

Food and Fitness

Web sites of interest:

- oceansalive.org
- mbayaq.org
- gotmercury.org
- www.aicr.org
- www.cdc.gov
- www.nutrition.gov
- www.nci.nih.gov
- www.cancer.gov
- www.mayoclinic.org

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Fishy Tales!

You hear that fish is good for you. Then you hear that high levels of mercury may make it unsafe. What's a body to do!

Most recently, a study in the Journal of the American College of Cardiology confirmed that eating fish has a beneficial effect on heart rhythm.

For 5096 men and women over the age of 65 eating tuna fish or other baked or broiled fish once or twice per week was beneficial. The highest fish eaters had lower heart rates and experienced other

benefits related to electrical function of the heart and timing of the heart beat. These benefits reduced the risk of sudden cardiac death.

Other benefits of omega-3 fatty acids include: lowering triglyceride levels, decreased inflammation, and decreased stickiness of blood platelets.

Fish with highest levels of omega-3 fatty acids are tuna, Alaskan wild salmon (chinook, chum, coho, pink, sockeye), mack-



erel, herring and anchovies.

But what about safety? PCB's, dioxins, pesticides, and mercury all present a risk. Current consumption advisory list due to mercury includes: Chilean Sea Bass, grouper, marlin, orange roughy, rockfish, and wild sturgeon. Atlantic farmed

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Is it In There?

In today's world of highly processed, canned, frozen, and freeze-dried foods do you worry that some of the nutrition is lost in the processing? You're not alone.

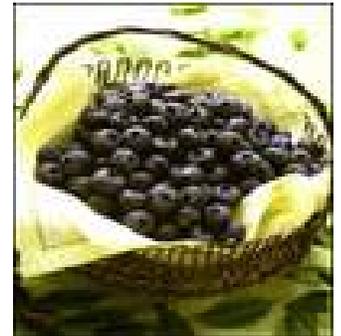
Most nutritionists will agree that the longer a food is cooked and the more water that is used to cook it, the less the amount of nutrients that will remain. But what about the freeze-dried fruits seen in

many of the newer dry cereals?

The American Institute for Cancer Research has good news. The freeze dried strawberries, raspberries, blueberries and other fruits used in cereals retain almost 100% of their phyto-nutrient compounds. They contain as much as is found in fresh versions. This is according to cancer researcher Gary Stoner, PhD of Ohio State University.

But there is a down side. Don't count on the sparse sprinkling in your cereal bowl to equal a whole fruit serving. You'll still need to add more fruit to the cereal or make it up somewhere else in the day.

Freeze dried fruits can be bought in bulk and added to cereals, muffins, pancakes, and salads, or used in trail mixes. For more information visit www.aicr.org.



Fishy Tales (continued)

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salmon are on the list to limit consumption due to PCB's, dioxins, and pesticides.

The US Food and Drug Administration advises that pregnant women and small children limit the

consumption of some fish to less than once per month. See oceansalive.org for a safety advisory.



Spinach , E. Coli, and Food Safety

Popeye would not be pleased. With the recent outbreak of infection with E.Coli 0157:H7, found in raw, bagged spinach, the market for Popeye's beloved spinach has been put on hold temporarily.

While the market will eventually recover and we will again be eating spinach salads, spinach casseroles, and spinach dips this outbreak leads us to wonder about the symptoms, treat-

ment, and avoidance of this deadly strain of E. Coli bacteria.

Symptoms:

- May begin 2-5 days after infection.
- Bloody diarrhea.
- Abdominal cramps.
- Little or no fever

What to do:

- Visit your health care practitioner and be tested for the bacteria.
- The illness usually resolves in 5-

10 days.

- If you ate fresh spinach and you feel well, no problem!

How to avoid it:

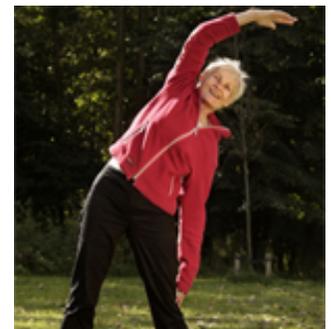
- For the time being, avoid raw spinach.
- Avoid undercooked meats, fish, or poultry.
- Cook foods to well done stage (at least 160 degrees) to kill most bacteria.
- Visit cdc.gov



October is Breast Cancer Awareness Month!

According to the Mayo Clinic you can make choices that reduce your risk of breast cancer. These include:

- Limit alcohol to less than one drink per day or none at all.
- Maintain a healthy weight.
- Exercise regularly.
- Limit fat in your diet—this also makes room for more fruits and vegetables.



Recipe Corner

Cajun Baked Salmon

- 1 # Pacific salmon file
- 1.5 Tbs. lemon juice
- 1 1/2 Tbs. Grey Poupon mustard
- 2 Tbs. parsley
- 2 Tbs. liq. margarine
- 1/2 tsp. Tabasco sauce

Combine sauce ingredients and set aside, Place salmon skin-side down on baking tray. Place under broiler for 5 minutes. Remove from oven and spread sauce over top evenly. Return to broiler for 5 minutes or until fish flakes easily with a fork. Serves 4.

Nutrition informa-

tion per serving:

Calories	194
Fat, g	10
Saturated fat, g	2
Protein, g	23
Cholesterol, mg	84
Carbohydrate, g	1
Sodium, mg	259
Dietary fiber, g	0

Fruit and Nut Snack Mix

- 1/4 cup each of freeze-dried apricots, cranberries, dried cherries, figs
 - 1/4 cup walnuts
 - 1/4 cup dried almonds
 - 2 cup whole wheat chex cereal
- Combine ingredients. Makes 8 servings.

Nutrition information per serving:

Calories	123
Fat, g	3
Saturated fat, g	0
Protein, g	2
Cholesterol, mg	0
Carbohydrate, g	23
Sodium, mg	3
Dietary fiber, g	3

Margaret's Gor-

geous Salad with Vinaigrette Dressing

- 8 cups Romaine lettuce
 - 1/2 purple onion, thinly sliced
 - 6 oz. fresh mushrooms, sliced
 - 1/2 cup grape tomatoes
 - 1 red Delicious apple, in wedges
- Dressing:**
- 1/2 cup olive oil
 - Juice of 1 lemon
 - 3 cloves garlic
 - 1 1/2 tsp. Grey Poupon mustard
 - Dash of Tabasco sauce
 - Dash Worcestershire
- Combine all ingredients. Serves 12.

Nutrition information per serving:

Calories	105
Fat, g	9
Saturated fat, g	1
Protein, g	1
Cholesterol, mg	84
Carbohydrate, g	4
Sodium, mg	20
Dietary fiber, g	1



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www.state.wv.us/seniorservices/

Rate Your Plate!

If you're trying to figure out how your diet measures up, the "Rate Your Plate" system can help. Whether you want to lose weight, whether you have diabetes, or whether you just want to know how your diet rates, this easy-to-take

survey will let you know how you are doing.



The basic premise, as shown in The Portion Plate, is that only 1/4 your plate should be animal protein, 1/4 your plate should be

whole grains, and 1/2 your plate should be fruits and vegetables.

There are several ways to access the Rate Your Plate survey:

- www.wvportions.com/tools/rateyourplate
- www.diabetes.org

How does your plate rate? What will you add or subtract to make a healthier plate?