

Making Good Nutrition Happen Every Day

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ABCs of Aging and Eating For Good Health

As we age, eating right becomes even more important. There is no end to the research indicating that a healthy diet can help reduce the risk of or even prevent chronic disease. When planning meals for yourself, use the Food Guide Pyramid for the Elderly. You can find a copy at <http://nutrition.tufts.edu/pdf/guidelines.pdf> and <http://nutrition.tufts.edu/pdf/pyramid.pdf>. It can help you make healthy choices. In addition, here are some basics to help you put the focus on eating for good health.

With your meals and snacks does your food provide:

- Adequacy** Are you getting enough of each type of food? Be sure to choose from all the groups on the pyramid.
- Balance** Be sure not to eat too much from one group and exclude foods from another group. Follow the recommended numbers of servings from the pyramid to make sure you keep it all in balance
- Calorie Control** Remember, a healthy body weight is your first step to preventing diseases such as diabetes, hypertension, heart disease and in managing arthritis pain. Not too many calories and not too few.
- Moderation** Moderation in fats, sugars, and salt is the key. Look for ways to reduce your intake of fat *Tips to Trim the Fat in Your Diet, Fat Terminology on Food Labels, Tips for Reducing the Sugar in Your Diet, Shaking the Habit* (all italicized titles are available in this web site).
- Variety** Remember that variety really is the spice of life! The more variety you have in your meals the better your nutritional well being.

Depression and Your Diet

What is depression?

As people age, they often experience many changes that can be difficult to manage. The loss of a spouse or friends to death, changes in income or housing, and declining health, can all lead to feelings of sadness and concern. When those feelings won't go away, some seniors find that they become depressed. Depression is defined as an overwhelming sense of sadness about life that is accompanied by both emotional and physical fatigue. It can affect anyone and some researchers believe that of the 34 million senior citizens, 2 million of them suffer from depression. Women are more likely to suffer from depression than men. But depression should not be seen as a normal part of aging. It requires proper diagnosis and treatment.

What are the symptoms of depression?

If you experience these symptoms over a period of time and believe that you might be depressed, it is important to seek the care of your physician.

- Loss of appetite
- Fatigue
- Lack of interest in hobbies
- Feelings of helplessness and hopelessness
- Difficulty sleeping
- Inability to make decisions
- Difficulty concentrating
- Thoughts of death or suicide

Can depression be linked to diet?

Yes. Depression can often lead to changes in appetite. With *increased* appetite there could be unwanted weight gain that might lead to increased risk of high blood pressure, diabetes, and heart disease. With a *decreased* appetite, there could be weight loss and reduced intake of essential nutrients. Both could lead to fatigue and a lack of resistance to disease.

Changes in food intake might mean reduced levels of some nutrients that have been linked to depression. In particular, the B vitamins, folic acid, thiamin, riboflavin, niacin, and B-6 deficiencies could lead to a clinical depression. Iron deficiency anemia could also lead to depression.

But the answer is not just to take supplements. First, talk with your doctor. He or she is the only one who can help you know if you are depressed. Second, your health care provider will know what types of tests can be done to see if there is an underlying nutrition deficiency that is causing the depression. Your doctor will then prescribe supplements to correct the deficiency.

Depression can be treated! See your doctor and make every effort to make wellness a part of your daily life.

Water—An Essential Nutrient

Water—Your Liquid Asset

Water—it's the basis of life. And it's a nutrient we can't live without. Water is the most overlooked nutrient. Think about it—a 150 pound man is 90 pounds water!

As we get older, there is often a change in our sense of thirst. We may need to drink fluids but may not feel thirsty! You may be dehydrated and not feel thirsty.

What are some signs of dehydration?	What does water do to keep you healthy?
<ul style="list-style-type: none">• Dry lips• Sunken eyes• Swollen tongue• Increased body temperature• Decreased blood pressure• Constipation• Decreased urine output• Dark colored urine• Nausea	<ul style="list-style-type: none">• Transports nutrients• Carries away waste• Keeps our skin, nose, mouth and eyes moist• Acts as lubricant around joints• Helps maintain normal body temperatures• Ensures adequate blood volume

How Much Water Do You Need?

Experts suggest that every day you should drink at least eight cups of fluid. The bulk of it should be water, but remember that low-fat milk, 100% juices, soups, and decaffeinated teas and coffee also contribute to the daily need.

