 elderly residents of northern Manhattan for an average of four years. The participants were asked in detail about their dietary habits and evaluated every 18 months or so for signs of dementia. None showed any dementia at the start of the study, but by the end, 262 had developed Alzheimer's. The work was recently published online by the

Annals of Neurology.

The Mediterranean diet consists of lots of vegetables, beans, fruits, whole grain cereals, and fish. Intake of meat and fatty dairy products is limited. Moderate amounts of alcohol are included. Monounsaturated fats, such as in olive oil are used in place of saturated fats.

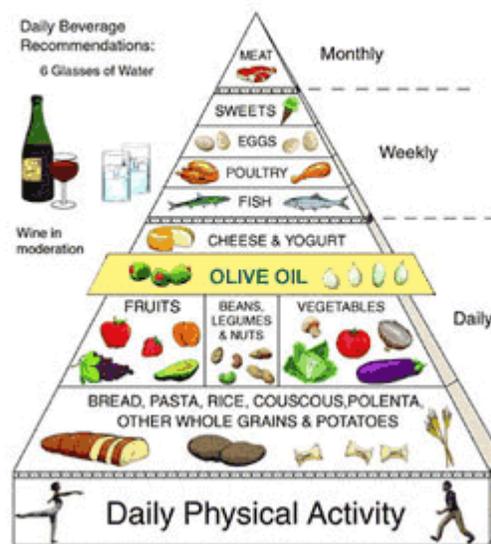
Participants

were asked about their eating habits and diets were evaluated for similarity to the Mediterranean diet.

Those whose diets most closely resembled the Mediterranean diet exhibited a 40 percent less risk of developing Alzheimer's.

Visit oldwayspt.org for more information about the Mediterranean diet.

The Mediterranean Diet Pyramid



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Sample Menu

Breakfast

Whole wheat toast with peanut or almond butter
Low fat yogurt
Fresh orange

Lunch

Pocket sandwich with 2 oz. grilled chicken, whole wheat pita pocket, fresh raw spinach, olive oil and vinegar
Fresh apple

Snack

Handful of nuts

Dinner

5 oz. broiled fish
Whole wheat pasta topped with vegetables sautéed in olive oil (peppers, broccoli, mushrooms, tomatoes, onions, garlic) with a sprinkling of Romano cheese
Glass of red wine

Belly Fat, Lung Disease, and Colon Cancer

Scarlett O'Hara's 17-inch waist line was the envy of all the girls of the pre-civil war era. Though the corset no doubt helped, maybe she knew something about belly fat and health ahead of her time. Two new studies report that excess belly fat in women is bad news for health.

Dr. Holger J. Shunemann of the National Cancer Institute Regina Elena in Rome reported on a study of the association between abdominal fat and

lung function in 2153 adults residing in western New York state. A large waist circumference and belly height—measure from base to top of belly—were associated with poor lung function.

Another study reported by Dr. Graham Giles of the University of Australia in Melbourne followed 24,000 women for 10 years. A total of 212 women developed colon cancer. The study showed that risk for colon cancer increased

with a greater amount of belly fat.

The mechanisms by which these associations occurred were not clear in either study. But the message is clear—reduce the belly fat.

There are no special machines that will do the trick. Ab rollers and other similar machines will build muscle under the fat but not reduce the fat. Aerobic exercise—walking, jogging, running—are still the best way to lose belly fat.



FDA Releases New HACCP Manual

Nutrition site managers and anyone serving food to the masses will welcome this news! The Food and Drug Administration (FDA) Center for

Food Safety and Applied Nutrition has posted a new Hazard Analysis and Critical Control Points (HACCP) manual titled "*Managing Food*

Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments."

www.cfsan.fda.gov/~dms/hret2toc.html



Recipe Corner

Mediterranean Pizza

1/2 clove garlic
 3 Tbs. chopped tomato
 1 Tbs. tomato paste
 1 tsp. extra virgin olive oil
 1/4 tsp. freshly ground black pepper
 1 large whole grain pita bread
 4 large fresh basil leaves
 5 anchovy filets, chopped
 8 pitted black olives, halved
 2 1/2 oz. shredded Mozzarella cheese

Preheat oven to 450 degrees F. Mix together garlic, tomato, tomato paste, olive oil and black pepper. Spread mixture in a thin layer over the pita bread. Arrange the basil, anchovies, and cheese over the

crust. Place the pizza directly on the oven rack and cook for 10 minutes. Cut into 6 slices.

Nutrition information per slice:

Calories	92
Fat, g	5
Saturated fat, g	2
Trans fat, g	0
Protein, g	5
Cholesterol, mg	13
Carbohydrate, g	7
Sodium, mg	322
Dietary fiber, g	1

Provencal Apple and Walnut Pie

2 egg whites
 1/2 cup fine sugar
 1 tsp. vanilla extract
 1 tsp. baking powder
 1/2 tsp. cinnamon
 1/2 cup all-purpose flour
 1/4 cup chopped walnuts

1 apple, diced

Preheat oven to 350 degrees. Spray pie plate with Pam. Beat egg whites, sugar, vanilla, baking powder, and cinnamon until light and fluffy. Mix in flour until blended. Add walnuts and apple.

Pour mixture into prepared pie plate and bake 30 minutes. Serve warm with a small scoop of vanilla ice cream if desired. Serves 6.

Nutrition information per slice:

Calories	159
Fat, g	3
Saturated fat, g	3
Trans fat, g	0
Protein, g	3
Cholesterol, mg	0
Carbohydrate, g	30
Sodium, mg	111
Dietary fiber, g	1



Recipes on this page are adapted from www.mediterrasian.com.



Heartfit Building
3100 Chesterfield
Charleston, WV 25304

Phone: 304-744-6466
Fax: 304-388-9422


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[www.state.wv.us/
seniorservices](http://www.state.wv.us/seniorservices)

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.

Monkey See, Monkey Do

It may be good advice to do as the monkeys do. Exercise, that is! So says Judy Cameron, PhD, senior scientist at the Oregon National Primate Research Center.

In a study of 18 monkeys, treated



to simulate menopause, all monkeys were allowed to eat as much as they wanted and to be as active as they wanted to be. After a nine month period of monitoring, the more active monkeys gained less weight than the

sedentary monkeys, no matter how much either group ate.

So take a lesson from the monkeys. Just do it!

- Walk
- Mow the lawn
- Plant flowers
- Clean the house
- Dance
- Swim

