

Food and Fitness

VOLUME 55

SEPTEMBER 2006

WEB SITES OF INTEREST:

- aoa.gov
- agingin-stride.org
- foodand-health.com

INSIDE THIS ISSUE:

Larger Portions Result in Eating More 2

Just in Case— Emergency Preparedness 3

Alcohol and Aging 3

Recipe Corner 4

Lose to Live!

It's September! Vacations are behind us – it's back to school, back to football and back to serious thoughts once again about trying to lose those extra pounds!

We know that obesity increases the risk of heart disease, diabetes, and early death, but a recent report declared just being moderately overweight might shorten your life span!

A 10 year government study of more than 500,000 US adults reported those who were overweight in their fifties were 20-40% more likely to die in the next decade. Consider these suggestions:

How serious are you – if you're not ready now to



It takes a plan and a serious commitment. Results: Long life!

tackle weight loss, wait until you can commit to it. You're more likely to be successful if you are mentally ready!

Make a daily plan for exercising – the American College of Sports Medicine recommends burning 300 calories per day through exercise to promote weight loss. This could take an hour or more of

walking. Plan it into your day, even if it means several sessions.

Make a daily plan for eating.

Nourish the body with protective foods while keeping the calories controlled. If it's hard for you to stick to a diet, plan for snacks you can look forward to between meals.

Try this meal plan to get you started:

Breakfast – ¼ cup dry oats, ¾ cup blueberries, ½ cup soy milk – cook or eat as is.

Morning Snack – ¼ cup almonds

Lunch – ½ cup tuna salad, medium tomato, lettuce leaf, 5 whole wheat crackers, fresh peach, 8 oz.

(Continued on page 5)

Larger Portions Result in Eating More

Are you a member of the “Clean Plate Club”? If you learned as a child that you were expected to eat all you were served you are not alone! Researchers say this may be a factor in the overeating that has contributed to our nation’s problem with obesity.



A recent study published in the *American Journal of Preventive Medicine* confirmed that those who served larger portions with larger utensils onto larger plates ended up eating more calories. Study participants were given small or large bowls and small or large utensils to serve ice cream. Those with larger utensils and bowls con-

sumed 57% more ice cream than those with smaller bowls and utensils.

It could be helpful to those trying to lose body fat to serve

smaller portions on smaller plates. However, if you are not willing to go the smaller plate, smaller portion route you may still be able to eat more and weigh less!

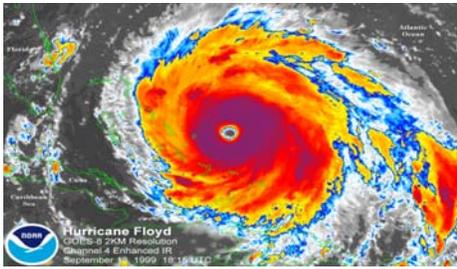
In another study published in the *Journal of the American Dietetic Association* researchers using dietary data from 7500 adults found that those who ate a lot of fruits,

vegetables, and whole grains throughout the course of a day were able to eat larger portions with fewer calories and more nutrients. These study participants who ate more food by weight actually consumed 250-425 fewer calories per day than their counterparts who ate smaller portions of fattier, more sugary foods.

So if you like a larger and fuller plate get more for less—pile on the vegetables and fruits! Raw or cooked they fill you up but not out!



Just in Case—Emergency Preparedness



Fitness includes being prepared! The expansive devastation visited on the south by hurricane Katrina may never touch West Virginia, but we have to be ready for emergencies—just in case.

The US Administration on Aging has issued a readiness checklist which can be accessed in detail at www.aginginstride.org

. Review it with a friend or family member. Highlights include:

Know the

Basics

—know the particular risks your community faces; know your emergency evacuation route; know how to shut off your gas, water, and electricity; get to know your neighbors; if you lose phone service do you have a cell phone?

Have Your Emergency Supplies

Ready—this includes food that doesn't need

to be cooked, water, and prescription medications for 3-6 days; flashlight and extra batteries; portable radio and extra batteries; first aid kit; hand-operated can opener; cash; emergency contact list of names, phone numbers and addresses of your loved ones.

Make a Personal

Plan—do you have special needs or are you receiving special services? How will these be taken care of in an emergency?

Alcohol and Aging

Light to moderate alcohol intake may lower seniors' health risks. A study of nearly 2500 men and women between the ages of 70-79 found a

26% reduction of all cause mortality and a 30% reduction of heart events in those who had one to seven drinks per week. A drink was defined as

one beer, one glass of wine, or a mixed drink with one shot of alcohol. The report came from the U.S. Institute on Aging and the University of Florida.