Do I Need to Buy Bottled Water?

- Bottled water isn't necessarily any healthier than tap water.
- 25-40% of bottled water comes from the same municipal water supply as tap water
- Tap water can be a good source of fluoride, which is important in preventing tooth decay. Most bottled water does not have fluoride.
- Bottled water is a better "on the go" beverage choice than soft drinks.
- Bottled water is a convenient and easy way to make sure you drink enough water.

Here are some other tips on staying well hydrated:

- High heat and humidity put a great strain on the body's cooling system—be sure and drink plenty of water—perhaps more than eight glasses. It will help you stay cool.
- If you are exercising in the heat and humidity, remember to drink plenty of water before, during and after exercise.

- Water is the best thirst quencher. Most beverages billed as thirst quenchers are high in calories and low in essential nutrients.
- Alcohol, caffeine increase fluid loss from the body and therefore increase the need for water.
- For a cool summer quencher, try mixing half sparkling water with half fruit juice.

Here are some other *Chillers!*

- Blend chunks of frozen melon, peaches or berries with ice and a splash of fruit juice.
- Blend apples, apple juice, ice and add a pinch of cinnamon.

Here are some *Warming Wonders!*

- Add spices such as cinnamon, cloves and allspice to apple juice, cranapple juice, or decaffeinated tea and heat.
- Add orange peel, cinnamon to decaffeinated tea when brewing.

Soft Water vs. Hard Water

If you live in an area that has hard water, then your water supply is usually higher in calcium and magnesium—two important minerals that are essential nutrients and important to good health. Both minerals are needed grow and maintain healthy bones and teeth.

Soft water is usually from deeper in the earth. But many families add water softeners to their water supply to get cleaner laundry or softer skin in the bath. Unfortunately, when water is commercially softened, sodium is added and calcium and magnesium are removed. This addition of sodium to our already sodium rich diets, concerns many health experts. In addition, soft water is more likely to have higher levels of toxic substances such as lead.

Some Terminology

Mineral water—from an underground source containing at least 250 parts per million of dissolved solids (minerals)

Purified water—aka, demineralized, reverse osmosis water. This water has had all minerals removed

Sparkling water—naturally present carbon dioxide that gives it bubbles

Spring water—underground source water without added or removed minerals

Seltzer—tap water with injected carbon dioxide, no added salts

Club soda—artificially carbonated water with added salts and minerals

Tonic water—artificially carbonated water with added sugar, sodium and quinine

Symptoms of Dehydration

There is an increased risk of kidney stones with low fluid intake and some researchers believe that chronic low water intake can increase risk of urinary track infections, breast and colon cancers.

Eating More for Fewer Calories

If you are trying to maintain a healthy body weight, try making these easy substitutions –you’ll find that you can eat more food and save calories too!

Instead of choosing the foods listed in the first column, try the foods listed in the second column. Foods in the left column are about the same number of calories as foods listed in the second column—you can eat a lot more food for fewer calories and have a much more nutritious meal or snack!

<i>Instead of This</i>	<i>Try This</i>
<i>Double beef cheeseburger</i>	Turkey sandwich, 4 ounces turkey on 2 slices whole wheat bread, with lettuce and tomato, 1 slice mozzarella cheese, 8 ounces low-fat yogurt, 1 cup strawberries, 1 ounce pretzels, 1 small oatmeal cookie
<i>Sausage and egg muffin</i>	1 cup unsweetened cereal, ½ cup skim milk, 1 toasted English muffin with 2 tsp margarine, ½ cup orange juice, ½ banana
<i>Two slices of pepperoni pizza</i>	3 slices pizza made with low-fat mozzarella cheese, low-fat pizza sauce, Canadian bacon, mushrooms, green peppers, tomatoes, pineapple, onions slices, and a small mixed vegetable salad with low-fat dressing
<i>Chocolate ice cream sundaes with sauce and whipped topping</i>	1 large slice angel food cake, 1 cup sliced strawberries, ¼ cut low fat whipped topping
<i>8 ounce milkshake with ice cream</i>	12 ounces yogurt smoothie with 1 cup mixed berries, ½ banana, ½ cup orange juice.
<i>Fried chicken dinner with 2 pieces chicken, ½ cup potato salad, biscuit with butter, small piece of pie</i>	Grilled chicken dinner with 6 ounces chicken, ½ cup baked beans, green salad with low-fat dressing, 1 cup low-fat potato salad, small low-fat brownie, small fruit salad
<i>2 hot dogs with buns, soft drink</i>	Two fat-free hot dogs with buns, 1 ounce pretzels, 1 small apple, 4 ounces fat free frozen yogurt, 1 glass ice tea

Food Preparation Tips for Seniors

How to Overcome “Kitchen Fatigue!”

