

# NUTRITION NEWS

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## Happy Father's Day!

June is the time to celebrate our dads! Remind them of routine cancer screenings is another way to show how much you love and appreciate them!

Cancer remains the second leading cause of death in the United States. But survival rates are improving, partially because of improvements in both screening and treatment.

Men have higher rates of both getting, and dying, from cancer as compared to women. According to the National Cancer Institute, prostate, lung, and colorectal cancers account for an estimated 43% of all cancers diagnosed in men in 2020. Approximately 39.5% of men will be diagnosed with some form of cancer in their lifetime.

While symptoms vary depending on the type of cancer, there are certain symptoms that many cancers have in common. These include fatigue, lump or area of thickening that can be felt under the skin, weight changes including unintentional gain or loss, skin

changes such as yellowing, darkening, or redness of the skin, changes in bowel or bladder habits, persistent cough, difficulty swallowing, hoarseness, persistent indigestion, persistent muscle or joint pain, and persistent unexplained fevers or night sweats.

June is also the advent of barbecue season! This month's issue will also feature cooking safely outside to prevent food-borne illnesses. It only takes one contaminated dish to get an entire group of people sick. And these illnesses can last for many months. Prevention really is the best way to fight food poisoning. Following the simple recommendations laid out on page three can ensure safe and healthy gatherings for all!



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### Monthly Exercise Toe Taps

To strengthen the lower legs.

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your leg and also strengthens the lower leg.)
2. Repeat 20 times.

Prostate cancer is the most common cancer seen in men. It often develops in the gland cells of the prostate that produce fluid. Prostate cancer is a slowly progressive form that can be treated if discovered early on. According to the American Cancer Society, there will be a projected 220,800 new cases of prostate cancer and 27,540 associated deaths this year. It is estimated that one in seven men will be diagnosed with prostate cancer in their lifetime. Prostate cancer is the second leading cause of cancer related deaths for men, with lung cancer being number one.

It is recommended that men with no family history of prostate cancer talk to their doctor about the risks, benefits, and shortcomings of screening tests starting at the age of 50. Men with a family history of prostate cancer should start discussing screening with their physician around the age of 40. Screening for prostate cancer typically includes two routine tests. The PSA is a simple blood test. A rectal exam is also used to feel for lumps in the prostate which may be cancerous. Although this test may be uncomfortable, it is short and often helps the physician catch cancers in men with a normal PSA blood test.

The cause of prostate cancer is not yet known, but scientists believe that related risk factors may include smoking, workplace chemical exposure, diet, and family history. Rates of prostate cancer increase with age, with 66 being the average age at diagnosis, which makes screening especially important as you age.

Evidence suggests that a third of cancers in the United States are correlated to diet and exercise lifestyle habits. The following diet and lifestyle tips have been taken from the Nutrition Care Manual (published by the Academy of Nutrition and Dietetics) and the American Cancer Society.

A healthy diet for cancer prevention is:

- Rich in antioxidants from a variety of different colored fruits and vegetables
- High in fiber from fruits, vegetables, and whole grains
- Limited in red meats and saturated fats
- Limited in consumption of energy dense foods, such as processed foods that are high in fat, sugars, and sodium
- Limited in processed meats
- Limited in consumption of alcohol (1 drink per day for women and 2 drinks per day for men)

A healthy lifestyle for cancer prevention includes:

- Abstinence from smoking
- A healthy diet as outlined above
- At least 30 minutes of physical activity each day
- Maintaining a healthy weight
- Routine cancer screenings as recommended by your physician



Most incidences of foodborne illness, whether the food is being consumed outside or not, starts right in our very own kitchens. If we expect cooks in restaurants to have their hands washed, shouldn't we expect the same from ourselves? Yet surveys have found that many individuals do not wash their hands before they start cooking in their own homes. This could have major impacts on the incidence of these illnesses.

In fact, one survey found that people failed to follow safe sanitation practices in their own kitchens over 99% of the time! Some of these practices include hand washing, preparing, and storing ingredients at proper temperatures and avoiding cross contamination. Here are a few more general rules to prevent illness, all the way from purchasing to preparing and serving.

- \* When shopping, select frozen foods and perishable foods last, such as meat and fish. Always have these products put in separate plastic bags so their drippings don't contaminate other foods.
- \* Don't use food from flawed containers that leak, bulge, or are severely dented. Don't taste food that has a foul odor or spurts liquid when the can is opened.
- \* Purchase only pasteurized milk and cheese.
- \* Purchase only the amount of produce needed for one week's time. The longer you keep fruits and vegetables, the more time available for bacteria to grow.
- \* When purchasing precut produce, avoid those that look slimy, brownish, or dry; these are signs of improper holding temperatures.
- \* Thoroughly wash hands with hot, soapy water before and after handling food. This practice is especially important when handling raw meat, fish, poultry, or eggs.

- \* Make sure counters, cutting boards, dishes, and other equipment are thoroughly cleaned and rinsed before use.
- \* If possible, cut foods to be eaten raw on a clean cutting board reserved for that purpose. Then clean this cutting board using hot, soapy water. If the same board must be used for both meat and other foods, cut meat last. The USDA recommends cutting boards that are easy to clean, nonporous materials, such as plastic, marble or glass. All cutting boards should be replaced when they become streaked with hard to clean grooves or cuts, which may harbor bacteria. All cutting boards should be sanitized once a week in a solution of 2 teaspoons chlorine bleach per quart of water.
- \* When thawing foods, do so in the refrigerator for 1-3 days, under cold running water, or in the microwave. Also, marinate foods in the refrigerator.
- \* Carefully wash fresh fruit and vegetables under running water to remove dirt and bacteria clinging to the surface.
- \* Use refrigerated ground meat and patties in 1-2 days and frozen meat and patties within 3-4 days.

Keep in mind that a foodborne illness differs from a stomach bug or a flu. The major difference is the amount of time and the severity of the symptoms. Foodborne illnesses tend to come on very fast and very strong, usually within just a few of hours of eating the contaminated food.





Here is a fun recipe to spoil your dad with! It combines two favorites for a unique breakfast or brunch confection!

**Father’s Day Pancake Pancakes**

**8 slices bacon**

**1/3 cup packed brown sugar**

**1 tsp vegetable oil, or as needed**

**1 1/2 cups all purpose flour**

**3 tbs white sugar**

**1 1/2 tsp baking powder**

**10 fluid ounces dad’s favorite beer, or more if needed**

**3 tbs unsalted butter, melted**

**1/2 tsp salt**

**1/2 tsp vanilla extract**

Preheat oven to 350 degrees. Line a baking sheet with aluminum foil. Place a wire rack on top of baking sheet; place bacon strips on wire rack.

Bake in the preheated oven for 10 minutes; remove from oven and sprinkle tops of bacon strips with half the brown sugar. Return to oven and bake 10 more minutes. Remove from oven and flip bacon to other side; sprinkle with remaining brown sugar and bake until bacon is crisp and brown sugar is golden brown, 10 to 15 more minutes. Remove bacon, let cool, and crumble into small pieces.

Lightly grease a skillet with vegetable oil and place over medium high heat.

Whisk flour, white sugar, and baking powder in a large bowl; in a separate bowl, whisk beer, melted butter, salt, and vanilla extract. Lightly stir the liquid ingredients into the flour mixture to make a smooth batter. Stir candied bacon pieces into the batter.

Pour batter into the hot skillet 1/2 cup at a time and cook until edges are browned, about 2 minutes; flip pancake and cook until golden brown and the center is set, 3 to 5 more minutes.



**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 call our Office at 867-1195.

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