

NUTRITION NEWS

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Happy New Year!



Another new year, another opportunity to make some health choices! Did you know that only a very small percentage of Americans get the recommended amount of vegetables daily? The USDA published the following 10 ways to sneak more vegetables into your diet

1. Discover fast ways to cook: cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
2. Be ahead of the game: cut up a batch of bell peppers, carrots, or broccoli. Prepackage them to sue when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.
3. Choose vegetables rich in color: brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard

- greens. They not only taste great but also are good for you too.
4. Check the freezer aisle: frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.
 5. Stock up on veggies: canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium”, “low sodium”, or “no salt added.”
 6. Make your garden salad glow with color: brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or

INSIDE THIS ISSUE:

THYROID AND WEIGHT MANAGEMENT	2
NUTRIENT NEEDS AS WE AGE	3
LEMON SEAFOOD RISOTTO	4

Monthly Exercise:

Pelvic Tilts

Taking a deep breath, tighten the buttocks and tilt the hips forward slightly.

Hold position for a count of three.

Tilt the hips back for a count of three.

Do 10-12 reps.

watercress. Your salad will not only look good but taste good too.

7. Sip on some vegetable soup: heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low sodium soups.
8. While you're out: if dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.
9. Savor the flavor of seasonal vegetables: buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in season buys. Or visit your local farmer's market.
10. Try something new: you never know what you may like. Choose a new vegetable— add it to your recipe or look up how to fix it online.

Weight and thyroid function have been linked for decades. An improperly functioning thyroid gland is a metabolic dysfunction. This in turn can cause weight instability and changes to your resting metabolic rate (RMR). Hyperthyroidism indicates a hyper metabolic state in the body that can lead to weight loss, while hypothyroidism (or low thyroid) lowers the RMR and can cause weight gain.

The thyroid produces thyroid hormone, which exists in two forms. These are commonly known as T4 (free and total thyroxine) and T3 (free and total triiodothyronine). These hormones can be detected in the blood, which can indicate a thyroid abnormality.

The thyroid gland is a small endocrine gland located in the neck. The thyroid works with the hypothalamus and the pituitary gland.

Thyroid hormones not only have a role in weight management, but they also aid in heat generation and can trigger triglyceride breakdown. Lastly, thyroid hormones help synthesize glucose from non-carbohydrate sources.

Thyroid function changes a part of the normal aging process. In general, as we age, thyroid hormone production decreases. But this isn't generally significant enough to constitute hypothyroidism. There are nutrients that can be beneficial in maintaining thyroid function. Copper, iron, and iodine all aid in the production of T4 and T3. Selenium and zinc are also necessary. There is also a positive correlation between probiotic intake and thyroid function. Preliminary results suggest that positive gut flora (as is seen when an individual regularly uses probiotics) impacts how well the thyroid absorbs and uses micronutrients.

A marked change in weight, temperature regulation, or sleeping patterns can be an indication that a visit to your doctor may be warranted. A simple blood test may indicate if you have an issue with your thyroid. And often, the problem can be remedied with a common medication. Eating a well balanced, moderate diet is always recommended.



As you may expect, our nutrient needs are constantly changing through the span of our life. As we enter the elderly years, some of these changes become more pronounced. Physiologically, our appetites tend to decline as we age. This may be related to a less heightened sense of smell. Much of our appetite comes from the olfactory sense. This phenomenon is also linked to a decline in our sense of taste.

While some of us fight the battle of weight gain, others struggle to consume adequate calories as they age. Here are some general tips for augmenting intake:

- ◆ Eat regularly; small frequent meals may be best.
- ◆ Try new foods, new seasonings, and new ways of preparing foods. Don't rely on convenience foods if possible.
- ◆ Eat in a well lit or sunny area; try to use foods with different flavors, colors, shapes, textures, or smells.
- ◆ Arrange things so food preparation and clean up are easier.
- ◆ Eat with friends, relatives, or at a meal site when possible.
- ◆ Share cooking responsibilities with a neighbor.
- ◆ Use community resources for help in shopping and other daily care needs.
- ◆ Stay physically active if possible; not only might it improve your mood but it might actually increase your intake as well.
- ◆ Try to take a walk before eating to stimulate your appetite.
- ◆ When necessary, chop, grind, or blend hard to chew foods. Softer protein rich foods can be substituted for meat when poor dentition limits normal food intake. Prepare soups,

stews, cooked whole grain cereals, and casseroles.

- ◆ If your eating movements are limited, cut the food ahead of time, use utensils with deep sides or handles, and obtain more specialized utensils if needed.

While it's true that as we age, we may need fewer calories to maintain a normal body weight, it is also true that as we age or absorption of certain key nutrients becomes less efficient. Another pronounced change seen in the elderly is a lessened sense of thirst. While our fluid requirements generally stay about the same, an additional effort may need to be made to meet that need. It can be especially difficult for caregivers to assess a loved one's nutritional status. Here are a few basic questions you can ask that may provide an indication of needing to seek outside help in regards to nutrition.

- ◆ Has there been an unintentional weight loss or gain?
- ◆ Has the appetite changed significantly?
- ◆ Is there difficulty chewing or swallowing?
- ◆ Does the person eat fewer than 2 meals per day?
- ◆ Is the person drinking enough fluids?
- ◆ Have bowel habits changed?

If the answer is yes to three or more of these questions, consider consulting with a registered dietitian.



Iodine, which is essential to thyroid function, is found most commonly in seafood, Here is a recipe that is rich in iodine.

Lemon Seafood Risotto

- 2 tbs olive oil**
- 1 large leek, cleaned and thinly sliced**
- 2 cloves garlic, minced**
- 1 cup Arborio rice**
- 2 cups low sodium chicken broth, divided**
- 1 cup dry white wine**
- 1/2 pound bay scallops**

HEAP

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

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1/2 pound medium shrimp, peeled and deveined

1 cup fresh snow peas, trimmed and halved crosswise

1 medium red bell pepper, diced

3 tbs grated Parmesan cheese

2 tsp dried basil

2 tbs lemon juice

Ground black pepper to taste

Heat olive oil in a large, heavy bottomed saucepan over medium-low heat. Add leek and garlic; cook and stir until soft, about 5 minutes. Add rice and cook for 5 minutes more, stirring frequently.

Pour in 1 1/2 cups chicken broth and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low and simmer, uncovered, for 5 minutes, continuing to stir occasionally. Pour in remaining chicken broth and wine; increase heat to medium and cook for about 5 more minutes, stirring constantly.

Add scallops, shrimp, peas, and red pepper. Cook, stirring constantly, until remaining liquid is almost absorbed and seafood has cooked, about 5 minutes. When rice is just tender and slightly creamy, season with Parmesan cheese, basil, lemon juice, and pepper.

