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Smart Choices for SENIORS

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension
January

I have a New Year's resolution to eat smart, stay healthy, and maintain a healthy weight. Do the dietary guidelines refer to me?

The top 5 nutrition guidelines to keep you in tip-top shape this year!

1. Get adequate nutrition within your calorie needs.
 - Choose nutrient-dense foods instead of calorie-dense foods.
 - Choose healthier, unprocessed foods that contain less saturated fat, trans fat, cholesterol, added sugar, salt, and alcohol.

Choose more:	Choose less:
Fruits	Pastries
Vegetables	Cookies
Whole grains like whole-wheat bread, oatmeal, brown rice, and whole-wheat pasta.	Chips
These foods provide a lot of nutrition but not as many calories.	These foods have a lot of calories but don't have a lot of nutrition for each bite.



Virginia Cooperative Extension



VIRGINIA STATE UNIVERSITY



MyPyramid.gov
STEPS TO A HEALTHIER YOU

2. Balance your calories from food and beverages with physical activity.

Eat more:	Do more:
Fruits, vegetables, whole grains, and reduced-fat or fat-free dairy foods.	Be physically active 5 or more days a week for a total of 30 minutes per day.
1% or skim milk or yogurt.	Take a walk, do yard work, ride a bike, or dance.
Cheese made with reduced fat milk.	Divide the 30 minutes up into shorter sections throughout the day.
	Do a variety of activities to promote strength, flexibility, and balance.

3. Replace foods high in added sugar and refined starch with 2 1/2 cups of vegetables per day (not French fries) and 2 cups of fruit per day.
- Choose fruits and vegetables that are dark or bright in color.
 - Choose dark green lettuce, broccoli, and carrots.

Get less of your fat from:	Get more of your fat from:
Sausage and butter that have a lot of saturated fat.	Fatty fish, nuts, and liquid vegetable oils.
Poultry by removing the skin to lower the amount of saturated fat.	- Examples: olive oil, sunflower oil, salmon, walnuts, and almonds.
Foods made with partially hydrogenated vegetable oils such as many baked goods like cakes, cookies, crackers, donuts, and pastries.	



4. Limit sodium to less than 2,300 mg per day. That equals 1 teaspoon of salt each day. This includes all foods that have sodium already in them like many restaurant foods and processed foods. Eat more fresh foods prepared with little or no salt. Eat more potassium-rich foods like beans, fruits, and vegetables to promote heart health.

5. Limit alcohol intake.
- If you are a man, no more than 2 drinks each day. If you are a woman, no more than 1 drink each day.
 - Example of one drink is: 12 ounces of regular beer, 5 ounces of wine (12% alcohol), or 1.5

ounces of 80-proof distilled spirits. Remember that alcohol is high in calories but low in nutrients.

Choose one thing to work on at a time. If you try to change too much too soon, you may feel overwhelmed. Start slow and pick one nutrition guideline to stick to. Once you feel comfortable with that change, move on to something else. It would be better to take your time learning new healthy habits than to try to do everything in one week and never stick to it.

Another guideline that is especially important for people over 50 years of age calls attention to food safety.

- Prepare and store food safely.
- As we age, we are more at risk for food-borne illness.
- Do not drink raw milk or eat raw or partially cooked eggs, meat, poultry, fish, shellfish, or bean sprouts.
- Cook food thoroughly and refrigerate perishable food immediately after a meal.
- Defrost food only in the refrigerator.
- Heat deli meats or hot dogs to steaming hot before eating.

Source: United States Department of Agriculture: Dietary Guidelines; MyPyramid; www.mypyramid.gov/guidelines/index.html

Did you know that regular physical activity is a great way to maintain balance, prevent falls, and stay independent? Well, it is. Make sure you move every day with stretching and flexibility activities to improve balance and reduce the risk of falls. Some studies also suggest that daily activities such as walking and climbing stairs can reduce the risk of hip fractures and keep you strong and independent.

Source: American Geriatrics Society; Physical Activity; reducing osteoporosis, falls and fractures www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=11#

What is your New Year's resolution?

Unscramble the tiles to reveal a message.

AC	TIV	TRI	N W	PH	ANC	NU	BAL
.	ITH	OUR	CAL	TIO	ITY	YSI	E Y

What are some examples of exercises that can be performed to improve balance?

There are a variety of activities that you can do every day to improve balance. Add some of these activities to your daily life. Make sure that you have something strong and sturdy that you can hold on to. You don't want anything to move when you are doing these activities.

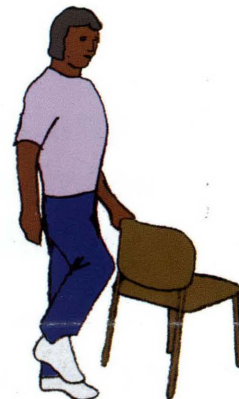
Tandem Standing

Place one foot directly in front of the other, touching heel to toe, and hold. Repeat with other foot in front. Use a sturdy chair for support as needed.



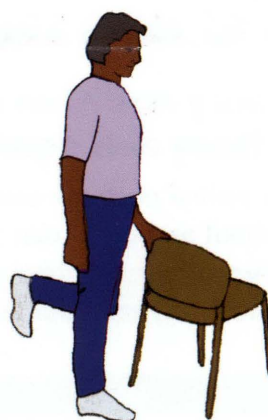
One Leg Balance

Lift foot to stand on one leg. Repeat on other leg. Use a sturdy chair for support as needed.



Standing Hip Raise

Lift the hip and knee. Repeat on other leg. Use a sturdy chair for support as needed.

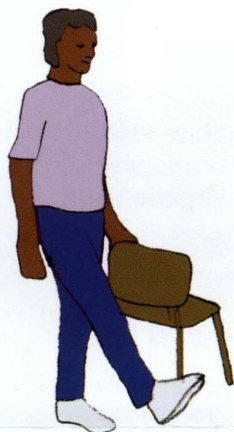


Standing Knee Bend

Bend the knee, pulling the heel upward. Repeat on other leg. Use a sturdy chair for support as needed.

Standing Kick

Extend the knee and kick forward. Repeat on other leg. Use a sturdy chair for support as needed.



Standing Side Kick

Extend the knee and kick out to the side. Repeat on other leg. Use a sturdy chair for support as needed.



Source: The National Center for Physical Activity and Disability; Exercise/Fitness: First steps to active health: Balance and Flexibility Exercises for older adults; www.ncpad.org/exercise/fact_sheet.php?sheet=144§ion=1113

Tomato Tortellini Soup

4 Servings

Prep Time: 15 minutes

Cook Time: 7 minutes

Ingredients:

- 2 (10-oz.) cans condensed tomato soup
- 1 (9-oz.) pkg. refrigerated cheese tortellini
- 1 cup frozen peas
- 1/4 cup grated Parmesan cheese

Preparation:

1. Dilute soups as directed on can.
2. Combine in saucepan with tortellini and heat over medium heat until the soup boils, stirring frequently.
3. Reduce heat, cover, and simmer for 2 minutes.
4. Add peas and simmer 2 more minutes until the tortellini is tender.
5. Pour soup into bowls and sprinkle with cheese before serving.

Note: Leftover soup can be refrigerated for up to 3 days or frozen for up to 2 months.

Adapted from:

busycooks.about.com/od/hotsouprecipes/r/tomatotortellin.htm

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OFFICIAL BUSINESS

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Answer:

Balance your nutrition with physical activity.

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series:

<http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide:

<http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia:

<http://www.dss.virginia.gov/benefit/foodstamp.html>

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