

# NUTRITION NEWS

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## Happy Thanksgiving!



November is a busy month! It is both Alzheimer's Awareness Month as well as National Diabetes Month.

Most of us know someone who has Alzheimer's disease or who has been affected by Alzheimer's disease. Alzheimer's is a progressive form of dementia that can ultimately cause death. It is in fact the 6th leading cause of death in this country. It kills more than breast cancer and prostate cancer combined. And while we are making great strides in combating other diseases, deaths from Alzheimer's disease has actually been increasing.



Here are some sobering statistics:

- \* One in 10 people aged 65 or older has Alzheimer's dementia
- \* Almost 2/3 of Americans with Alzheimer's are women

- \* African-Americans are about twice as likely as white older adults to develop Alzheimer's or Alzheimer's like dementia
- \* Hispanics are about 1 1/2 times as likely to have Alzheimer's as are older white adults

Deaths related to Alzheimer's disease have significantly increased between the years of 2000 and 2014. In fact, it increased by a staggering 89%. People with the disease are twice as likely to die before the age of 80. While the increased death rate may partially be related to better diagnosis, the fact remains that Alzheimer's disease is a major contributor to ill health, hospitalizations, and death in the United States. Prevention and better treatment of this disease can have long lasting benefits for all Americans.

Caregivers also need some extra support when caring for someone with this disease. They

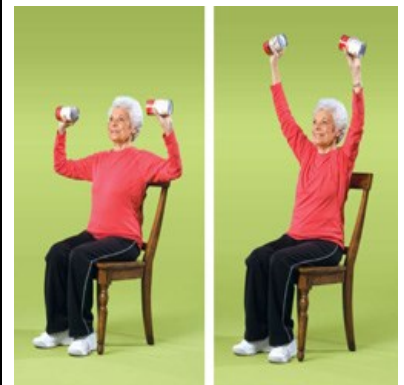
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### Monthly Exercise

#### Soup Can Arm Raises:

1. Place a soup can in each hand.
2. Sit in a chair and raise hands above head and back down.
3. Then repeat 8 times.



often neglect their own needs when caring for others. You cannot care for a loved one without caring for yourself.

While there is no specific recommended diet to prevent Alzheimer's disease, some studies suggest that following a Mediterranean diet may offer some protective benefits. Research has suggested the following links between the development of Alzheimer's disease in individuals who closely follow a Mediterranean diet.

- Slower cognitive decline in adults
- Reduces the risk of mild cognitive impairment, which is a transitional stage between the cognitive decline of normal aging and the more serious memory problems seen in dementia and Alzheimer's disease
- Reduces the risk of mild cognitive impairment progressing into Alzheimer's disease
- Slows the progression of Alzheimer's disease and prevents disease related deaths

Although it's unclear why following a Mediterranean diet may protect brain function, it is clear that this diet offers additional health benefits as well.

A traditional Mediterranean diet may reduce your risk of heart disease, cancer, and Parkinson's disease. While the diet recognizes the importance of being physically active and enjoying meals with friends and family, its key components are as follows:

- ♦ Eating primarily plant based foods, such as fruits and vegetables, whole grains, legumes, and nuts

- ♦ Replacing butter with healthy fats, such as olive oil
- ♦ Using herbs and spices instead of salt to flavor foods
- ♦ Limiting red meat to no more than a few times a month
- ♦ Eating fish and poultry at least twice a week
- ♦ Drinking red wine in moderation (optional)

As mentioned, nuts are part of the Mediterranean diet. Nuts are generally high in fat but most of the fat is considered heart healthy. Because nuts are also high in calories, they not be eaten in large amounts. And candied or honey-roasted nuts, as well as those that are heavily salted, should be limited.

The focus of the Mediterranean diet isn't limiting total fat consumption, but rather it's about choosing fats that are heart healthy. Saturated fats and hydrogenated oils (trans fats) are discouraged, as they may both contribute to developing heart disease. Olive oil is the primary source of fat. "Extra-virgin" and "virgin" olive oils are the least processed forms and also contain the highest levels of protective plant compounds that add antioxidants.



Canola oil (although it does contain unsaturated fats) also contains linolenic acid, which is beneficial. Fatty fish (which is incorporated into the Mediterranean diet) are rich sources of omega 3 fatty acids. These fish include mackerel, lake trout, herring, sardines, albacore tuna, and salmon. Omega 3 fatty acids lower triglycerides, decrease blood clotting, and are associated with decreased incidence of sudden heart attacks. They also improve the health of

your blood vessels and can moderate your blood pressure.