Do you ever feel that you just can't face the kitchen tonight?

Have you lost interest in food lately?

Do you find that you just don't look forward to eating alone again?

Do you feel that you can't always afford to buy the food you know you need?

If you answered yes to any of the questions, you are not alone! As we grow older, we sometimes lose our enthusiasm for food, and cooking and eating. We can just feel plain old tired and burned out! Here are some ideas to help you overcome “kitchen fatigue.” Before you know it, you'll find that eating and cooking your food is enjoyable again.

- Eat regular meals. Small, frequent meals may be the best. Use high nutrient foods at every meal. This should help prevent feeling overfull.
- Put the focus on heart healthy foods that are low in fat, cholesterol, saturated fat, sugar and salt. You'll feel better just knowing you are eating healthfully!
- Don't hesitate to check out convenience foods that are healthy and tasty. You can add vegetables or fruits to the meal to balance things out.
- Many grocers are becoming more sensitive to the single shopper and offer smaller portions of meats, fruits, vegetables, half loaves of bread, ½ dozen portions of eggs. This will help you know you won't be wasting food before you can eat it.
- Keep preparation simple. Healthy foods don't need to take forever to prepare.
- Make your eating environment cheerful. Perhaps you could read a book, watch a favorite television program, listen to some favorite music or invite a friend to dine with you.
- Keeping meals simple will make clean up easier too!
- Consider shopping, preparing and eating cooperatively with neighbors and friends. This will allow you to buy in bulk and save money.
- Steam vegetables and fruits (rather than boiling), as it will make them easier to chew.
- Cook double portions and freeze for later use. Remember to label foods with dates!
- Keep moving since regular activity will help stimulate your appetite.

DIETS DON'T WORK!

Has your doctor suggested you lose some weight? Have you tried before only to lose money on fad diets? Here are the top 10 reasons that fad diets just don't work.

Ten Reasons Diets Don't Work

1. No permanent habit change established
2. No regular exercise included
3. Exclude one or more of the food groups—leads to nutrient imbalance
4. Too restrictive in calories
5. Allowed foods are restrictive – leads to boredom
6. Restrictive intakes lead to loss of lean tissue
7. Reduction in lean tissue leads to lowered metabolic rates
8. Usually focus on achieving an unrealistic and non-sustainable weight
9. Programs can be expensive and therefore hard to maintain
10. Rarely includes professional guidance and support

Ten Habits to Ensure Permanent Weight Loss

1. **Get moving!**
Regular exercise will help tone your muscles, keep you limber and stimulate aerobic fitness. In addition, exercise helps control appetite, burns off excess energy that would otherwise be stored as fat and promotes a healthy metabolism.
2. **Keep records**
Successful weight reducers keep careful records of what they eat. By planning your meals and writing down what you intend to eat and what you actually eat, you will be in control of your diet and be less likely to leave things to chance.
3. **Never say diet!**
Too often diets are only a short term fix for a long term challenge. They can be self defeating and you only reinforce that you can't succeed in losing weight. Stay away from quick fixes and focus instead on making small changes that can become permanent habits.
4. **Believe in yourself and think positively.**
Success follows a positive attitude and believing that you can lose weight and adopt a healthier lifestyle. Put yourself in the driver's seat and remember that you are making the choices—you are not a victim of circumstance.
5. **Strive for five a day.**
By eating five servings daily of fruits and vegetables, you'll be putting the focus on what you can eat and not what you have to avoid. In addition, fruits and vegetables are loaded with nutrients to promote good health. They are rich in fiber, which can aid in helping you to feel satisfied.