Recipe Corner—Labor Day Cookout

Diane’s Asian Bean Burgers

Something different for the Labor Day Cookout!

2 15-oz. Cans red or black beans, rinsed
 ½ cup plain dry bread crumbs made from fat free whole wheat bread
 1/3 cup minced scallions (or your favorite onion)
 1/4 cup egg substitute
 1 Tbs. Lite soy sauce
 1 tsp. Ground ginger
 1 tsp. Minced fresh garlic.
 Mash beans in a medium bowl with a fork or potato masher. Stir in remaining burger ingredients until well blended. Form into 4 patties.
 Sauce:
 1/4 cup fat free mayonnaise or miracle whip
 1 Tbs. prepared white horseradish
 1 Tbs. minced scallion
 1 tsp. lite soy sauce
 4 dark green lettuce leaves

4 large tomato slices
 8 cucumber slices
 4 whole wheat fat free hamburger buns

Lightly spray a large non-stick skillet with Pam. Over medium heat cook patties 3-4 minutes per side until heated through and crusty. You may also cook in a 400-degree oven or on the grill. Serve with brightly colored vegetables on a whole wheat bun. Makes 4 servings.

Nutrition information per serving:

Calories	351
Protein	18
Carbohydrate, g	65
Fat, g	4
Saturated fat, g	1
Cholesterol, mg	2
Sodium, mg	1422
Dietary fiber, g	19

Allen’s Layered Salad

1 head lettuce, shredded
 ½ cup chopped red onion
 ½ cup chopped celery

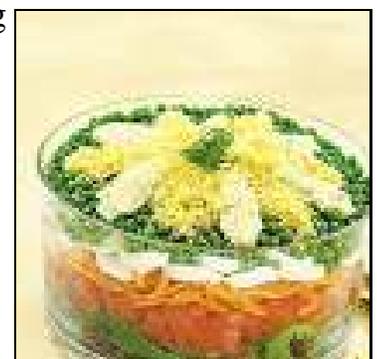
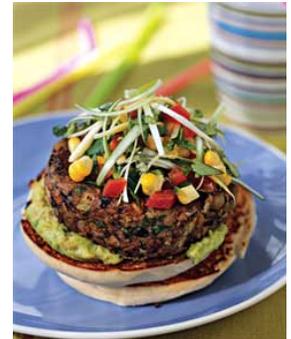
½ cup chopped green pepper
 1 10-oz. Can frozen peas, cooked, drained, and cooled
 1 cup fat free mayonnaise
 1 Tbs. lemon juice
 1 tsp. Splenda
 ¾ cup fat free shredded cheese

Layer the lettuce, onion, celery, green pepper, and peas in a bowl. Cover with a layer of mayonnaise, sealing the edges.

Sprinkle with Splenda and shredded cheese. Cover lightly and refrigerate up to 24 hours. Toss and serve. Serves 8.

Nutrition information per serving:

Calories	103
Saturated fat	0 g
Protein	6 g
Cholesterol	1 mg
Carbohydrate	22 g
Sodium	526 mg
Fat	0 g
Dietary fiber	3 g



**This newsletter is created by
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ant to the West Virginia Bu-
reau of Senior Services, and
is funded in part by the West
Virginia Bureau of Senior
Services.**

Lose to Live! (continued)

(Continued from page 1)

skim milk

Afternoon snack: 100
calorie snack bag of
popcorn

Dinner – 3 oz. broiled
salmon, small baked po-
tato with 1 Tbs. Fat free
sour cream, 1 cup broc-
coli spears with lemon
wedge

Bedtime snack: 8 oz. fat
free yogurt.

Nutrition information:

*Calories 1438, Fat 48 g,
Saturated fat 7 g, Trans*

*fat 0 g, Cholesterol 114
mg, Sodium 1137 g*

American Die-
tetic Association

Spokesperson D. Milton
Stokes, MPH, RD, of-
fers these tips for weight
loss:

- 1) Slow down—put
your fork down between
bites
- 2) Use smaller plates
- 3) Sit and focus on the
food rather than trying
to multi task
- 4) Use frozen dinners

(not Hungry Man!) as a
guide to portion serv-
ings

5) Keep “danger foods”
—(cookies, chips or
whatever yours is) out
of the house.

