



Nutrition News for Seniors



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

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Food Day – Make a New Beginning

Food Day is a nationwide celebration and a movement toward more healthy, affordable, and sustainable food. Food Day, created by the Center for Science in the Public Interest (CSPI), is powered by a diverse coalition of food movement leaders, organizations and people from all walks of life. Food Day takes place every fall to address issues as varied as health and nutrition, hunger, agricultural policy, animal welfare and farm worker justice. The ultimate goal of Food Day is to strengthen and unify the food movement in order to improve our nation's health and food policies.

The foods we eat should bolster our health, but so many Americans have a diet which contributes to hundreds of thousands, premature deaths from heart attack, stroke, diabetes and cancer each year. The American diet has many salty, overly processed packaged foods, high-calorie sugary drinks and fast-food offering little or no nutrient value.

Food Day aims to transform the American diet. CSPI urges America to “Eat Real!” All Americans—regardless of their age or race or income or geographic location—should be able to select healthy diets and avoid obesity, heart disease and other diet related conditions. It's time to spend more time shopping for whole foods, more time in the kitchen and more time sharing meals with others. Good health does not have short-cuts. The time and effort, care and concern must be there for us to reap the benefits of a good wholesome and nutritious diet. So, take time this fall and celebrate the season and spirit of Food Day by shopping at a Farmers Market, cook something from scratch, prepare a meatless meal or volunteer at your local food pantry.

Some Facts provided by CSPI...

- About two-thirds of American adults and one-third of children are pre-obese or obese.
- Annual medical costs for diet-related diseases, such as high blood pressure, heart disease and diabetes, are around \$147 billion.
- Poor diet and lack of physical activity account for about 300,000 deaths a year.
- One-third of children born after 2000 will likely develop diabetes in their lifetimes. If current diabetes trends continue, this generation of kids is expected to have shorter lives than their parents.
- 50 million Americans are “food insecure,” or near hunger.
- The average monthly SNAP (food stamp) benefit is \$287 per household, or \$4.30 per person each day. That's barely enough to put decent meals on the table.
- In 2009, 3.4 million (8.9%) of U.S. seniors 65 or older lived in poverty.

Source: Adapted from Center for Science for the Public Interest website www.CSPI.net.org

Food in Focus: Pumpkins, pumpkins everywhere...

This time of year it seems as though pumpkin-flavored foods and beverages are everywhere. But you can't beat the nutrition found in the actual fruit. A cup of pumpkin is loaded with vitamin A, potassium and fiber. Pick up some canned pumpkin (found in the baking aisle) for the recipe below and keep some in your pantry for many more uses. (Remember to note the difference between pumpkin puree versus pumpkin pie filling!) Leftovers can be added to almost any dish...pumpkin oatmeal anyone?

In the Kitchen: **Pumpkin Harvest Soup**

$\frac{3}{4}$ cup water
1 small onion, chopped
1 can (8 ounces) pumpkin puree
1 cup unsalted vegetable broth
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon ground nutmeg
1 cup fat-free milk
 $\frac{1}{8}$ teaspoon freshly ground black pepper
1 green onion, green top only, chopped



In a large saucepan, heat $\frac{1}{4}$ of the water over medium heat. Add the onion and cook until tender, about 3 minutes.

Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce the heat and simmer for 5 minutes. Stir in the milk and cook until hot.

Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serves 4.

Nutrition Facts per 1 cup serving:

**Calories: 70; Total Fat: 1g; Sodium: 240g; Total Carbohydrates: 12g;
Dietary Fiber: 2g; Protein: 3g.**

Source: MayoClinic.com

Food Safety: Two Simple Steps to Juice Safety

Serious outbreaks of foodborne illness have been traced to drinking fruit and vegetable juice and cider that was not treated to kill harmful bacteria. When purchasing juice, take these two simple steps to protect yourself and your family:

- **Always read the label** to make sure that juice has been pasteurized or treated.
- **When in doubt, ask!** Always ask if you're unsure whether a juice product has been treated, especially for juices sold in refrigerated cases of grocery or health food stores, cider mills or farm markets. Also, don't hesitate to ask if the labeling is unclear or if the juice or cider is sold by the glass.

Source: FoodSafety.gov

Just for Laughs

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

A: Pumpkin pi.

Q: What do you call a stolen yam?

A: A hot potato.