6. **Limit high calorie beverages and alcoholic drinks.**
Beverages high in calories don't lead to health promotion or satiety and yet add unnecessary calories. Try to eliminate soft drinks, alcohol and stick to drinking just one serving daily of real fruit juices.
7. **Change your cooking habits.**
Look for new recipes and cooking methods that focus on broiling, grilling, poaching and avoid frying. Choose recipes that don't call for high fat ingredients and omit them from recipes.
8. **Tone down your sweet tooth.**
Everyone likes a sweet treat once in a while, but make it truly a once in a while treat. The first few days of eliminating sweets from your diet may be hard but you will soon get used to it and will be able to satisfy your sweet tooth with fruits.
9. **Set realistic goals.**
It is important to set both short term and long term goals. Plan to reward yourself when you achieve a goal but prepare for set backs.
10. **Weigh yourself only once a week.**
Weigh weekly and keep a record of your successes. Avoid the temptation of getting on the scale every day—when you don't see results you get discouraged, when you do, you believe you can relax your standards.

Other Important Tips

- Get support from family and friends
- Focus on inner motivation
- Lose no more than 1-2 pounds per week

TIPS TO TRIM THE FAT FROM YOUR DIET

Louise Whitney, RD

Whether you are trying to watch your weight or control fat and cholesterol to reduce your risk of heart disease, these suggestions might make it easier to trim the fat from your diet. Remember, there is fat naturally found in food. Good examples include, meats and dairy products like cheese. But we also add many fats to our food when we add gravy to potatoes, cream in coffee and butter to toast. We also like to eat foods that are made with fat such as cookies, cakes, doughnuts, pies, crackers and candies.

- ✦ Use nonfat or skim milk instead of whole milk
- ✦ Use powdered sugar instead of cake frosting
- ✦ Use plain low-fat yogurt instead of sour cream
- ✦ Use milk instead of cream in coffee
- ✦ Try sorbet or ice milk instead of ice cream
- ✦ Try reduced or fat-free cream cheese instead of regular
- ✦ Try reduced fat cheeses instead of full-fat cheese
- ✦ Use skim milk and cornstarch for sauces instead of whole milk, cream and fats
- ✦ Use plain low-fat yogurt instead of mayonnaise
- ✦ Try angel food cake instead of yellow or pound cake
- ✦ Try a low-fat muffin instead of doughnut
- ✦ Try Canadian bacon instead of pepperoni, sausage on pizza
- ✦ Chill soups and skim fat before reheating and serving
- ✦ Grill or poach meats instead of frying
- ✦ Limit use of commercially made baked products
- ✦ Use no more than 5-8 teaspoons of fats/oils per day
- ✦ Limit high fat meats and dairy product to 3 times per week
- ✦ Limit intake of fast foods
- ✦ Increase intake of mono- and polyunsaturated fats
- ✦ Use only low fat or skim milk, reduced fat cheeses
- ✦ Trim all visible fat from meats
- ✦ Skin all poultry before cooking
- ✦ Watch out for high fat snack foods
- ✦ Eat more soluble fiber (oat, rice bran, legumes, pectins)
- ✦ Adopt a regular, moderate exercise program.
- ✦ Eat more fish rich in omega 3 fatty acids
- ✦ Eat five servings daily of fruits and vegetables
- ✦ Serve a baked potato instead of french fries

FAT TERMINOLOGY ON FOOD LABELS

Fat free.....	contains less than 0.5 grams of fat per serving
Low fat.....	contains less than 0.3 grams of fat per serving
Reduced fat.....	nutritionally altered product containing 25% less fat than a regular product
Low in saturated fat.....	contains 1 gram or less of saturated fat per serving
Reduced in saturated fat.....	nutritionally altered product containing 25% less saturated fat than the regular product
Cholesterol free.....	contains less than 2 mg of cholesterol per serving
Low cholesterol.....	contains less than 20 mg of cholesterol per serving and no more than 2 grams of saturated fat
Reduced cholesterol.....	a nutritionally altered product that contains 25% less cholesterol than the regular product
Lean.....	contains less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 mg of cholesterol per serving
Extra lean.....	contains less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mg of cholesterol per serving
Percent fat free.....	a food's weight that is fat free, which can be used only on foods that are low-fat or fat free to begin with. For instance, if a food weighs 100 grams and 3 grams are from fat, it can be labeled "97 percent fat free." Note that this term refers to the amount that is fat free by weight, not calories

