

# NUTRITION NEWS

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## Welcome, Fall



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The nights have turned colder, the leaves are just starting to change, and the school buses are out! It must be September! September is a great time to get back into a routine and think about exercising and good nutritional habits that you can maintain through the long cold to come.

Healthy lunches are something that we can all enjoy! If you have never taken advantage of our congregate dining sites, fall is the perfect time to try one out. Office for the Aging strives to offer a variety of meals, each one well balanced and nutritious. The nutrient content varies from day to day, but over the course of a week, the meals provide 1/3 of your daily recommended allowances of major vitamins, minerals, and nutrients. This includes calories, protein, fat, fiber, and sodium.

Our lunches provide a protein, a starch (rice, pasta, or potato), and a vegetable. Clients also receive milk, a slice of bread or a roll, and a dessert. Because all of our items are portion controlled, even diabetics can enjoy our entire meal with-

out worrying about an overall increase in their blood sugar. If you are cooking at home, the above pattern is a reasonable method for planning your lunches as well. A healthy lunch can sustain you through the afternoon, without worrying about snacking to get you through. Be sure to include an adequate source of protein!

Protein can help your blood sugars remain steady throughout the afternoon. It also promotes a feeling of satiety, which can curb your impulse to snack on healthier choices.

Remember that skipping lunch can lead to overeating at dinner. You may also benefit from consuming a larger meal during the day as your body is more active and has more chance to use this energy as opposed to consuming more calories in the evening.

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### Exercise of the Month

#### *Seated Forward Fold*

Sit in chair with feet shoulder width apart. Breathe in and sit up straight. Breathe out, folding at the hips and leaning forward. Hold for 20-30 secs. Breathe in and sit up straight. Repeat.

Unfortunately, the cooler weather also means cold and flu season. The saying goes, “Starve a cold, feed a fever.” But as most of us who have been sick can attest to, it can be difficult to force yourself to eat when you aren’t feeling well. One way to add some calories and protein to your diet that may be helpful is steering clear of large meals. The reaction to seeing a large plate of food in front of you when you’re ill can sometimes make it difficult to even take a single bite. Therefore, trying smaller, more frequent meals throughout the day may be less overwhelming and may still provide adequate calories and protein.

Another idea might bring you back to your childhood. The BRAT diet is something that your mothers may have fed you when you weren’t feeling well. And it is sometimes still used in the clinical setting as well. The BRAT diet stands for banana, rice, applesauce, and toast. The idea is to consume bland foods that may help settle your stomach if your illness is causing some gastrointestinal symptoms. You can then slowly introduce regular foods back into your diet you have been able to tolerate the bland .

If you are experiencing vomiting or diarrhea, especially for a number of days, chances are that your electrolytes, such as sodium and potassium, may be on the low side. It may be helpful to drink a sports drink, such as Powerade or Gatorade to help replenish your electrolytes.

Vitamin C and zinc are two nutrients that are discussed a lot in terms of maintaining your health. So how much is hype and how much is fact? Studies have shown the following:

1. Taking Vitamin C regularly has no effect on the number of colds most people get.

2. Taking Vitamin C supplements had a small effect in reducing the duration of common cold symptoms.
3. Some studies suggest that for people under extreme physical stress (such as marathon runners), Vitamin C could reduce their risk of getting a cold.
4. Vitamin C may help people with a cold if they were deficient in the vitamin to begin with.

Zinc is another nutrient that has been thought to help treat the common cold. Some studies suggest that taking zinc regularly might reduce the number of colds people get each year. It is thought that zinc may prevent rhinoviruses (which cause most colds) from multiplying. It may also prevent the rhinovirus from lodging in the mucous membrane of the throat and nose.

