Food and Fitness

Obesity Watch—Big Brother or Cost Containment?

Japan and the state of Alabama have something in common. Both governments are looking into the personal health of their residents with an eye toward intervention for obesity.

Alabama will have its state employees undergo a health screening and Japan has pulled out the tape measure to measure waist circumferences. Current American standards for waist measured at the fullest part are <40" for men and <35" for women.

What can we do to get ahead of this type action? Accord-

(Continued on page 2)

Nutrition Supplements—Yes or No?

The American Institute for Cancer Research (AICR) says "Food First!" and that scientific evidence thus far does not indicate that supplements can prevent cancer.

However, the AICR recommends that older frail adults who have lower calo-

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Web sites of interest:

- **obesity.org**
- **aicr.org**
- **ods.od.nih.gov**
- **nlm.nih.gov/medlineplus/**

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Herbs for Your Health—Dill

Who hasn't savored tangy slices of dill pickle on a hamburger? Both the seeds and the leaves of the herb have also been used to season fish, lamb, pork, poultry, breads, and cheese.

The name dill is probably form an old Norse word "dillia", meaning to lull or to soothe, and it's early reputation was as a cure for insomnia.

Its beautiful leaves and tiny yellow flowers have had an important place in ancient history and medieval folklore. Ancient Greeks thought of dill as a sign of wealth. In the Middle Ages dill leaves were burned to clear thunderstorms. Charlemagne reportedly used dill to cure the hiccups of guests.

Fresh dill can be purchased in small quantities in the supermarket or grown in an herb box at home in cooler weather. Dill is also readily available in dried form. See Recipe Corner p. 4.

Article researched by Catherine M. Townsend.

Obesity Watch (continued from page 1)

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ing to the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System West Virginia is ranked second in the nation in prevalence of obesity with 30.6% of the population identified as being obese. What can we do to change this?

The answer could be in part the "E -word" or exercise. Moving the body more has a snowball effect and leads to being able to move it more still.

But we have to start from where we are with what we can do. Not everyone can join a gym. If you have steps in your home or workplace these can serve as your gym.

Start where you are and increase gradually. If you're able to walk up five stairs without getting short of breath today, you might be able to walk up six steps tomorrow, and increase by one step per day. If you can walk to the mailbox today, you might be able to go a little farther tomorrow.

No exercise program should be started without first having your doctor check you over.

Making Recipes Work

Perhaps you enjoy collecting cookbooks. They're fun to read and give us great ideas! But perhaps you're trying to save money and don't want to buy new cookbooks!

In that case it's easy to take your old favorite recipes and make them lower fat or lower calorie with a few minor alterations! Afraid it'll ruin Mama's fresh snap beans?

Start by substituting part of an ingredient with a healthier alternative. See how you like the finished product! Then gradually work up to substituting the entire amount of a higher fat ingredient with a lower fat alternative. You and your family will probably not notice the difference!

When the recipe calls for:	Try this:
Milk	Skim or soy milk
Cream or half and half	Fat free half and half
Oil in baking recipes	Applesauce, fat free sour cream or yogurt
Bacon grease or ham fat	Ham flavored seasoning
Fat back or bacon pieces	Lean pieces of ham

Nutrition Supplements—Yes or No? (continued from page 1)

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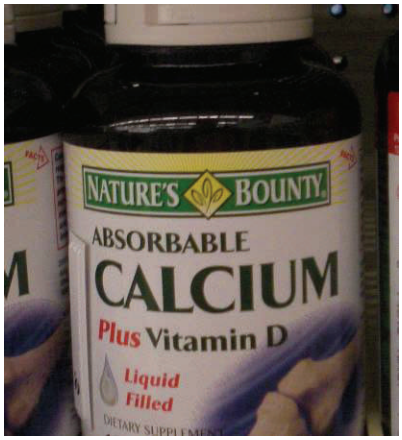
rie needs and lower calorie intake may benefit from a low-dose, balanced multivitamin and mineral supplement.

Low vitamin D blood levels can contribute to osteoporosis. While oily fish and milk are good sources of vitamin D, this may not be enough. Therefore, older adults may need to take a vitamin D supplement. This recommendation may apply also to anyone who does not get 15 minutes of sunlight a day or to those who use sunscreen when they do. Ask your doctor if you need to measure your Vitamin D level and if you need to supplement Vitamin D.



Recipe Corner

Mama's Fresh Snap Beans and Country Cornbread

See "Making Recipes Work" p. 3.

Snap Beans

2 oz. lean ham (replaces the bacon), chopped

1 medium onion, chopped

1# fresh-from-the-garden snap beans, ends snapped off and strings removed

Brown ham in bottom of Dutch oven or large pot over medium heat. Add onion and stir with ham until onion is soft and slightly caramelized. Add snap beans. Add about 1/2 cup water and cook until beans are as tender as you like them.

Cornbread

2 cups whole grain cornmeal (replaces refined corn meal and white flour)

2 tsp. baking powder

1 tsp. baking soda

1 tsp salt

1 3/4 cup buttermilk made from 1% milk (replaces whole milk buttermilk)

1/4 cup egg substitute (replaces whole egg)

2 Tbs. honey

2 Tbs. soft margarine (replaces bacon grease)

Heat pan in 400 degree oven. (If you like crusty cornbread get a many-sided pan as pictured above). Remove pan from oven and add margarine.

Mix dry ingredients together. Mix liquid ingredients and add to dry. Add melted margarine to mixture. Bake for 25-30 minutes until golden brown and watch it all disappear!

Cucumber Dill Spread

Wondering what to do with all those cucumbers in the garden? Try this!

2 cups plain yogurt

1 cucumber, halved, seeded, salted, drained

1 clove garlic, minced

1 Tbs. lemon juice

2 Tbs. minced fresh dill

Place a paper towel over a sieve in a bowl and add yogurt. Allow to drain in refrigerator overnight.

Allow salt to draw water from cucumber, drain, then chop finely.

Combine all ingredients. Use as a spread or a sauce for fish or as a dip with pita bread or raw vegetables.

Nautilus/Heartfit Building
3200 Chesterfield Ave.
Charleston, WV 25304

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

wvseniorservices.gov

Food and Fitness

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.

A First Step Toward Safer Produce

E. Coli and salmonella have killed people. In August of 2008 the FDA issued a ruling allowing irradiation of fresh spinach and iceberg lettuce. Irradiation kills deadly E. Coli and salmonella. The Centers for Disease Control and Prevention (CDC) declare that irradiation of food is safe and does not make the food radioactive.

Food irradiation has been used at lower levels since 1986 to kill mold and insects. The CDC compares this process to the process of pasteurization of milk. The harmful bacteria are destroyed while vital nutrients are preserved.

The FDA ruling is not mandatory, but voluntary. Irradiated produce will be identified (above package not irradiated) so the consumer can make an informed choice.