TIPS FOR REDUCING THE SUGAR IN YOUR DIET

Louise Whitney, RD

If your diet is too high in sugar, it might not be healthy for you. Foods high in sugar:

- are usually low in needed nutrients
- have extra calories that will make it hard to maintain your body weight
- can increase the chances of dental decay
- might increase risk of developing diabetes

Making Wise Choices About Sugar

- Use less sugar including: white sugar, brown sugar, honey, jam and jelly, and syrups.
- Eat less high sugar food including: soft drinks, juice drinks, candy, cakes, cookies, ice cream, and frozen yogurt.
- Choose canned or frozen fruits processed without added sugar
- Read labels and look for sugar. If any of these are listed first in the ingredient list, then the food is high in sugar. Here are some of sugar's other names:

Sucrose
Dextrose
Fructose
Glucose

Maltose
Invert sugar
Corn syrup
Turbinado sugar

Molasses
Levulose
Brown sugar
High fructose corn syrup

Tips on Reducing Sugar

- Substitute fruit juices mixed with sparkling water for soft drinks
- Buy unsweetened cereals and sweeten with sliced fruit
- Try reducing the amount of sugar in recipes. You can usually cut the sugar by ½ cup or more without losing flavor
- Try using heated cinnamon applesauce over pancakes and waffles instead of syrup
- Mashed bananas can be a tasty alternative to jams or jelly on toast, bagels and sandwiches
- Use dried fruits as a sweet snack instead of candy—for good dental hygiene be sure and brush your teeth after eating dried fruits as they stick to the teeth and can cause dental decay.

Sweetness From Spices

These spices are great at enhancing the sweetness already in foods. Use them to perk up flavors and reduce sugar content. Extracts of maple, coconut, banana and chocolate also enhance sweetness.

Allspice
Cloves

Cloves
Fennel

Cardamon
Ginger

Cinnamon
Nutmeg

What are Empty Calories?

Empty calorie foods are low in nutrients and high in calories. Many sweet treats fall in this category and have high calories but little or no nutritional value. Empty calories can dull your appetite, cause you to gain weight, and make you crave sweets more.

Honey vs. Sugar

Some people believe that honey is natural and healthy form of sugar. But 1 teaspoon of honey has 22 calories and 1 teaspoon of sugar has 13 calories.

Honey is also susceptible to growth of botulism—a deadly food poison. This is a risk for seniors with compromised immune systems.

Sugars and Dental Health

Foods that have sugar, especially when it's sticky and clings to your teeth, can cause cavities. It is important to remember to brush your teeth well after eating foods with sugar. This includes even healthy snacks such as dried fruits, which can stick to your teeth, and starchy foods that aren't sweet such as crackers and chips.

Sugar Content of Selected Foods	
Food	Teaspoon of sugar Per serving
Fruit drink (12 ounces)	12
Chocolate mil shake (10 ounces)	9
Soft drink (12 ounces)	8
Yogurt, fruit flavored (1 cup)	7
Cake, frosted (1/16 of a cake)	5
Sherbet (1/2 cup)	5

Low-Fat and Delicious Desserts

Everyone enjoys a sweet ending to meal but low-fat eating usually means having to avoid the traditional favorite desserts such as ice cream, pies, cakes, cookies and other treats. Here are some ideas for low-fat desserts that will be satisfying and low fat:

- * Pudding made with skim milk. You can make it from scratch or buy ready made (non-fat and sugar-free are available)
- * Yogurt and fruit smoothie. Blend 8 ounces low-fat regular or sugar-free yogurt and add 1 frozen banana or 1 cup other frozen fruit, 1 teaspoon vanilla, 1 teaspoon cinnamon. Blenderize until smooth.
- * Vanilla wafers -- regular or reduced fat.
- * Quick breads-- try a warm slice of banana or pumpkin bread instead of cake or cookies for a delicious dessert. You may also add lemon sauce as a special treat.
- * Fruit salad with vanilla yogurt dressing.
- * Lemon bars--use Egg Beaters for a non-fat treat
- * Low-fat brownies
- * Angel food cake with strawberries or peaches

Banana Bread (makes 12 slices)

This bread gets its crunch from Grape-Nuts cereal instead of nuts.

