



# NUTRI NEWS



NUTRITION NEWS FOR SENIORS

VOLUME EIGHT

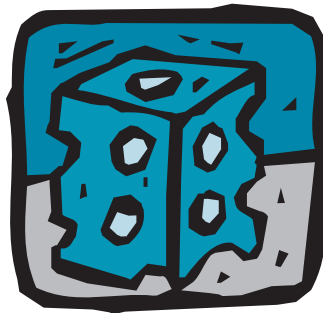
## LOW-FAT DAIRY. IT'S A SMART "MOOVE"

Getting the recommended 3 servings a day from the Milk Group has big benefits. Milk, yogurt, and cheese provide **calcium, protein, potassium, vitamin A and B vitamins**. Plus, both liquid and powdered milks are fortified with hard-to-find **vitamin D** which helps your bones absorb calcium.

**The low-fat dairy advantage:** Skim milk, 1% milk, and low-fat or fat-free yogurt or cheese are the wisest choices for adults and children over age 2. Here's why:

- **Low-fat dairy saves you calories:** For example, compare whole milk (150 calories per cup) with 2% milk (121), 1% milk (102), and skim milk (86). At 2 cups a day, 1% milk saves you nearly 100 calories over whole milk. In a year, that adds up to about 36,000 saved calories or 10 pounds of weight loss!

- **Low-fat dairy foods are heart healthier**, because they're lower in saturated fat than their full-fat versions.



**Dairy calcium fights osteoporosis:** Half of all women over age 50 will suffer fractures of the spine, hip, ribs, or wrist due to bones weakened by decades of calcium deficiency. That's no surprise, because 9 out of 10 teen girls and women, plus 7 out of 10 teen boys and men fall short on calcium. And teen girls now drink twice as much soda as milk.

**Dairy calcium helps weight loss and control:** New research shows that getting enough calcium also helps your body burn fat better, especially the calcium in low-

fat dairy foods. In a 6-month study, people in the high-calcium group (3 to 4 low-fat dairy servings a day) lost 70% more weight than those in the low-calcium group.

**Try low-fat, flavored milks:** They're just as nutritious! In fact, a university study found that kids who drink flavored milk actually drink more total milk and less soda than those who drink unflavored milk. Now that's a great tradeoff, because soda has zero nutrients and is our major source of added sugar. Plus, dentists agree that soda is more likely to cause cavities than flavored milk.

### In this Issue:

- ◆ Low-Fat Dairy
- ◆ Hearty Recipes
- ◆ Separate: Don't Contaminate
- ◆ The Joy of Movement
- ◆ How Food Stamps Are Issued
- ◆ Tidbit

# LOW-FAT DAIRY

(from page one)

## Daily Calcium Needs

- ✓ Adults 51 + : 1200 mg

## How Big is a Dairy Serving?

- ✓ 1 cup of milk or yogurt
- ✓ 1 oz. of natural cheese  
(size of a 9 volt battery)
- ✓ 2 oz. of processed cheese  
(size of a 4 dice)

## How Much Calcium in a Serving?

- ✓ 1 cup of milk: 300 mg
- ✓ 1 cup yogurt: 275-400 mg
- ✓ 1 1/2 oz. natural cheese:  
275-375 mg
- ✓ 2 oz. processed cheese:  
350-400 mg

## Cost per Dairy Serving

(normal, not sale prices)

- ✓ Milk: 14 ¢ per cup
- ✓ Yogurt: 45-70 ¢ per cup
- ✓ Cheese: 25-45 ¢ per serving

## Try Non-Fat or Low-Fat

### Ricotta Cheese!

It's great for lasagna, cream sauces, spreads, and dips, or sprinkled over homemade pizza.

## Bean and Pasta Salad

Eat this refreshing and filling salad for dinner or lunch.

### Salad

- 1 pound whole-wheat pasta, uncooked
- 1 6-oz. can tuna, water packed, drained
- 2 cups assorted raw vegetables, washed and chopped (green or red pepper, zucchini, broccoli, cabbage, cauliflower, carrots, celery, onion, cucumber)
- 1/2 cup black or green olives, drained (optional)
- 2 cups cooked or canned beans, drained and rinsed, any type

### Dressing

- 1/2 cup mayonnaise, low fat
- 1/2 cup low-fat sour cream or yogurt
- 2 Tbsp. mustard
- 1 Tbsp. lemon juice or vinegar
- 1/2 tsp. herbs, dill, oregano, or basil, or a combination of all

1. Cook pasta in boiling water, according to package directions. Do not overcook.
2. Rinse with cold running water and drain very well.
3. While pasta is cooking, chop vegetables.
4. In a large bowl, place prepared raw vegetables. Add 1/2 of the cooked, drained pasta. Mix gently. Add the rest of the pasta, the beans and olives. Stir gently.
5. In a small bowl mix mayonnaise, sour cream or yogurt, mustard, lemon juice or vinegar, and herbs. Pour over salad, and stir gently to blend well.
6. Serve on a bed of lettuce leaves, with fresh tomatoes or other vegetables in season.

For more protein, add sliced hard cooked eggs, bite-sized pieces of low-fat cheddar or Swiss cheese, or leftover cooked chicken or ham.

Serves: 12

Serving size: 1 1/4 cup

Preparation and cook time: 20 minutes

Developed by University of Connecticut Expanded Food and Nutrition Education Program.

