



NUTRITION NEWS

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INSIDE THIS ISSUE:

10 HEALTHY EATING TIPS	2
KIDNEY HEALTH AND DIABETES	3
STEAK SANDWICH	4

Happy Father's Day!

June is the time to celebrate fathers! Did your Dad have a favorite sandwich what he loves? As our lives continue to get busier and we constantly seem to be running from place to place, sandwiches can be a convenient, healthy alternative to grabbing fast food on the go! Meats can be super lean and you can fill your sandwich with lots of healthy vegetables to make sure you're getting your 5 daily servings!



You can also doctor up a sandwich by varying the breads that you use. White bread offers little nutrients and fiber. But the choices are endless! Try a whole grain to increase your fiber intake and add some flavor. Rolls, wraps, or pitas are also possibilities— many are made with cheese, spices, and whole wheat to augment the flavor and nutrition.

Another way to change up a sandwich is by varying the protein. Try making a sandwich with hummus or egg salad. Add avocado with less meat— you'll get

the same amount of protein but will add some healthier fats as well. Beans can also be used, especially with a wrap to create a burrito-type sandwich.

Here are five tips that you can try while eating a sandwich to make your meal healthier.

1. Choose whole grain instead of white bread.
2. Cut off the crust if you're looking to decrease your portion size (keep in mind you could be missing out on valuable fiber if you do this.)
3. Limit the condiments that you use! Dressings, mayonnaise, mustard, and ketchup can all have hidden sugars, sodium, and fat!
4. Add greens whenever you can! Actually add any vegetables! They will fill you up and add variety to your sandwiches.
5. Eat half your sandwich with a cup of soup or a side salad and save the rest for later!

Monthly Exercise

Heel Toe Stand

1. Stand between two study chairs of the same height and hold on for support.
2. Slowly move one foot alongside the other until it's directly in front and inline with the other foot.
3. Stand and balance in that position.
4. As you progress, move your feet farther apart while still keeping them in line.

This past month, some of you had the opportunity to enjoy a useful presentation that was put on by two dietetic interns from SUNY Oneonta. The next couple of pages is some more helpful information that they created to be used in conjunction with their program.

10 Healthy Eating Tips to Use on a Daily Basis

By: Erica Carney, dietetic intern

1. **Drink Plenty of Liquids:** drink water throughout the day to stay hydrated. Low fat/fat free milk and a small amount of 100% fruit juice are also good choices. Limit beverages that are high in added sugar or salt.
2. **Make Eating a Social Event:** invite a family member or friend to join you or take part in a weekly potluck dinner. Visit senior centers that are our congregate dining sites!
3. **Plan Healthy Meals:** You can find more trusted nutrition information on choosemyplate.gov. The National Institute on Aging also offers sound advice on which foods to choose.
4. **Know How Much to Eat:** implement portion control! It's not so much about "what" you eat as it is "how much" you eat. Learn how to use the tool on the MyPlate website that tracks your intake. Keep in mind that when dining out, portion sizes tend to be distorted. Pack up part of your meal before you even start to eat for later.



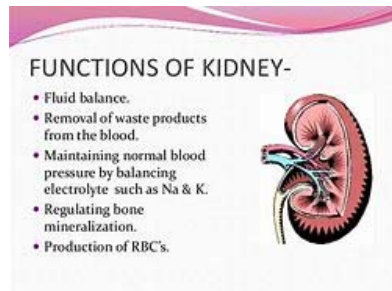
5. **Vary your Vegetables:** Brighten your plate with lots of different vegetables. Include a variety of different colored vegetables, as orange and yellow vegetables tend to be richer in different nutrients than purple and blue fruits and vegetables do. Remember that veggies are low calorie and good sources of fiber.
6. **Eat for Your Teeth and Gums:** eat softer foods if you have difficulty chewing. You can also try cooked or canned foods. Try unsweetened fruit, low sodium soups, and canned tuna.
7. **Use Herbs and Spices:** changes in senses and certain medications can alter the flavor of certain foods. You can add flavor without adding extra salt! Try herbs, spices, garlic, onions, lemon, or lime juice.
8. **Keep Food Safe:** prevent the risk of a life threatening food related illness. Read the cooking and storing instructions on food items. Also, always check for the product's expiration date.
9. **Read the Nutrition Facts Label:** Look at calorie, fat, and sodium content. Avoid foods with "trans fats" or "hydrogenated oil." Ask your doctor for more specific nutrients to limit or increase related to your particular health conditions.
10. **Ask your Doctor About Vitamins/Supplements:** food is the best way to meet your nutrient needs. However, some vitamins and minerals may be beneficial. Be sure to check with your doctor as certain minerals and vitamins may interfere with your medications.