3/4 cup whole-wheat flour	3/4 cup Grape-Nuts cereal
3/4 cup all-purpose flour	2 cup raisins or dried cherries
1/3 cup sugar	1 cup mashed bananas (2 to 3 medium bananas)
2 cup nonfat dry milk	1/4 cup vegetable oil
2 cup egg beaters	1/4 cup water
2 teaspoons baking powder	
1/4 teaspoon salt, if desired	

In a large bowl, combine the whole-wheat and all-purpose flours, sugar, dry milk, baking powder, and salt. Stir in the cereal and raisins. In another bowl, beat the eggs, and combine them with the bananas, margarine, and water. Add this mixture to the flour mixture, stirring the two until the dry ingredients are just moistened.

Grease and flour a 9x5x3 inch loaf pan. Pour in the batter.

Bake the bread in a preheated 350-degree oven for 50 to 55 minutes or until a tester inserted in the center of the bread comes out clean. Let the bread cool in the pan for about 15 minutes, and then turn it out to finish cooling on a rack. Wrap the bread tightly in plastic wrap or foil. If possible, let it stand for at least 8 hours before slicing.

FISH--FLAVORFUL AND LOW-FAT

Louise Whitney

One of the best heart healthy protein foods is fish. It is low in fat and a good source of heart healthy omega 3 fatty acids. Once you know how to purchase and prepare fish you will find it to be one of the tastiest and easiest meals you can fix.

Why eat fish?

- **Fish is naturally low in fat.** Three ounces of baked cod has less than 1 gram of fat. Compare with 4 grams of fat in 3 ounces of chicken and 14 grams of fat in 3 ounces of lean beef.
- The fat found in fish (omega 3 fatty acids) is heart healthy and may actually help reduce your risk of a heart attack.
- Fish is the original fast food B it only takes 10 minutes at 350 degrees for every inch of thickness to cook fish. Well-done fish flakes easily.
- Fish tastes delicious cooked in the microwave.
- Fish is a good source of several essential nutrients including B complex vitamins, iron, potassium, and phosphorus.

Fish categories according to fat content

Lean--less than 2% fat

Bass, sturgeon, brook trout, cod, pollack, flounder, haddock, perch, halibut, red snapper

Moderate-fat--less than 6% fat

Barracuda, bluefish, swordfish, tuna

High-fat--can be as high as 30% fat

Atlantic herring, mackerel, rainbow trout, salmon

Something fishy here: tips for buying fish

- Fresh fish **does not** have an off odor
- Always ask if fish is fresh, if it has come in frozen, and when the fish arrived at market
- Ask how much time has elapsed between catch and arrival to market
- Use your nose to check for freshness
- Look for moist, glossy appearance, taut skin, and if whole, clear bright and bulgy eyes

Make it affordable!

Remember that you only need 5-7 ounces of meat per **day** to meet protein needs. This means that you only need to plan on 3-5 ounces of fish per person. To round out your meal, be sure to serve plenty of vegetables and whole grains such as rice or potatoes.

There is very little shrinkage when cooking fish. You can count on about 4 servings from 1 pound of fish.

Storing fish

- Wipe fresh fish with a damp cloth then wrap in an airtight, moisture-proof wrap or bag. Store in the coldest part of the refrigerator, ideally 32-35 degrees. Fish stored at 36 degrees will spoil twice as fast as that stored at colder temperatures.
- Use fresh refrigerated fish within two days.
- Fresh fish can be frozen and used later, but never re-freeze fish. Wrap fish to freeze in moisture proof wrap and freeze up to six months. **Always** thaw in the refrigerator or in cool water.

Cooking fish: the 1-inch rule

- For all cooking methods (except microwaving) it only takes **10 minutes to bake fish that is 1 inch thick at 450 degrees**. Overcooking fish makes it tough and watery.
- When cooked, fish becomes opaque and flakes easily with a fork.

Baking Preheat oven to 450 degrees. Brush fish and baking dish lightly with oil, low-fat sauce and season to taste. Follow the 10-minute rule above.

Microwaving Prepare as for baking. Cook 3 minutes/pound.

Poaching Place enough liquid (wine, broth, milk, water, clam juice) to cover fish. Use a shallow pan or skillet and bring to a boil, add fish and simmer till done.