## FOOD SAFETY - SEPARATE: DON'T CROSS-CONTAMINATE

Cross-contamination is the scientific word for how bacteria can be spread from one food product to another. This is especially true when handling raw meat, poultry, and seafood, so keep these foods and their juices away from foods that aren't going to be cooked. Here's how to FightBAC!™

- Separate raw meat, poultry, and seafood from other foods in your grocery

shopping cart and in your refrigerator.

- If possible, use a different cutting board for raw meat products.
- Always wash hands, cutting boards, dishes, and utensils with hot soapy water after they come in contact with raw meat, poultry, seafood, eggs, and unwashed fresh produce.

- Place cooked food on a clean plate. If you put cooked food on the unwashed plate that held raw food (like meat, poultry, or seafood), bacteria from the raw food could contaminate your cooked food.

Source: <http://www.foodsafety.gov>



# THE JOY OF MOVEMENT

**STRENGTH EXERCISES** build muscle as well as increase your metabolism, which helps keep your weight and blood sugar in check. Check with your doctor before starting any exercise program.

**BALANCE EXERCISES** build leg muscles and help prevent falls. Each year, U.S. hospitals have 300,000 admissions for broken hips and falling is often the cause of these fractures. Balance exercises can help you stay independent by helping you avoid disabilities that may result from falling.

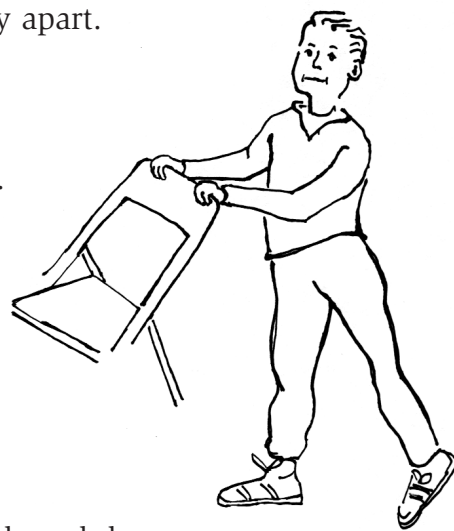
There is a lot of overlap between strength and balance exercises. Lower body exercises for strength also help balance.

## **Safety tips:**

- Hold onto a table or chair for balance with only one hand. As you progress, try holding on with only one fingertip.
- Next, try the following exercises without holding on at all. Ask someone to watch you the first few times in case you lose your balance.
- If you are very steady on your feet, move on to doing the exercises using no hands, with your eyes closed. Have someone stand close by if you are unsteady.

## **Side Leg Raises - Strengthen muscles at sides of hips and thighs, which is important for good balance.**

- 1 Stand straight, directly behind table or chair, feet slightly apart.
- 2 Hold table or chair for balance.
- 3 Slowly lift one leg to side, 6 to 12 inches out to the side. Keep your back and both legs straight. Don't point your toes downward – keep them facing forward. Hold position.
- 4 Slowly lower leg. Repeat with other leg.
- 5 Keep back and knees straight throughout exercise.
- 6 Alternate legs until you repeat exercise 8 to 15 times with each leg.
- 7 Rest. Do another set of 8 to 15 alternating repetitions.



## HOW FOOD STAMPS ARE ISSUED?

States issue food stamp benefits through local, state or county offices to households that are eligible to receive them. Traditionally, they issued paper food stamps, but now, states issue food stamps through Electronic Benefit Transfer (EBT). The food stamp office gives the household a plastic electronic card. The household pays for its groceries at authorized food stores (almost all food stores are authorized) by using the card at the checkout counter. It works like a bank debit card that many people use to pay for their groceries in increasing numbers of stores. The cost of the groceries bought is deducted from the household's account automatically. A major advantage of this method is that it is private. It reduces the stigma many people feel in using food stamps.

A second advantage is that the household no longer needs to go anywhere to pick up benefits each month. Benefits are automatically available on the 5th of every month.

## Corn Chowder

- 2 Tbsp. margarine
- 1/2 cup chopped onion, about one medium
- 2 stalks celery, chopped, about 1 cup
- 1 Tbsp. flour
- 4 cups 1% milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 14.5-oz. can cream-style corn or 1 15-oz. can regular corn
- 2 whole potatoes, peeled and diced into 1/2 inch cubes

1. Melt margarine in 3 quart saucepan.
2. Add onion and celery and cook over medium-high heat, stirring constantly, until onion is tender.
3. Remove from heat. Stir in flour.
4. Cook over low heat, stirring constantly, until mixture is bubbly.
5. Remove from heat. Stir in milk. Add potatoes.
6. Heat to boiling, stirring constantly. Stir in salt, pepper and corn. Simmer for 5 minutes.

Serves: 6

Preparation time: 5 minutes

Serving size: 1 1/2 cup

Cook time: 15-20 minutes



## TIDBIT

1919 – Homogenized milk is sold successfully for the first time in the United States, in Torrington, Connecticut. Arthur G. Weigold of the Torrington Creamery has tried to sell the milk on his home-delivery routes. Consumers accustomed to having a cream line at the top of their milk bottles have resisted the new product, but Weingold sells the milk to restaurants, many of whose patrons find it better tasting, more uniform in appearance, and more digestible than ordinary milk, although some object that it tastes sterilized.



UNH Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and NH counties cooperating. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave., SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. 1/05.