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Food and Fitness

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Web sites of interest:

http://www.medscape.com/viewarticle/561102

Exercise Guidelines for Older Adults

Just Do It! Exercise, that is. New guidelines emerged for older adults in August 2007 from the American College of Sports Medicine and the American Heart Association.

Of note is that older adults who are not currently performing at these recommended levels should gradually increase physical activity over time under the guidance of their health care practitioner.

Recommendations include:

- Moderate intensity aerobic or endurance exercise (brisk walking with noticeable increase in heart rate) for 30 minutes or more 5 days per week or vigorous intensity (jogging with rapid breathing and elevated heart rate) exercise for 20 minutes or more 3 days per week. Light intensity activities of daily living don't count!

- Muscle strengthening exercises (8-10) using major muscle groups twice weekly on non-consecutive days. Weight that allows 10-15 repetitions for each exercise should be done.
- Flexibility and balance exercises 10 minutes per day 2 days per week.

Summer Snacking

"What can I snack on?" is a frequently asked question. With summer on the way snacking on these cool foods will be a great way to get in extra nutrients you need while beating the heat!

- Chilled pineapple chunks in light low fat yogurt
- Juicy slices of chilled melon

- Frozen grapes or banana slices
- Banana and frozen strawberries whirled in a blender with soy milk

- Dried fruit like raisins, prunes, dates, or peaches added to a bowl of cheerios with skim milk
- Whole wheat toast, bagel, or English muffin and a glass of skim milk
- Bowl of raisin bran, banana and skim milk
- Mixture of low sodium and regular V-8 juice with a squeeze of fresh lime
- Celery wedges with peanut butter

- Fresh raw vegetables with light ranch dressing

Sound good? Okay, but be aware that snacking may be mindless eating when you're not really hungry—for example, while watching TV after dinner. Consider whether the desire to snack is from real hunger, which may occur 4-5 hours after a meal, or boredom, loneliness, or depression. Food is often consumed for comfort in these situations. Mindless eating can be a symptom of "mental hunger". If you feel your snacking is out of control for "mental reasons", ask your doctor for help with this issue or to refer you to a mental health professional.

Rising Food Costs—Tighten the Budget and the Belt

Can rising food costs help the obesity problem? Possibly, if we take heed. Here are ways to cut both the budget and the belt size:

- Cook smaller amounts. That way second servings are not available.
- If you like to cook enough to have leftovers for next day's lunch, pack them before sitting to eat the meal.
- Adapt recipes to use up whatever ingredients you have on hand. **Never** make a trip to the store at these gas prices for a missing ingredient.

- Avoid impulse buys, like the pina colada pudding cake they've lured you into buying with free samples in the bakery section. Stick to your shopping list.

- Buy store brands or those on sale with lower "cents per serving" cost.
- Think of chips, cookies, pie, cake, and ice cream as luxuries rather than staples, reserved for birthdays, picnics, and other celebrations.
- Do all your shopping while you are already out, for example, on the way home from work. Park the car and don't use it at least one day per week.
- Convenience foods will usually cost more. Can you afford them or will you save money soaking your own beans, cutting up and skinning your own chicken, or adding your own seasoning to oatmeal from a large box?

- Let's remember what we taught our children about needs vs. wants!

Recipe Corner

Arroz Con Pollo Salad

6 cups dark green lettuce

2 cups cooked brown rice

1 mild chili pepper, seeded and sliced

1 large ripe tomato, cored and diced

1/2 cucumber, sliced

8 oz. skinless white cooked chicken breast

Dressing:

1 Tbs. olive oil

3 Tbs. balsamic vinegar

Mix all salad ingredients. Mix dressing ingredients and add just before serving. Serves 4. Nutrition information per serving: 324 calories, 7 g fat, 1.5 g saturated fat, 0 trans fat, 48 mg cholesterol, 42 g carbohydrate, 4 g fiber, 63 mg sodium.

Vanilla Fruit Parfait

2 cups cubed peaches

1 cup sliced strawberries

1 cup low fat vanilla yogurt

1 banana, sliced

1/3 cup raisins

1/4 cup sliced almonds, toasted

In a tall glass layer fruits and yogurt. Top with almonds. Serves 4. Nutrition information per serving: 181 calories, 4 g fat, 0.6 g saturated fat, 0 trans fat, 4 mg cholesterol, 48 g carbohydrate, 4 g fiber, 46 mg sodium.

Grilled Summer Vegetables

1 zucchini squash

1 yellow squash

1 eggplant

Cut vegetables into 1” thick rounds.

Marinate in mixture of:

1 Tbs. olive oil

3 Tbs. balsamic vinegar

2 cloves crushed garlic

Grill to cook, turning on both sides and brushing with marinade. Garnish with green onions when done. Serves 4. Nutrition information per serving: 72 calories, 4 g fat, 0.5 g saturated fat, 0 trans fat, 0 mg cholesterol, 9 g carbohydrate, 2 g fiber, 6 mg sodium. Recipes from www.foodandhealth.com

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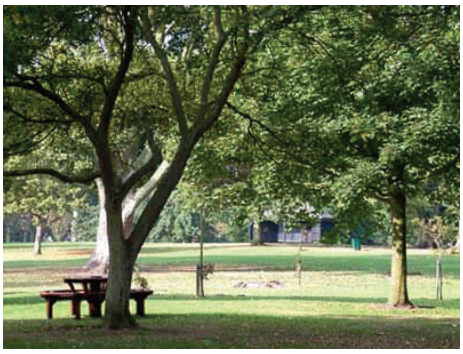
Food and Fitness

On the Road Again

Hitting the road this summer? You'll undoubtedly want to save money by planning picnic lunches at roadside parks. You'll need a cooler for perishables and a box for dry goods. Supplies to pack:

- Paper plates, utensils
- Protein— peanut butter, low fat cheese or soy cheese slices, canned bean dip, yogurt, string cheese
- Whole grains—bread, crackers, brown rice cakes
- Vegetables—Ziploc bags of cut celery, squash and cucumber slices, cherry tomatoes, baby carrots
- Fruit—dried, fresh, and individual portion canned fruit
- Extras—light Ranch dressing, baked chips, whole wheat bread, cups for free water from the drinking fountain.