

Nutrition News for Seniors



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

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Take Control of Diabetes

Diabetes affects 10.9 million seniors age 65 and older or almost 27 percent of all people with the diagnosis. Complications include heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system disease and amputation. The good news, however, is that by learning how to manage your diabetes, the disease can be controlled and complications delayed or avoided.

Good diabetes self-management means you see your physician regularly, take medications properly, follow a healthy diet, get regular exercise, and monitor your blood sugar numbers. Support from your healthcare team, friends, family and others with diabetes will help promote the behavior changes required to follow these self-management strategies. For more information on how you can take control of your diabetes, please contact your physician and ask for a referral to a diabetes education program, registered dietitian or certified diabetes educator. More information is available through the American Diabetes Association by calling 1-800-DIABETES (1-800-342-2383) or visiting www.diabetes.org.

Source: www.diabetes.org. 2011 National Diabetes Fact Sheet, January 26, 2011

Healthy Snacks for People with Diabetes (and for the rest of us, too)

Fruit smoothie

Blend a combo of fruits—think strawberries, peaches and bananas—with six ounces of light or nonfat yogurt. Use fresh fruits when they're in season. Otherwise, choose frozen—just make sure no sugar has been added.



Precut veggies

Set aside time each week to prepare produce and you'll never have to search for a healthy nibble again. Some ideas: sugar snap peas, zucchini sticks, cucumber slices or bell pepper strips. Pump up the protein by eating them with a small container of store-bought hummus.

Bean dip to go

Beans provide as much protein as meat with much less fat, and just a half-cup serving gives you one-third of your daily fiber requirement. Mash one-third of a cup of pinto or fat-free black beans with salsa. Spread on a corn tortilla or scoop up with baked tortilla chips.

PB&B toast

This tasty treat combines whole grains, fruit, and nut butter, and is packed with protein and healthy fats to manage hunger. Serve a slice of whole-wheat bread or half a whole-grain English muffin with a swipe of peanut or almond butter. Top with a few banana slices.

Homemade trail mix

Nuts provide polyunsaturated fatty acids that help keep blood sugar steady. Combine two or three different types with dried cranberries, blueberries or raisins. If you like, throw in some pumpkin or sunflower seeds, too.

Quick seafood salad

Keep a can of salmon or light tuna on hand. Each supplies healthy omega-3 fatty acids, which help protect your heart. Mix it with light mayo and freshly ground pepper. Scoop with whole-grain crackers or make a half-sandwich on whole-wheat bread.

Popped secret

You may be surprised to discover that popcorn is a whole grain full of nutrients such as fiber and magnesium. Just skip the salt and butter to avoid excess sodium and fat. Instead, top air-popped kernels or light microwave popcorn with chili and garlic powder.

Source: www.bettermedicine.com, Healthgrades, Inc, 2013

In the Kitchen: Pumpkin Pancakes

- 1 cup oat flour
- 1 teaspoon baking powder
- 2 tablespoons brown sugar
- $\frac{1}{4}$ teaspoon pumpkin pie spice
- 1 egg white or 1/4 cup egg beaters
- 2/3 cup nonfat milk
- $\frac{1}{4}$ cup cooked pumpkin puree (fresh or canned)



Directions

1. In a small bowl combine the baking powder, flour, brown sugar and pumpkin pie spice together.
2. In a larger bowl add the egg whites, pumpkin and milk and whisk together. Then slowly whisk in the flour mixture until a smooth, thin batter is formed. Let stand for a few minutes.

Add $\frac{1}{4}$ cup (for one pancake) to a non-stick skillet (or one coated with cooking spray) and cook on high heat for 1-2 minutes each side. Repeat with $\frac{1}{4}$ cup mixture five more times for a total of six small pancakes.

Note: You can purchase oat flour or make your own by grinding oats in a food processor. Or substitute for $\frac{1}{2}$ cup whole wheat and $\frac{1}{2}$ cup white.

Nutrition Facts: Serving Size: 1 pancake, Servings Per Recipe: 6. Calories 80, Total Fat 1.5g, Sodium 135 mg, Total Carbohydrate 14 g, Dietary Fiber 2g, Protein 3g

Courtesy of: Marie Feldman, RD, CDE, Diabetes Care & Education of the Academy of Nutrition and Dietetics

Food Safety: Reminders as the holiday season approaches...

- Refrigerate leftovers, takeout foods and any type of food that should be refrigerated - including pie - within two hours.
- Leftovers should be used within three to four days, unless frozen.

Source: www.foodsafety.gov

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