Broiling Brush fish with oil and place skin side down. Season with lemon or olive oil. Place 2-4 inches from heat. There is no need to turn over.

Barbecue Place fish on well oiled, closely spaced rack or grill. Baste with oil, low-fat sauce, or marinade before and during cooking. Follow the 10 minute rule.

Seasoning Truly fresh fish is at its best when seasoned simply, perhaps lemon, herbs or spices. You could also drizzle your favorite vinaigrette dressing on before baking or cook fish with fresh vegetables.

3-A- Day

Make it Happen Every Day

*Office of Services to the Aging
State of Michigan
Louise Whitney, RD*

What is the 3-A-Day Program?

Did you know that according to the USDA, 75% of Americans do not meet their calcium needs? That is why the National Dairy Council and the American Dietetic Association recently teamed up to promote the 3-A-Day program. It is a way to remind us that each day we need three servings of calcium rich foods.

What about older Americans?

As we get older we need to be sure we eat enough calcium rich foods to keep our bones and teeth healthy. People over 51 years should get **4** servings daily of a calcium rich food. Now you'll have to remember the 3-A-Day plus 1!

Why is calcium important?

Calcium is part of the "bone team." These are nutrients that keep our bones and teeth healthy. In addition, calcium also functions to maintain a normal blood pressure level and new research indicates that it may help you manage your weight.

What are calcium rich foods?

Low-fat dairy products are a great source of calcium. Drink skim or 1% milk, or eat low-fat yogurt or low-fat cheese at least 3 times a day. Tofu (soy), legumes such as dried beans and peas and some leafy green vegetables are also good sources. In addition, there are now many calcium-fortified products such as juices, cereals and snack foods.

What is a serving of a calcium rich food?

BEST Sources	Serving Amount
Yogurt, plain	8 ounces (choose non fat or low fat varieties)
Swiss cheese*	1.5 ounces (choose low-fat)
Calcium fortified orange juice	8 ounces
American cheese*	2 ounces
Sardines	3 ounces
Milk	8 ounces (choose non-fat, skim or 1%)
Cheddar cheese*	1 ounce (choose low-fat such as mozzarella)
GOOD Sources	Serving Amount
Shrimp	3 ounces
Turnip greens	1 cup
Instant oatmeal	1 packet
Tofu	½ cup
Legumes	1 cup
Kale	1 cup
Collard greens	½ cup cooked
Calcium fortified soy milk	8 ounces
*High in sodium	

Vitamin and Mineral Supplements, and Herbal Treatments Who Needs Them and Are They Safe?

Most health promotion organizations agree that healthy children and adults should be able to meet their nutrient needs by eating a diet that is adequate, balanced and varied. However, certain groups of people may need supplements.

- People who follow very-low calorie diets, < 800 kcal/day
- Those with chronic diseases that interfere with nutrient absorption
- People taking medications that interfere with nutrient absorption
- People with lifestyle habits requiring more intake
- Women who are pregnant or breastfeeding
- Women with excessive menstrual bleeding
- Women in child-bearing years who do not consume enough folate
- Anyone with lactose intolerance
- Those with inadequate exposure to sunlight
- People with poor eating habits
- Those with drug or alcohol addictions
- People with CHD may need extra antioxidant nutrients
- People recovering from extensive injuries or burns

Tips for selecting supplements:

- Price is no indicator of quality
- Choose products that meet USP standards
- Watch expiration dates
- Avoid those with extraneous substances such as PABA, bee pollen
- Be wary of spurious claims
- Choose childproof packaging
- Watch out for supplements with herbs

Concerns in Using Herbal Treatments

There are many different types of herbal treatments available today in drugstores and health food markets. These are often viewed as being safe and a better alternative to prescription drugs in treating disease. While they are viewed as safe and natural, herb/herb interactions and drug/herb interactions have been reported and they can be serious and life threatening. Some of the concerns in using these herbal treatments include the following:

- Patients don't inform their physician or pharmacist of herbal intake
- Strength of herbal products can vary
- Herbal treatments can interfere with prescription medications needed for health
- In US herbs are classified as dietary supplements so there are no standards for processing
- People may replace necessary treatments with herbal remedy

Getting Back to Basics

Healthy Ways to Watch Your Weight

Ten Habits to Ensure Permanent Weight Loss

1. Get moving!

Regular exercise will help tone your muscles, keep you limber and stimulate aerobic fitness. In addition, exercise helps control appetite, burns off excess energy that would otherwise be stored as fat and promotes a healthy metabolism. Always check with your doctor before you begin any exercise program.

