

# NUTRITION NEWS

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## Summer Activities



A few times over the years, I have written columns dedicated to the DASH diet (Dietary Approaches to Stop Hypertension). There is a new diet that is being discussed with some promising early results that may be able to reduce your risk of developing Alzheimer’s Disease. This diet is called the MIND diet (Mediterranean-DASH Intervention for Neurogenerative Delay).

The DASH diet includes an average of seven servings of whole grains, four servings each of fruits and vegetables, and two servings of low fat dairy foods per day. It also calls for four servings of nuts, seeds, or legumes and six servings of lean meat, poultry, or fish per week. It limits sweets to five or fewer servings per week and recommends no more than 27% of total calories from saturated fats. It also limits sodium to 2400 milligrams daily.

The Mediterranean diet is also rich in fruits, vegetables, unprocessed grains, nuts, and seeds, but includes full fat dairy and recommends 4 tablespoons of olive

oil per day. It also recommends at least 6 servings of fish per week and up to 10 ounces of red wine or other alcohol per day.

DASH, the Mediterranean diet, and the MIND diet have only one thing in common: they are all plant based. So what does the MIND diet recommend? According to one of the doctors who helped develop it, “the elements that stand out are greens, beans, berries, nuts, and seeds— mostly plant based. They provide the right kinds of protein, carbohydrates, fiber— which is lacking extensively from our diet— vitamins and minerals.” The following chart was developed to help you pick and choose the right foods to incorporate and eliminate.



### INSIDE THIS ISSUE:

THE MIND DIET	2
ADDING PHYSICAL ACTIVITY	3
CILANTRO, BLACK BEAN, AND CORN SALSA	4

#### Monthly Exercise: Rock the Boat

- Stand tall, feet at least shoulder distance apart .
- Look directly ahead of you at eye level, not down. Shift your weight to your right foot and lift your left heel off the floor so you’re on the toes of the left foot. Pause. Lower the left heel and shift to the other side.
- Continue shifting side-to-side, varying the speed as you become more comfortable.

**Nine Foods to Eat:**

- ◆ Dark, green, leafy vegetables: at least one serving per day (1 cup or 1/2 cup cooked) of spinach, kale, collard greens, Swiss chard, mustard greens, turnip greens, dandelion greens, arugula, endive, or romaine lettuce
- ◆ Other vegetables: at least one serving per day (1/2 cup)
- ◆ Nuts: five servings per week (1 oz each) of nuts or nut butter
- ◆ Berries: at least five servings per week (1/2 cup of each) of blueberries, strawberries, raspberries, or blackberries
- ◆ Beans and legumes: at least 3 servings per week (1/2 cup each) of beans, chickpeas, lentils, hummus, or soy foods (tofu, edamame, or soy yogurt)
- ◆ Whole grains: 3 servings per day (1/2 cup or one slice each) of dark or whole grain bread, brown rice, whole grain pasta, wild rice, quinoa, barley, bulgur, oats, or whole grain cereal).
- ◆ Fish: at least one serving per week (3-5 oz of each), not fried. Good choices include salmon, tuna, tilapia, cod, mahi-mahi, and halibut.
- ◆ Poultry: at least 2 servings per week (3-5 oz) of skinless chicken or turkey breast.
- ◆ Extra virgin olive oil: two tablespoons per day.

**Five Foods to Limit**

- ◆ Red and processed meat: No more than 3 servings per week (3-5 oz each) of beef, lamb, pork, ham, burger, hot dogs, sausages, bacon, roast beef, or salami.
- ◆ Butter and stick margarine: less than one teaspoon per day. Tub based margarines such as Smart Balance and Earth Balance are exceptions.
- ◆ Regular (full fat) cheese: no more than 2 oz per week.
- ◆ Pastries and other sweets: no more than 4 servings per week.
- ◆ Fried and fast foods: no more than one meal per week from fast food or casual restaurants and only one serving of any fried food.

One other item worth mentioning in regards to the MIND diet. Early versions of this diet recommended one serving per day of wine or other alcohol. This, however, is no longer emphasized. If you are already consuming this alcohol, it is fine to continue doing so. But they no longer encourage adherents to start drinking alcohol. Of course, more research is needed in determining how effective this diet is in preventing Alzheimer's. But many of the recommendations are simply a good start to a healthier lifestyle!



A few years ago, an organization called America on the Move started distributing educational materials to help people increase their physical activity. Their initiative stated that added 2000 steps and cutting 100 calories each day would help maintain your weight. Here is a partial list of their ideas for adding more steps every day, including at work, at home, or in the community.

- \* Circle around the block once when you go outside to get the mail.
- \* Walk around the outside aisles of the grocery store before shopping.
- \* Make several trips up and down the stairs to do laundry or other household chores.
- \* Stroll the halls while waiting for your doctor's appointment.
- \* Listen to music or books on tape while walking.
- \* Invite friends or family members to join you for a walk.
- \* Mow the lawn.
- \* Take your dog for a long walk.
- \* Walk to a nearby store, post office, or dry cleaners to accomplish errands.
- \* Walk to church.
- \* Pace around your house while talking on the phone.
- \* Walk to a friend's house for a visit.
- \* Focus on walking distance over speed.
- \* Sleep more soundly at night by taking a walk a few hours before going to bed.
- \* Designate 10 minutes of your lunch break for a quick walk.
- \* Avoid elevators— take the stairs instead.
- \* Walk to coworkers' desks to speak to them instead of sending an email.

- \* Walk around the campus of a nearby college.
- \* Window shop while you pace through a mall.
- \* Tour a museum or zoo.
- \* Circle around a craft show before selecting your purchases.
- \* Vary your pace while walking— start out slowly then increase your speed.
- \* Hike on a wilderness trail.
- \* Contact your local visitor's bureau and sign up for a walking tour.
- \* Volunteer to walk dogs at a community shelter.
- \* Organize a community clean up day.
- \* Drive to a neighboring community and tour its Main Street on foot.
- \* Spend a day at the beach and walk the shoreline.
- \* Stroll around the field while watching your grandchild's sporting event.
- \* Play a round of golf but pass on the cart.
- \* Try a canoe or kayak trip.
- \* Tour a local trail by bike.
- \* Ice skate at a local rink.
- \* Snowshoe over hills during the winter months.
- \* Cross country skin on a well marked trail.
- \* Swim laps in a pool.
- \* Benefit a good cause by joining a charity walk.



Lastly, here are some new summer recipes to get you in the swing of barbecues and picnics!

**Cilantro, Black Bean, and Corn Salsa**

- 1 (15 ounce) can yellow corn, drained
- 1 (15 ounce) can white corn, drained
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (14.5 ounce) can Italian style diced tomatoes, drained
- 1 bunch finely chopped cilantro
- 5 green onions, finely sliced

- 1 small red onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 1 tbs minced garlic
- 1/4 cup lime juice
- 1 avocado– peeled, pitted, and diced
- 2 tbs olive oil, or to taste

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in a large bowl. Gently mix in the lime juice and avocado. Drizzle with olive oil to serve.



**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.

**Frozen Berry Slush**

- 1 (15 ounce) can peach slices
- 3/4 cup vanilla fat free yogurt
- 1/2 cup fat free milk
- 1/2 cup fresh strawberries
- 1 packet Classic French Vanilla flavored Carnation Instant Breakfast

Place all ingredients in a blender and blend until smooth. Pour into 9x 13 baking dish, stirring with fork every 20 to 30 minutes to break up ice crystals, for 2 hours or until slushy. With ice cream scoop, scoop into small serving bowls.



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