

Nutrition News for Seniors



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

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Make Fitness and Nutrition a Goal for Life

We all know that exercise is good for us for many different reasons. Exercise can help control blood pressure, blood sugar and weight. It can raise "good" cholesterol and help prevent heart disease, colorectal cancer and type 2 diabetes. Aside from the medical and clinical benefits, getting more active can:

- Be fun
- Help you look your best
- Improve your sleep
- Make your bones, muscles and joints stronger
- Lower your chances of becoming depressed
- Reduce falls and arthritis pain
- Help you feel better about yourself



Physical activity increases your chances of living longer!!

Below are some Quick Tips on Staying Active as You Get Older

Before you begin...

If you have a health problem like heart disease, diabetes or obesity, talk to your doctor about starting an exercise program.

Aim for 2 hours and 30 minutes a week of aerobic activities.

Choose activities that make your heart beat faster, like walking fast, dancing or raking leaves.

Start slowly - as little as 5 minutes at a time. Then add on five to 10 minutes at a time until you can exercise for 30 minutes most days of the week.

Tell your doctor if you have shortness of breath, chest pain or unplanned weight loss.



Do strengthening activities two days a week.

Try lifting hand weights or using exercise bands.

Breathe out as you lift something, and breathe in as you relax.

(Holding your breath can cause changes in your blood pressure.)

Do balance activities three or more days a week.

Practice standing on one foot.

Stand up from a sitting position.

Learn tai chi ("ty CHEE"), a Chinese mind-body exercise that involves moving the body slowly and gently.

Sign up for a yoga class, or try a yoga video that you can do at home.

Compiled from: "Stay Active as You Get Older: Quick tips." This information on physical activity was adapted from materials from the 2008 Physical Activity Guidelines for Americans, NIHSeniorHealth.gov, and the National Institute on Aging. Reviewed by: The U.S. Department of Health and Human Services' Committee on Dietary Guidance and the U.S. Department of Agriculture's Dietary Guidelines Working Group
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After starting your new exercise routine, give yourself a treat



Summer Breeze Smoothie

1 cup yogurt, plain, nonfat

6 medium strawberries

1 cup canned, crushed pineapple in juice

1 medium banana

1 tsp. vanilla extract

4 ice cubes

Place all ingredients in a blender and puree until smooth. Serve in a frosted glass.
Makes 3 servings.

Nutrition Facts: Calories 150, Fat 0g, Carbohydrate 33g, Fiber 2g, Cholesterol 0g, Sodium 80mg, Protein 6g, Vitamin C 60%, Calcium 15%

Source: "Living Well with Diabetes," Constance Brown-Riggs (2010)

Nutrition Bonus Points

This refreshing smoothie will not only delight your taste buds, but will treat your body with nature's good stuff while replenishing it with some extra hydration. Each serving will provide a good source of calcium (from the yogurt), lots of vitamin C and antioxidants (from the strawberries and pineapple) and much needed minerals such as potassium and magnesium (from the bananas). So go ahead and enjoy!

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