November is also National Diabetes Month. According to the American Diabetes Association, almost 10% of the American population has a form of diabetes. The percentage of Americans aged 65 and over still have the highest rate, at just over 25%.

Diabetes is a disease that affects how your body metabolizes blood glucose, or blood sugar. Not



only does glucose supply your cells with energy for your muscles and other tissues, but it also is the brain's main source of fuel. If you are diabetic, regardless of which type you have, it means

that at times you have too much glucose in your bloodstream.

Symptoms of diabetes can depend on how high your blood sugar is. Some people may not have any symptoms at all! Type I diabetics tend to have more severe symptoms that come on very quickly. Here are some of the symptoms that you may experience:

- ◆ Increased thirst
- ◆ Frequent urination
- ◆ Extreme hunger
- ◆ Unexplained weight loss
- ◆ Presence of ketones in the urine (ketones are a result of muscle and fat breakdown)
- ◆ Fatigue

- ◆ Irritability
- ◆ Blurred vision
- ◆ Slow healing sores
- ◆ Frequent infections, such as gum or skin infection

There are a number of risk factors that influence whether or not you will develop diabetes in your lifetime. These include family history, environmental factors (such as exposure to certain viruses), weight, inactivity, race (African Americans and Hispanics are at an increased risk), and age (your risk of developing diabetes increases as you age).

Long term consequences of diabetes (especially in poorly controlled diabetics) can have a huge impact on your health. Diabetes increases your risk of cardiovascular disease, nerve damage (neuropathy), kidney damage (nephropathy), and eye damage (retinopathy).

As you might expect, diet plays a large role in the management of diabetes. Foods that contain carbohydrates are more likely to raise your blood sugar and therefore need to be controlled. Carbohydrate rich foods include breads, cereals, pastas, rice, potatoes, fruits, and dairy products. Working with a certified diabetes educator and a registered dietitian can help you plan your intake to incorporate these foods while still maintaining safe blood sugar levels.

Exercise can also help control your blood sugar. Walking as little as 20 minutes five times a week has been shown to have a positive effect on keeping your blood sugar in an acceptable range. A balanced diet,

physical activity, and sometimes medication can ensure that you live an active, productive life with diabetes.

What would a newsletter be without a recipe?  
 Rich in antioxidants and just in time for the holiday!

**Thanksgiving Pumpkin Slush Cake  
 Crust:**

- 1 1/4 cups chopped pecans, divided**
- 1 cup flour**
- 1/2 cup butter, softened**
- 2 tbs sugar**
- 1 tbs powdered sugar**



**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please

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**Cream Cheese Layer:**

- 1 (8 ounce) package cream cheese, softened**
- 3/4 cup powdered sugar**
- 2 (8 ounce) containers whipped topping, divided**

**Pumpkin Layer:**

- 1 1/2 cups canned pumpkin**
- 1 1/2 cups milk**
- 1/2 cup brown sugar**
- 2 (3 ounce) packages instant vanilla pudding mix**
- 1 3/4 tsp pumpkin pie spice**
- 1 pinch ground cinnamon**



Preheat oven to 350 degrees. Stir 1 cup pecans, flour, butter, white sugar, and 1 tbs powdered sugar together until crumbly. Press pecan mixture into the bottom of a 9x13 inch baking dish.

Bake pecan crust in the preheated oven until golden, 20 minutes. Cool completely.

Beat cream cheese and 3/4 cup powdered sugar in a bowl with an electric mixer until fluffy, about 2 minutes. Fold 1 1/2 cups whipped topping into cream cheese mixture. Spread cream cheese mixture overcooled pecan crust.

Beat pumpkin, milk, brown sugar, vanilla pudding mix, and pumpkin pie spice together in a bowl with an electric mixer until mixture thickens, 2 to 3 minutes. Gently fold in 4 ounces whipped topping. Spread pumpkin mixture in a layer over the cream cheese mixture. Spread remaining whipped topping over the pumpkin mixture layer. Sprinkle cinnamon and remaining 1/4 cup pecans over the top. Cover with plastic wrap and refrigerate for at least 3 hours or overnight.