However, the studies generally did not examine a large enough segment of the population to definitively say that zinc can reduce the number of common colds suffered each year. Also, zinc can have negative side effects, including nausea or a bad taste in the mouth. Many people who used zinc nasal sprays suffered a permanent loss of smell. Therefore, it is important to always discuss using a supplement such as zinc with your physician. It may be that the best medicine, once again, is consuming a balanced diet high in a variety of vitamins and minerals



September is also Prostate Cancer Awareness Month. About one in every seven men will be diagnosed with prostate cancer. Other than skin cancer, it is the most common cancer in American men. It mainly develops in older men and is rare in men under the age of 40. The average age at diagnosis is 66.

Most men diagnosed with prostate cancer do not succumb to it. If it caught early, it is very treatable. Usually, prostate cancer grows slowly and stays confined to the prostate gland. Prostate cancer may cause no signs or symptoms in early stages. More advanced prostate cancer may present as the following symptoms:

- ◆ Trouble urinating
- ◆ Decreased force in the stream of urine
- ◆ Blood in semen
- ◆ Discomfort in the pelvic area
- ◆ Bone pain
- ◆ Erectile dysfunction

There are a number of factors which can increase your risk of developing prostate cancer. These include:

- ◆ Age– your risk of prostate cancer increases as you age
- ◆ Race– for reasons that are not determined, black men carry a greater risk of developing prostate cancer than men of other races do. Also, in black men, prostate cancer is more likely to be aggressive or advanced.
- ◆ Family history– if men in your family have had prostate cancer your risk may also be increased. Also, if you have a family history of genes that increase your risk of breast cancer or a very strong family history of breast cancer, your risk of prostate cancer may be higher.

- ◆ Obesity– obese men diagnosed with prostate cancer may be more likely to have advanced disease that is harder to treat.

There is some controversy regarding screening for prostate cancer. Prostate screening may include a physical exam or a simple blood test. Men over the age of 50 (or men of any age who may be having symptoms) should discuss the possibility of being screened for prostate cancer.

Some men diagnosed with low risk prostate cancer may not require treatment right away. The doctors may choose to monitor the growth of the cancer through blood tests. This is known as active surveillance. Active surveillance may be an option for cancer that isn't causing any symptoms and is expected to grow very slowly and stay confined to a small area of the prostate. It may also be considered for someone who has another serious health condition or in someone of advanced age, where the treatment may be very difficult.

Other treatments may include surgery, radiation therapy, or even hormone therapy that may stop the body from producing testosterone. As always, discussing your symptoms and health conditions regularly with your physician can help you dictate the path of screening and treatment that is right for you.



Here is a nice late summer recipe that is high in Vitamin C.

**Citrus Swordfish with Citrus Salsa**

**Salsa:**

1 medium orange, peeled, sectioned, and cut into bite-size

1/2 cup canned pineapple chunks, undrained

1/4 cup diced fresh mango

2 medium jalapeno peppers, seeded and minced

3 tbs orange juice

1 tbs diced red bell pepper

2 tsp white sugar

1 tbs chopped fresh cilantro

**Swordfish**

1/2 cup fresh orange juice

1 tbs olive oil

1 tbs pineapple juice concentrate, thawed

1/4 tsp cayenne pepper

1 1/2 pounds swordfish steaks

Make the salsa, Mix orange, pineapple, mango, jalapenos, orange juice, bell pepper, sugar, and cilantro together in a medium bowl until well combined. Cover and refrigerate until needed.

Marinate the swordfish: whisk orange juice, oil, pineapple juice concentrate, and cayenne together in a large glass or ceramic bowl. Add swordfish and turn to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 30 minutes.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Remove swordfish from marinade and shake off excess. Discard remaining marinade. Grill on the preheated grill until opaque in the center, 6-8 minutes per side. Serve with the salsa.

**HEAP**

The 2023-2024 HEAP season is scheduled to open on Nov. 1st, 2023.

The income guidelines for this year are as follows:

Household of 1: \$3,035

Household of 2: \$3,970

Household of 3: \$4,904

If you have any questions please contact the office at 867-1195.

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