2. Keep records

Successful weight reducers keep careful records of what they eat. By planning your meals and writing down what you intend to eat and what you actually eat, you will be in control of your diet and be less likely to leave things to chance. ([link to food record forms](#))

3. Never say diet!

Too often diets are only a short-term fix for a long-term challenge. They can be self-defeating and you only reinforce that you can't succeed in losing weight. Stay away from quick fixes and focus instead on making small changes that can become permanent habits.

4. Believe in yourself and think positively

Success follows a positive attitude and believing that you can lose weight and adopt a healthier lifestyle. Put yourself in the driver's seat and remember that you are making the choices—you are not a victim of circumstance.

5. Strive for five a day

By eating five servings daily of fruits and vegetables, you'll be putting the focus on what you can eat and not what you have to avoid. In addition, fruits and vegetables are loaded with nutrients to promote good health. They are rich in fiber, which can aid in helping you to feel satisfied.

6. Limit high calorie beverages and alcoholic drinks

Beverages high in calories don't lead to health promotion or satiety and yet add unnecessary calories. Try to eliminate soft drinks, alcohol and stick to drinking just one serving daily of real fruit juices.

7. Change your cooking habits

Look for new recipes and cooking methods that focus on broiling, grilling, poaching and avoid frying. Choose recipes that don't call for high fat ingredients and omit them from recipes.

8. Tone down your sweet tooth

Everyone likes a sweet treat once in a while, but make it truly a once in a while treat. The first few days of eliminating sweets from your diet may be hard but you will soon get used to it and will be able to satisfy your sweet tooth with fruits.

9. Set realistic goals

It is important to set both short term and long-term goals. Plan to reward yourself when you achieve a goal but prepare for setbacks.

10. Weigh yourself only once a week

Weigh weekly and keep a record of your successes. Avoid the temptation of getting on the scale every day—when you don't see results you get discouraged, when you do, you believe you can relax your standards.

Other important tips:

- Get support from family and friends
- Focus on inner motivation
- Lose no more than 1-2 pounds per week

The Top Foods to Eat For Good Health Today and Tomorrow

Tomatoes

Soybeans

Berries—Strawberries, Blueberries, and Cherries

Broccoli Family Vegetables

Why are they so good for you?

The primary reason these foods are included is because they are rich sources of phytochemicals. Phytochemicals are compounds found in foods that are a vital part of a healthy diet and help prevent and reduce our risk of disease, such as heart disease, high blood pressure, high cholesterol and cancer

Tomatoes

Tomatoes are a good source of a phytochemical called lycopene, which may help reduce risk of heart disease. Here are some quick and easy additional ways to get your daily dose of tomatoes:

- Make your own pasta sauce by cooking chopped fresh tomatoes in a small amount of oil. Add chopped onions, garlic and spices such as basil and oregano. Cook until thickened and serve over pasta.
- Make a fast, savory chili by mixing chopped fresh tomatoes with a can of low-fat bean soup. Stir in diced, fresh carrots, peppers and onions.
- Add sliced tomatoes in your salad, add them on your sandwiches and eat them fresh, sliced with crushed basil.

Soy Beans

Soy has been linked with the reduction in risk of several different chronic diseases. Research shows that soy protein, in a low fat eating plan, can help reduce the risk of heart disease and may help reduce risk of cancer, symptoms associated with menopause, and allergies (soy is hypoallergenic.) The best way to increase soy intake is to use soy foods in your eating plan. Cook soybeans as you would other beans; add cooked soy beans to salads, soups, stews and casseroles

Berries

Berries of all kinds have compounds that help reduce risk of cancer and are a tasty treat to enjoy year around. Add them fresh to salads, cereals, or enjoy them by the spoonful! You can wash and freeze berries to eat later and add to smoothies, in pancakes or muffins.

Broccoli Family Vegetables

Broccoli family vegetables including cauliflower, cabbage, kohlrabi have been shown to reduce risk of cancer. Add chopped fresh to salads and use combine these vegetables with each other for new flavor combinations.