Kidney Health and Functions

By: Will Farrell, dietetic intern

The kidney is a truly remarkable organ. Functions of the kidney include maintaining fluid and electrolyte balance, filtering toxic waste from the blood for excretion, creating hormones to regulate blood pressure, production of new blood cells, and reinforcement of bones.



These functions, constantly taking place in the background of our lives, keep the necessary balance in our bodies to sustain life itself. If the kidneys fail, one will either require a kidney transplant or regular dialysis (artificial blood filtration) to avoid the many complications this entails.

Complications of unmanaged kidney failure include:

- fluid imbalance leading to pooling of liquid in the arms and legs (swelling) or lungs
- electrolyte imbalance impairing the brain (seizures, coma) and the heart (irregular heartbeat, heart failure)
- build up of blood toxins leading to multiple organ failure
- Anemia (low red blood cell count) leading to fatigue
- Brittle bones, increasing the risk of fracture
- High blood pressure, increasing the risk of stroke
- Ultimately, death

This serious and potentially fatal condition can occur in anyone, but there are certain factors that put an individual at greater risk of experiencing kidney failure: sex (males are at greater risk), age (60 years and older are at greater risk), race (African Americans, Hispanics, Native Americans, and Asian Americans are at greater risk), family history of kidney failure, and complications from other diseases (examples include poorly controlled diabetes and high blood pressure.)

Both diabetes and high blood pressure can be improved with diet changes. Here are some suggestions:

1. Eat a balanced diet with variety– include fruits, vegetables, grains, proteins, and dairy products.
2. Keep carb consumption consistent– eat roughly the same amount of carbs at each meal.
3. Choose complex, whole carbs over simple sugars– fiber slows the absorption of carbs, preventing blood sugar spikes.
4. Put down the salt shaker and watch out for hidden sodium– eating less than 2300 mg of sodium daily is recommended.
5. Choose whole foods over processed foods– whole grains, fruits, and vegetables generally have less sodium than processed goods.

Following the above tips may just help you avoid the dangers of kidney disease or at least slow its progression. If you are currently suffering from kidney disease, speak to your registered dietitian to find the best diet plan to fit your individualized needs.

Here's a recipe for a steak sandwich that would make any Dad happy!

Sensational Steak Sandwich

- 2 tbs olive oil**
- 1 pound thinly sliced sirloin steak strips**
- 8 ounces fresh sliced mushrooms**
- 1 green bell pepper, seeded and cut into strips**
- 1 medium onion, sliced**
- 10 slices provolone cheese**
- 1 loaf French bread**
- 1 (14 ounce) can beef broth**
- 1/2 tsp salt**
- 1/2 tsp ground black pepper**
- 1/2 tsp garlic powder**
- 2 tbs Worcestershire sauce**
- 1/8 tsp red pepper flakes**
- 1/4 cup Pinot Noir or other dry red wine**
- 1/2 cup prepared horseradish (optional)**
- 1/2 cup brown mustard (optional)**

Heat the oil in a large skillet over medium heat. Add the beef and cook until browned. Add the mushrooms, bell pepper, and onion; cook and stir until starting to become tender, about 5 minutes. In a slow cooker, combine the beef broth, salt, pepper, Worcestershire sauce, pepper flakes, and red wine. Transfer the beef and vegetables to the slow cooker and stir to blend. Cover and cook on high for 3-4 hours, until beef is extremely tender.

Preheat the oven to 425°. Drain the liquid from the slow cooker and save for dipping. Slice the French bread loaf lengthwise like a submarine sandwich. Mix together the horseradish and mustard; spread onto the inside of the loaf. Place slices of provolone cheese on both sides of the loaf, then fill with the beef and vegetables. Close the loaf and wrap the entire sandwich with aluminum foil. Bake for 10 to 15 minutes in the preheated oven. For crunchier bread, you can bake it without the aluminum foil. Slice into servings and serve with the juices from the slow cooker for dipping.

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