



# NUTRITION NEWS

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## National Nutrition Month

March is National Nutrition Month. National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. Its focus is to educate the public on the importance of making informed food choices and developing both sound eating and physical habits.

This year, National Nutrition Month has a goal of accommodating diversity and allowing greater flexibility in promoting healthful messages, while still maintaining its original purpose: “to increase the public’s awareness of the importance of good nutrition and position Academy members as the authorities in nutrition.”

The following pages will contain some helpful tips to improve your overall diet from the experts at the Academy of Nutrition and Dietetics. Keep in mind, however, that certain nutrient requirements change as we age. Others don’t change as much as you might think! For instance, your fluid

needs hardly change at all as you age. However, your sense of thirst tends to diminish, which can cause you to be less well hydrated than is idea.

In other cases, your need for a nutrient may not change but your body’s ability to absorb the nutrient may change. This is true with the elderly and Vitamin B 12. As we age, our body’s production of a certain enzyme that is crucial in absorbing Vitamin B12 decreases. Therefore, many elderly people receive B12 injections regularly. Just taking additional B12 by mouth wouldn’t be sufficient to compensate for the lack of production of the enzyme. Injecting it directly helps prevent a B12 deficiency which may cause neurological symptoms. Some of these symptoms include poor balance and memory issues, as well as numbness or tingling in extremities, muscle weakness, and loss of appetite.



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### Monthly Exercise

#### Mini Squat:

1. Face forwards holding onto sturdy support such as the kitchen bench or table.
2. Place your feet shoulder width apart.
3. Slowly bend at your knees and squat down.
4. Slowly stand back up.
5. Repeat 7 times.

Here are the 19 tips that the Academy of Nutrition and Dietetics recommend for 2019.



1. Eat breakfast– start your morning with a healthy breakfast including a lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, lower fat cheese, salsa, and a whole wheat tortilla or a parfait with low fat plain yogurt, fruit, and whole grain cereal.
2. Make half your plate fruits and vegetables- fruits and veggies add color, flavor, and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen, and canned.
3. Watch portion sizes– get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for grains and lean protein foods. To complete the meal, add a serving of fat free or low fat milk or yogurt.
4. Be active– regular physical activity has many health benefits. Start by doing what exercise you can. Adults should get at least two hours and 30 minutes per week. You don't have to hit the gym– take a walk after dinner or play a game of catch with your grandchildren.
5. Get to know food labels– reading the nutrition facts can help you shop and eat or drink smarter.
6. Fix healthy snacks– healthy snacks can sustain your energy level between meals, especially when they include a combination of foods. Try raw veggies with low fat cottage cheese or a tablespoon of peanut butter with an apple or banana.
7. Consult an RD-whether you want to lose weight, lower your health risks, or manage a chronic disease, consulting a registered dietitian can help by providing sound nutrition advice.
8. Follow food safety guidelines– reduce your chances of getting sick by practicing proper food safety. This includes regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperatures, and refrigerating food promptly.
9. Drink more water– quench your thirst with water instead of with drinks with added sugars. Stay hydrated and drink plenty of water, especially as you age.
10. Get cooking– preparing foods at home can be healthy, rewarding, and cost effective.
11. Dine out without ditching goals– you can eat out and stick to your healthy eating plan. The key is to plan ahead, ask questions, and choose foods carefully. Look for healthier options, such as foods prepared by grilling, baking, broiling, or steaming.
12. Enact family meal time– plan to eat as a family at least a few times each week. Set a regular mealtime.
13. Banish brown bag boredom– whether it's for work or school, prevent boredom with easy to make, healthy lunch ideas.
14. Reduce added sugars– foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to identify sources of added sugar.
15. Eat seafood twice a week– seafood (fish and shellfish) contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.

16. Explore new foods and flavors— add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that’s new to you or your family.
17. Experiment with plant-based meals— expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes.
18. Make an effort to reduce food waste— check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.
19. Slow down at mealtime— instead of eating on the run, try sitting down and focusing on the food you’re about to eat.

Now, here are 20 ways to enjoy more fruits and vegetables!

1. Vary your pizza toppings— try broccoli, spinach, green peppers, and zucchini.
2. Mix up a breakfast smoothie with low fat milk, frozen strawberries, and a banana.
3. Make a veggie wrap with roasted vegetables and low fat cheese rolled in a whole wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low fat salad dressing for dipping.
5. Grill colorful vegetables kabobs packed with tomatoes, green and red peppers, mushrooms, and onions.
6. Add color or salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.

7. Keep cut veggies handy for snacks, side dishes, or a quick nibble.
8. Place colorful fruit where everyone can easily grab something for a snack on the go.
9. Get sauce with fruits— puree apples, berries, peaches, or pears in a blender for a thick sweet sauce on grilled or broiled poultry or pancakes.
10. Stuff an omelet with veggies.
11. “Sandwich” in fruits and veggies. Add a slice of apple or tomato to a sandwich.
12. Wake up to fruit— add fruit to your morning oatmeal, cereal, waffle, or yogurt.
13. Top a baked potato with beans and salsa or broccoli and cheese.
14. Microwave a cup of vegetable soup as a snack or pair with a sandwich for lunch.
15. Add grated, shredded, or chopped veggies to lasagna, meatloaf, mashed potatoes, pasta sauce, or rice dishes.
16. Make fruit your dessert— slice a banana and top with low fat frozen yogurt.
17. Stock your freezer with frozen veggies to steam or use as a side dish.
18. Make your main dish a salad of dark leafy greens and colorful veggies.



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19. Fruit on the grill– make kabobs with pineapple, peaches, and banana. Grill on low heat.

20. Dip: whole wheat pita wedges in hummus, tortilla chips in salsa, or fruit in yogurt.

Here is a recipe that incorporates lots of vegetables! You can alter it to suit your taste!

**Veggie Lasagna Florentine**

- 1 (16 ounce) package lasagna noodles
- 2 tbs olive oil
- 1 onion, chopped
- 1 (8 ounce) can sliced mushrooms
- 2 tbs minced garlic
- 1 zucchini, finely chopped

2 (28 ounce) cans crushed tomatoes

1 (6 ounce) can tomato paste

1 tbs dried oregano

1 pinch brown sugar

Salt to taste

1 (10 ounce) package frozen chopped spinach, thawed

1 (16 ounce) container nonfat cottage cheese

2 eggs

3 tbs dried basil, divided

1/4 cup grated Parmesan cheese

1 pound shredded mozzarella cheese



Cook lasagna noodles in a large pot of lightly salted, boiling water for 10 minutes or until al dente. Rinse with cool water, drain, and set aside.

Heat oil in a large skillet over medium heat. Cook the onions, mushrooms, garlic, and zucchini in the oil until soft. Stir in both cans of crushed tomatoes, tomato paste, oregano, brown sugar, and salt to taste. Reduce heat to low and simmer for 15 minutes.

Microwave frozen spinach until cooked. Cool and then squeeze out excess water. Drain cottage cheese. Using a mixer, blend spinach, cottage cheese, eggs, and 2 tbs basil until smooth. In a separate bowl, combine the cheeses,

Preheat oven to 350 degrees. Spread 1 cup sauce in the bottom of a 9x13 inch baking dish. Layer the noodles, cottage cheese/spinach mixture, remaining sauce, and cheese. Sprinkle top with remaining 1 tbs of basil.

Bake in preheated oven for 60 minutes. Let stand for 10 minutes before serving.

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