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Smart Choices for **SENIORS**

June

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



Virginia Cooperative Extension

Knowledge for the Commonwealth



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Are You Less Interested in Food?

“Food just doesn’t taste the same anymore.” Sound familiar? Does your favorite chicken dish taste different? Does Aunt Molly’s pea soup suddenly seem to need salt? The flavor of the food is probably the same as always. With age your sense of taste and sense of smell may change. This affects how foods taste. They may seem to have lost flavor.

Change in taste is a common reason older people stop eating right. As you get older, you may need less energy from what you eat. But you still need just as much protein, vitamins, and minerals in food.

There are other reasons you may not be able to enjoy your food.

- Some medicines can change your sense of taste or make you feel less hungry.
- Maybe chewing is difficult because your dentures need to be adjusted or your teeth or gums need to be checked.
- Pick softer foods to eat for easier chewing.



What about Food Safety?

Because you may not see and smell as well as you get older, you may not always be able to tell if foods have gone bad. You might want to date foods in your refrigerator to keep yourself from eating foods that are no longer fresh.

Remember: “If in doubt, throw it out.”

Stay Active to Keep Your Balance

- Stay independent by keeping your balance.
- Recent research suggests that older adults who are physically active have better balance. Older adults who are not active are at risk for falling. When you are active it makes your muscles stronger. Exercise also keeps your inner balance system strong which prevents you from falling.
- Go to your local senior center and join in the exercise programs.
- Keep your independence by staying strong.



Spice up your meals

Salt and pepper aren’t your only choices when it comes to spices.

Try the following spices on your food:

- Beef – basil, thyme, or fennel
- Chicken – curry, ginger, or lemon
- Rice – cumin, curry, or onion
- Fruit – cinnamon, cloves, or nutmeg
- Vegetables – sesame or lemon



Double-Dipped Spicy Chicken

Ingredients:

- 2 Tablespoons of olive oil
- 1 1/2 cups flour
- 1 teaspoon paprika
- 1 teaspoon poultry seasoning
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon allspice
- 1 cup low-fat buttermilk
- 1-2 pound boneless, skinless chicken thighs
- Salt and pepper

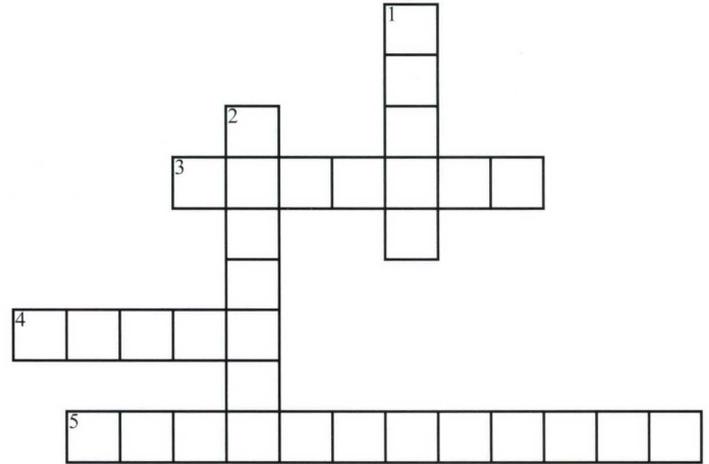
Directions:

1. Heat olive oil in a deep skillet over medium-high heat.
2. In a separate mixing bowl, mix flour with paprika, poultry seasoning, cayenne and allspice.
3. Separate flour mixture into two bowls.
4. Pour buttermilk into a third bowl.
 - (Set up your 3 mixing bowls as follows –
 - 1. 1/2 of the flour mixture
 - 2. buttermilk
 - 3. 1/2 of the flour mixture
 - Follow onto next step)
5. Season chicken with salt and pepper.
6. Coat chicken in the first bowl of flour mixture.
7. Then dip chicken in buttermilk (your second bowl).
8. Then coat chicken in the third bowl of mixing flour.
9. Cook chicken 6 minutes on each side in the skillet, until deep golden brown and firm.
10. Drain chicken on paper bags and cool before serving.

Serves 4.



Stay Healthy, Stay Spicy Crossword Puzzle



Across

3. Spice for your double-dipped spicy chicken.
4. Season your vegetables or your chicken with this.
5. Staying strong will prevent you from falling and will help you keep this.

Down

1. Use this spice on your beef.
2. Exercise helps keep this inner system strong.



Crossword Puzzle Solution

Across

- 3. PAPRIKA
- 4. LEMON
- 5. INDEPENDENCE

Down

- 1. BASIL
- 2. BALANCE

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

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>

www.ext.vt.edu

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