

Nutrition News for Seniors



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

Robert P. Astorino, Westchester County Executive

Mae Carpenter, Commissioner

If You Keep Moving...You'll Keep Improving!

That was the theme of this year's National Senior Health and Fitness month. You hear all the time of the benefits of exercise, but there always seems to be something from getting you started or keeping you going. Consider these points and then get a dose of inspiration from the "Exercise Story" below.

Creating and sticking to your exercise plan

Make exercise fun - do things you enjoy. Get a friend to join you. Exercise early in the day. Start slow and know: three 10-minute periods throughout the day has the same benefit as 30 minutes of exercise at one time.



Exercising without spending money

All you need for walking is a pair of comfortable, non-skid shoes. For strength training, you can make your own weights using soup cans or water bottles. Check with your local parks and recreation

department or senior center about free or low-cost exercise programs in your area.

Increasing your energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Once you become active, you're likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.

**Remember to always check with your doctor before starting any new exercise regimen.*

Adapted from www.go4life.nia.nih.gov

An Exercise Story

This story was submitted to the National Senior Health & Fitness Day website by Grace, age 91, from California, who enjoys walking, yoga, tennis and weight lifting.

I started playing tennis and skiing in my forties. On a skiing trip, I broke a rib. The doctor said my spine was so bad he did not know how I did anything. I tried to stay active as long as possible. As the years passed, I developed bad back pain. The doctor said he could not help me, that I was too old. I thought I would never climb stairs again. I tried an exercise program at a local medical center. For six weeks, I worked out three times a week, two to three hours a day. I did weight training, treadmill, bicycle and breathing exercises. Even when I felt bad, I kept at it. I never let anyone discourage me. Eventually, the wheezing stopped, my breathing improved and the back pain disappeared. I exercise regularly. My doctor says he has never seen anyone "get better!" I attribute my improvement to exercise.

Source: www.fitnessday.com

Westchester
gov.com

Robert P. Astorino, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services

DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

Two Food Myths and a Super Star

This month's nutrition education gives the facts on three ingredients from the featured recipe below.

Myth #1 - "I need to avoid avocados since they have so much fat."

Avocado Truth - The main source of fat in an avocado is the heart-healthy type, called monounsaturated. One fifth of an avocado provides 50 calories, 4gms of fat, 2gms of fiber along with 20 different vitamins and minerals. It is also cholesterol and sodium-free. Bottom line: This is a nutritious and satisfying source of fat to add to any meal or snack.



Myth #2 - "I can't eat shrimp because of all the cholesterol."

Shrimp Truth - One 4oz serving does have a significant amount of cholesterol however studies show that it can still be enjoyed by those watching their cholesterol levels. Due to the low level of saturated fat in shrimp, it remains as a healthy protein source, as long the preparation is baked, grilled or steamed.

Super Star - Quinoa (pronounced keen-wah)

Quinoa is a quick-cooking whole grain which has more protein than any other grain product. The truly unique characteristic of this super food is that it provides all of the nine essential amino acids typically found in a serving of meat. Combine quinoa with vegetables, and you have a great low-fat, high-fiber, nutrient-dense meatless dish.

In the Kitchen:



Avocado Lemon Shrimp Salad

A salad recipe that's hearty enough to serve as a main dish!

- 4 cups of chopped romaine or butter lettuce
 - 1 cup sliced cucumber
 - 1 cup diced mango
 - $\frac{1}{2}$ lb. cooked shrimp
 - 1 cup cooked quinoa
 - $\frac{1}{2}$ cup of Avocado Yogurt Lemon Dill Dressing
- Combine ingredients & toss! Serves 2.

Per Serving: 400 calories, 480mg sodium, 41g carbohydrate, 7g fiber, 35g protein, 12g total fat, 1.5g saturated fat.

Avocado Yogurt Lemon Dill Dressing

- $\frac{1}{2}$ ripe Hass avocado
- $\frac{1}{4}$ cup plain nonfat yogurt
- 2 Tbs. mayonnaise
- 2 Tbs. fresh dill sprigs
- 2 Tbs. diced white onion
- 2 Tbs. lemon juice
- $\frac{1}{2}$ tsp. kosher salt

Place ingredients in a blender and process until smooth. Unused dressing can be stored in the refrigerator for up to a week. Makes 1 cup.

Per 2Tbs: 45 calories, 150mg sodium.



Source: Nutrition Action Healthletter, May 2015

Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of senior citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further subcontractors of the WCDSPS shall be required to meet the above-stated standards.