

Nutrition News

Information for Senior Citizens

*Developed by Colorado State University Extension
Department of Food Science & Human Nutrition*

Who Needs “Dietary Guidelines”?

It seems like every day we read about a new substance that causes cancer or some new food that prevents heart disease. Then a few months later, the newspapers tell us that the food doesn't really prevent heart disease after all!

The truth is, there is still a lot to be learned about foods that cause and prevent many diseases, but did you know . . .

Of the ten leading causes of death in America, five are related to diet:

- ✓ heart disease
- ✓ stroke
- ✓ atherosclerosis
- ✓ cancer
- ✓ diabetes

Risk factors for these diseases are also diet-related:

- ✓ high blood pressure
- ✓ high blood cholesterol
- ✓ obesity

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The bottom line is that the eating patterns of most Americans need to change, and fast. In general, the American diet is too high in fat (especially saturated fat), cholesterol, sodium and calories, and too low in complex carbohydrates, fiber and cancer-fighting vitamins found in fruits and vegetables. All of these factors together increase your risk for diseases such as cancer, heart disease and diabetes.

So you know you need to change, but what guidelines should you follow? In today's society, it seems like everyone has their own “fad diet” and with so many different ideas advertised on television, in magazines and in health food stores, it is often times very hard to know what you should do. The best advice is to use MyPyramid as a guide when making food choices that helps you to follow the Dietary Guidelines for Americans.

Last month, we took a look at MyPyramid, which was designed to help Americans follow the Dietary Guidelines. It emphasizes the importance of eating a variety of foods each day and watching your intake of added fat and sugar.

MyPyramid shows you how to use variety, balance and moderation when choosing foods to eat while including daily physical activity.

Did you know that your body needs over 40 different nutrients to stay healthy? Eating a wide variety of foods ensures that your body gets all of the nutrients it needs.

The Dietary Guidelines for Americans - What Are They?

The Dietary Guidelines for Americans are published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). They are designed to help people 2 years and older make good food choices. The 2005 Dietary Guidelines for Americans were released January 12, 2005.

What should you eat and drink to stay healthy? The Dietary Guidelines for Americans help answer this question and provide science-based advice for choosing a healthy diet, maintaining a healthy weight, achieving adequate physical activity, and “keeping foods safe” to avoid foodborne illness.

The guidelines are intended for healthy Americans 2 years and older. They are not designed to provide specific information for any one disease. Key recommendations are grouped under nine interrelated focus areas. The recommendations are based on growing scientific evidence for lowering the risk of chronic disease and promoting health. In addition to the key recommendations for general populations, recommendations for specific population groups are included.

For more information, go to the following web site:

www.healthierus.gov/dietaryguidelines

Key Recommendations and Quick Facts

- Make smart choices from every food group.
- Mix up your choices within each food group.
 - Focus on fruits.
 - Vary your veggies.
 - Get your calcium-rich foods.
 - Make half your grains whole.
 - Go lean with protein.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.
- Nutrition: know the facts – read the label.
- Alcohol: if you choose to drink, do so in moderation.
- Play it safe with food (keep food safe to eat).



Dietary Guidelines
for Americans
2005

Sample Menu



Breakfast

- 2 small pancakes
- 1 tsp butter or margarine
- 2 Tbsp syrup
- $\frac{3}{4}$ cup grape juice
- 1 cup black coffee

Snack

- $\frac{1}{2}$ cup sliced strawberries
- 1 cup plain low-fat yogurt

Lunch

- Roast beef sandwich- 2 pieces whole wheat bread, 2 oz lean beef, 1 Tbsp non-fat mayonnaise
- $\frac{1}{2}$ cup celery sticks
- $\frac{1}{2}$ cup unsweetened apple sauce
- 6 oz V-8 juice

Snack

- 1 small bagel with 1 Tbsp jam

Dinner

- 1 Italian chicken breast
- 1 whole wheat dinner roll
- 1 tsp butter or margarine
- $\frac{1}{2}$ cup steamed Brussels sprouts with lemon juice and 1 Tbsp grated parmesan cheese
- 1 cup tossed salad
- 1 tablespoon light salad dressing
- 1 cup low-fat chocolate pudding

Quick Tip:

Post MyPyramid on your refrigerator. Follow it.

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Wheat Foods Council

Italian Chicken Breast

Ingredients:

**1 chicken breast with skin removed
(may be boneless or with bone)
3 Tbsp skim or low-fat milk**

**$\frac{1}{4}$ cup dry bread crumbs
1 Tbsp Italian seasoning**

Directions:

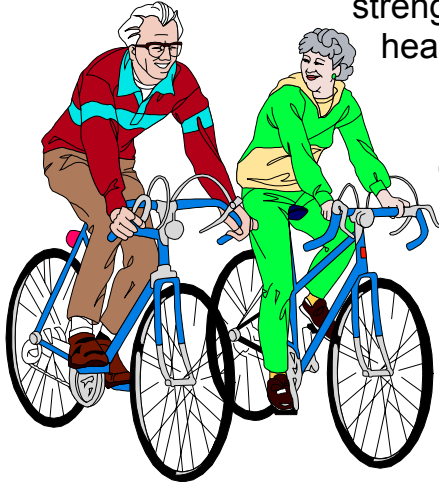
- 1. Preheat oven to 350°F.**
- 2. Combine crumbs and seasonings.**
- 3. Dip chicken breast in milk, and then roll in crumbs.**
- 4. Bake about 20 minutes if boneless, longer if bone in, until done.**

Yields 1 serving.

Fitness Focus: Aerobic Exercise

Last month we talked about the benefits of stretching to help prevent injury and relieve pain. This month we'll learn about the importance of aerobic exercise for a healthy heart.

Aerobic exercise is movement which uses big muscle groups, such as your arms and legs, to get your heart pumping and increase your oxygen intake. Your whole body benefits from aerobic exercise but it is especially important for your heart. Your heart is a muscle, and when you make it work harder, by exercising, it becomes stronger and more efficient. By strengthening your heart and blood vessels, you decrease your risk of heart disease.



Getting started is easy. Decide on a type of aerobic exercise that fits your lifestyle, physical abilities and, most importantly, sounds like fun to you. Try brisk walking, swimming, riding a bike, hiking, cross-country skiing, or rowing. Then plan a time in your day when you can do that activity. Be sure to consult your doctor before starting an exercise routine.

Senior Resource: Who is eligible to receive Food Stamps?

Your eligibility for food stamps depends on the number of people in your household, the amount of money that each of them earn, and the value of the personal possessions that they own. The program is only for people with limited incomes, so there are limits on the amount of income that the people in your household may have.

A household cannot have resources in excess of \$2,000; however, a household with a member age 60 or older or disabled may have up to \$3,000 in countable assets.

Assets that are counted in determining eligibility include cash, checking or savings accounts, stocks and bonds, non-income-producing land or buildings other than your home.

Assets that do not count include a home and surrounding lot, personal belongings and household goods, burial plot, life insurance policy, and inaccessible funds (such as irrevocable trust, and funds in probate). Most vehicles are not counted as a resource.

If everyone in your home receives SSI (Supplemental Security Income) or OAP (Old Age Pension) resources are exempt.

For more information and to find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.