

# Food and Fitness

**Web sites of interest:**

- [www.gardencentral.org/wvgardenclub](http://www.gardencentral.org/wvgardenclub)
- [www.walterreeves.com](http://www.walterreeves.com) (a gardening web site)
- [www.aoa.gov](http://www.aoa.gov)
- [www.cspinet.com](http://www.cspinet.com)
- [www.stoplabelinglies.com](http://www.stoplabelinglies.com)
- [www.eatright.org](http://www.eatright.org)

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## Gardening Counts as Exercise!

Tired of people telling you to be more active!? Guess what? Gardening counts! Now is the time to make exercise fun!

- Walking behind a lawn mower counts as walking; riding on a lawn mower does not!
- Carrying bags of dirt is like weight train-



ing. Just don't try to lift a 40# bag of topsoil by yourself. Split it into small loads by carrying equally

- loaded buckets of dirt in each hand.
- Bending over repeatedly to plant and pull weeds is like the old "touch your toes" routine.
- Remember to wear gloves and goggles when spreading fertilizer or insecticides.

## Older Americans: Making Choices for A Healthier Future

The theme for Older Americans Month 2007 focuses on choices. Life Is

All About Choices—we make them every day. Get up vs. stay in bed! Go

out vs. stay at home. Go for a walk vs. sit on the couch. Let's

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## Eating and Retirement

Have you or your spouse recently retired? Maybe you are wondering how retirement will affect your food budget and your food choices.

- You may spend **less** on dining out since you have more time to prepare food at home. Watch for sales, clip coupons for foods

you usually buy, and make fewer trips to the grocery store.

- You may tend to spend **more** on dining out with your newfound freedom and energy! Watch for restaurant specials or restaurant coupon books. Share an entrée with your partner

and reduce the cost of the meal.

- Are you worried that you will gain weight with more snacking? Avoid bringing the chips, cookies, and ice cream into the house.
- Keep fresh fruits and cut up vegetables available.



## “Quit-Smoking” Foods

Some foods make cigarettes taste terrible! According to a study from Duke University psychologist F. Joseph McClernon milk, fruits, and vegetables could help smokers quit because they don't mix well with smoking!

The study was published in

the journal *Nicotine and Tobacco Research*. A group of 229 smokers, about half men and half women were asked to list foods that enhanced or worsened the pleasure of smoking. The smokers associated pleasure with smoking and the consumption of meat, cof-

fee, and alcoholic beverages.

Fruits, vegetables, and dairy products are healthy foods. Perhaps trying to eat more of these foods and cutting down on the meat, coffee, and alcohol when preparing to quit smoking will be an added boost to quitting!



“Quit-smoking foods”

## Obesity Gene—What Does It Mean for Us?

Are some people doomed to obesity because of their genetic makeup? In April, Mark McCarthy, a scientist at the Wellcome Trust Center for human genetics at Oxford University, reported in the *Journal Science* the discovery of a changed gene that predisposes people to obesity.

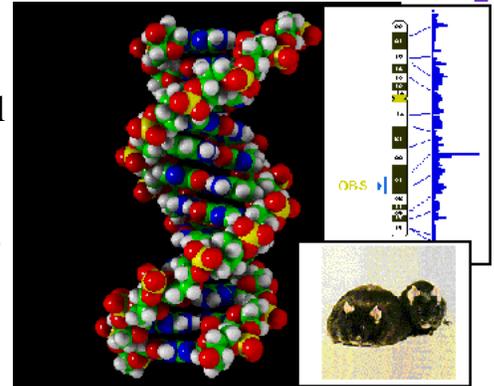
More than half the European populations stud-

ied so far have one copy of the gene and an additional 16% have a second copy. This could be the answer to why it appears that some people become obese with the same habits as their thinner friends or relatives.

Should knowing this information make obese people feel more hopeless about the situa-

tion? Not necessarily. The premier treatment for obesity is still eating less and exercising more.

Awareness of having the gene could be a signal to start earlier on obesity prevention. Or it may just signal a longer and harder road for those possessing this gene, rather than a hopeless endeavor to lose weight.



## What's in a Label?.....

.....a lot of hype, if you just read the front of the package! Do Quaker oats really go into your arteries and find cholesterol? Does the beverage Enviga really cause you to burn more calories? The Center for Science in the Public Interest, a

consumer watchdog group, doesn't think so. That's why they threaten to sue companies making such exaggerated claims about their products.

A word to the wise:

**Don't** fall for the sales pitch on the front of the pack-

age.

**Read** the ingredient list to determine what's actually in the package.

**Ask** a nutrition professional such as a registered dietitian for specifics about how the product might actually help you.



## Recipe Corner

### Toaster Oven Asparagus

*Take advantage of spring vegetables.*

1/2 pound fresh asparagus

Balsamic vinegar to taste

Olive oil to taste

Black pepper to taste

Place asparagus on toaster oven tray. Broil in toaster oven until tender. Place on plates and sprinkle with vinegar, oil, and pepper. Use about 1/2 tsp. oil per person.

Serves 4.

Nutrition information per serving:

Calories	30
Protein, g	1
Carbs, g	1
Dietary fiber, g	1
Fat, g	2
Sat. fat, g	0
Trans fat, g	0
Cholesterol, mg	0
Sodium, mg	1

### Zapped Corn on the Cob

4 ears of corn, husk and silk removed

4 tsp. light, low calorie soft margarine

Wrap each ear of corn in plastic wrap. Place ears in microwave, arranging them so they don't touch.

Microwave on full power for 3 minutes per ear or 12 minutes. Remove and allow to set for a few minutes.

Unwrap carefully and spread with the margarine.

Serves 4.

Nutrition information per serving:

Calories	124
Protein, g	3
Carbs, g	25
Dietary fiber, g	3
Fat, g	3
Sat. fat, g	0
Trans fat, g	0
Cholesterol, mg	0
Sodium, mg	288

### Scalloped Parmesan Potatoes

6 med. Potatoes

1.5 cup skim milk

2 Tbs. dried minced onion

6 Tbs. Parmesan cheese

1 Tbs. cornstarch

1 tsp. garlic powder

Pinch nutmeg

Black pepper to taste

Wash potatoes well. Slice thinly. Arrange in baking dish. Mix rest of ingredients. Pour over potatoes. Bake in 350 degree oven until tender, one hour. Serves 6.

Nutrition information per serving:

Calories	172
Protein, g	0
Carbs, g	1
Dietary fiber, g	0
Fat, g	2
Sat. fat, g	1
Trans fat, g	0
Cholesterol, mg	5
Sodium, mg	129



Recipes from [www.foodandhealth.com](http://www.foodandhealth.com)

March winds and April showers bring May flowers!

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**Food and  
Fitness**

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## Older Americans: Making Choices for A Healthier Future

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examine how we might make some choices for a healthier future.

- Be active—dance.
- Keep the mind active—work puzzles, read, play board games.

- Stay connected—call, write, or visit friends and family. Make the effort!
- Can your eating habits use an overhaul? Pick one habit to focus upon first. Examples: Add a fruit a day. Change to

whole grains. Make your dairy products low fat. Eat 3 vegetables at each meal.

- Already doing all those things? Congratulations! You are making choices for a healthier future!



**Making Choices  
for a Healthier Future**