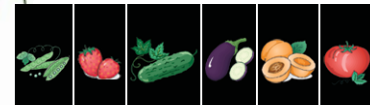


Nutrition News for Seniors



EAT WELL

Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Robert P. Astorino, Westchester County Executive

Mae Carpenter, Commissioner

EATING RIGHT FOR OLDER ADULTS

Beyond our genes, our lifestyle choices greatly influence our health. Whether it's a resolution you set for January 1, or a mid-year goal, you can make, you can make the next year of your life healthier.

It doesn't have to be complicated! There are many small, simple steps you can take to start on the path to better health. Begin with the following recommendations from the USDA's 2005 *Dietary Guidelines for Americans*.



A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count

Think "nutrient-rich" rather than "good" or "bad" foods. Most of your food choices should be packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Most older adults need fewer calories than they did in their younger years. Smart food choices can help you stay healthy, manage your weight and be active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Physical Activity for Fitness and Health

Balancing physical activity and a healthful diet is your best recipe to manage weight and promote overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

How Many Calories Do I Need?

The number of calories you need each day depends on your age, gender and activity level. The estimated calorie needs for adults age 51 and older are listed in the chart below.

For women who are:	For men who are:
Sedentary (not active) 1,600 calories per day	Sedentary (not active) 2,000 calories per day
Moderately active 1,800 calories per day	Moderately active 2,200 to 2,400 calories per day
Active 2,000 calories per day	Active 2,400 to 2,800 calories per day

Sample MyPyramid Plan

This is a sample daily eating plan for a 1,800 calorie food pattern. Your calorie needs may be more or less. For a personalized MyPyramid Plan and more information about the food groups, go to www.mypyramid.gov.

Food Group	Amount
Grains	6 ounces
Vegetables	2 $\frac{1}{2}$ cups
Fruits	1 $\frac{1}{2}$ cups
Milk	3 cups
Meat & Beans	5 ounces



Special Nutrient Needs

Calcium and Vitamin D

Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables provide fiber, too.

Potassium

Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

*Pinto Bean Salsa Dip *A delicious, simple, nutritious recipe!*



Ingredients

- 1 can (approx. 15 oz.) pinto beans, drained and rinsed or 1-1/2 cups cooked dried beans.
- 1 cup low-fat shredded cheese
- 1/2 to 1 cup chunky salsa
- 1 to 2 tablespoons chopped onion (optional)
- 1/4 to 1/2 teaspoon chili powder or to taste (optional)
- 2 tbsp. fresh parsley, chopped

Directions:

1. Mash beans with a fork.
2. Mix in cheese.
3. Stir in enough salsa until mixture is desired consistency for dipping.
4. Add onion and seasoning as desired.
5. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).

*Recipe from University of Nebraska-Lincoln Extension Lancaster County

Sources: U.S. Department of Health & Human Services, American Dietetic Complete Food & Nutrition Guide

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