

# NUTRITION NEWS

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## National Nutrition Month



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March is National Nutrition Month. As most of us are aware, nutrition can have lasting impacts on many chronic health conditions. It can even positively or negatively affect your mental well-being. Here is a short true/false quiz to assess some basic nutritional knowledge.

1. in general, Americans are meeting recommendations for fruits and vegetables.
2. In addition to eating a balanced diet, most adults should take a vitamin and mineral supplement as “nutritional insurance.”
3. Adults generally meet the Food Guide Pyramid recommendations.
4. Most vitamins are needed daily to maintain good health.
5. There is a designated RDA for each known nutrient.
6. Fat is an essential part of human diets.
7. When considering an increase in dietary fiber, one should also

- increase fluid intake to prevent constipation.
8. Diabetes is a medical problem associated with low blood sugar.
  9. Lack of endurance can be a symptom of severe protein deficiency.
  10. There is no perfect food in terms of meeting nutrient needs.
  11. Medication taken by the elderly can cause nutritional problems.
  12. The greatest nutritional problem for many Americans is overeating.
  13. Older people often lose their desire for liquids.
  14. Vitamin B12 absorption often decreases in elderly people.
  15. The most frequent intestinal problem in the elderly is constipation.
  16. Excessive intake of a Vitamin A supplement can cause bone pain and hair loss in the elderly.

### 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.

17. Delayed wound healing should alert a physician to examine the protein intake of an elderly person.
18. An active lifestyle helps to maintain muscle and bone mass.
19. Dietary recommendations made by the American Heart Association could substantially reduce blood cholesterol in every individual.
20. If older Americans follow the Food Guide or My plate recommendations, they should end up receiving adequate amounts of all nutrients.

How did you do on the quiz? The answers and a brief explanation follow.

1. False. The average American eats only 1-2 servings of fruit (rather than the 2-4 recommended servings) and only 2-3 servings of vegetables (versus the recommended 3-5).
2. False. Few healthy people need vitamin and mineral supplements in order to meet their nutrient needs.
3. False. Most adults fail to meet the fruit and vegetables recommendations, as well as those given for dairy products.
4. False. No nutrient is absolutely required daily. You can maintain your health for a few days on a diet free of water (or fluid), and about 10 days on a diet free of the B vitamin thiamin. Most other nutrients are required even less frequently.
5. False. Insufficient data is available on several nutrients, including copper. There is no RDA for these nutrients; however there is a certain intake range of these nutrients that is considered safe.
6. True. A small amount of certain types of fat in the diet is absolutely necessary because it supplies essential fatty acids used to make vital body compounds.
7. True. A rapid increase in dietary fiber without an increase in fluid intake can lead to constipation.
8. False. Diabetes is a disorder involving high blood sugar or blood glucose levels.
9. True. Although a lack of endurance can be caused by other things, it is a symptom of severe protein deficiency.
10. True. No one food contains all the nutrients needed to maintain good health. Milk, for example, is low in iron while eggs are low in calcium.
11. True. Drug-nutrient interactions can be a problem at any age, but because the elderly generally take more and different combinations of drugs over a long period of time, nutritional status is more likely to be affected.
12. True. Overeating can lead to being overweight. Being overweight contributes to almost all of the chronic diseases common in our society.
13. True. The sense of thirst may diminish with age but not the need for fluids.
14. True. Stomach secretions that promote absorption of Vitamin B12 decrease with age.
15. True. Increasing fiber and fluid intake can help reduce constipation.
16. True. Excessive intake of Vitamin A supplements results in more toxicity problems and more so in the elderly.
17. True. Be aware of these nutrients. If you are involved in the care of elderly people or have the chance to advise elderly relatives,

as these nutrients are needed for wound healing.

- 18. True. Physical activity is an important part of body maintenance, including that of muscles and bones.
- 19. False. People differ in genetic backgrounds, ability to regulate cholesterol metabolism, and responsiveness to diets aimed at lowering blood cholesterol. However, there is no way to know how much a diet will help lower blood cholesterol until an individual tries it.
- 20. False. Though a well-planned diet that follows the Food Guide Pyramid can meet nearly all the nutrient needs for older people within about 1600 to 1800 calories, it will likely fall short in folate and calcium unless carefully planned. In addition, if an older person cannot consume this amount of energy, it is possible that other nutrients may be inadequate as well. Adding a fortified breakfast cereal to the food plan may help.

Although processed foods generally have a bad reputation, they're not all bad. And in moderation, they can be incorporated into a healthy diet. Minimally processed foods, such as bagged lettuce and food that is processed at their peak ripeness (like some fruits and frozen vegetables) can serve you well in a well-balanced diet.

Some foods are also processed in a way that add nutritional benefits. An example of this would be juice or milk fortified with Vitamin D and calcium or breakfast cereal fortified with fiber.

The most common need for processed food is to extend shelf life. Many products, like jarred pasta sauce, dressing, and flavored yogurts have added preservatives. This doesn't necessarily mean that we shouldn't eat them, but we should be cautious with our intake.

A big trend in nutrition these days is the consumption of organic and "natural" foods. Just because the product may be pesticide free does not necessarily mean the product is healthy. These products may still contain high fructose corn syrup and natural cane sugar. Again, foods that contain these sugars are not bad by definition but being aware of their content can lead to better choices.

Processed foods that you may want to steer clear of or eat less frequently are those that are considered "heavily processed" or "ready to eat" foods. These types of foods include things like chips, packaged cookies, frozen dinners, and deli meats.

Spokesperson for the Academy of Nutrition and Dietetics and registered dietitian Andrea Giancoli states. "You have to look at the big picture. Be a detective, read the ingredients list, and review the nutrition facts panel. Food is complex and we need to get to know it. The field of nutrition and different food trends is always changing so there is always more to be learned !

**New Label**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Lastly, St. Patrick's Day is this month! Here is a great Irish recipe to try!

**Shepherd's Turkey Pie**

**4 potatoes, cut into chunks**

**1/2 head cauliflower, separated into florets**

**2 cups chicken broth**

**Salt and ground black pepper to taste**

**1 tbs olive oil**

**1/2 onion, chopped**

**3 carrots, shredded**

**1 1/2 pounds ground turkey**

**1 1/2 cups frozen peas**

**2 tbs low sodium Worcestershire sauce**

Place the potatoes and cauliflower into a pot, then pour in the chicken broth. Add water to nearly cover the vegetables; bring to a boil. Reduce heat to low, and simmer until the potatoes and cauliflower are tender, about 20 minutes. Drain the potatoes and cauliflower, but keep about 1/2 cup of the cooking liquid. Separate the cooked potatoes into a large bowl. Transfer the cauliflower into a blender or food processor along with about 1/4 cup of the cooking liquid, and pulse until the cauliflower is thoroughly pureed. Spoon the blended cauliflower into the bowl with the potatoes, and mash together until the cauliflower and potatoes form a smooth, white mixture. Season the mixture with salt and black pepper. For a softer topping, stir in a few more spoonfuls of the cooking liquid.

Preheat oven to 400 degrees. Spray a 9x12 inch baking dish with cooking spray.

Heat the olive oil in a skillet over medium heat and cook the onions and carrots. Brown the ground turkey in the same pan. Stir in peas and Worcestershire sauce. Place the filling into the prepared baking dish. Top the filling with the mashed potato and cauliflower mixture and spread with a fork.

Bake in the oven until the filling is bubbling, about 25 minutes. Turn on the oven's broiler, and broil the pie about 6 inches from the heat source until the mashed topping has browned, about 10 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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