

Curried Sweet Potato Soup with Apples

2 lbs. sweet potatoes, peeled and diced into one-inch pieces
2 large Golden Delicious apples, peeled and diced into one-inch pieces
1 Tbsp. canola oil
1 large onion, diced
1 Tbsp. curry powder (or turmeric for a milder flavor)
2 cans (16 oz. each) fat-free, reduced-sodium chicken or vegetable broth
1 cup 100% apple juice
Salt and freshly ground black pepper, to taste
1/4 cup fat-free or low-fat sour cream or plain yogurt, for garnish
1/4 cup minced cilantro, for garnish

In large pot, set steamer over 2 cups water. Place potatoes and apples in steamer. Bring water to boil, cover and cook for 10-15 minutes, or until tender. Drain, place in blender and set aside. In large saucepan, heat oil over low heat. Add onions and curry powder. Cook, stirring occasionally, 3 minutes. Add 1 tablespoon of broth (more if necessary) to prevent sticking, and continue cooking until onions are tender, about 12 minutes. Add onions to food processor. Puree mixture. Add juice until soup has desired thickness. Season to taste with salt and pepper. In large saucepan, reheat soup. Stir and serve immediately in individual bowls, topped with sour cream and minced cilantro leaves, if desired.

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Serving Adams, Brown, Gallia, Highland, Jackson,

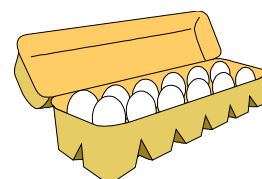
Lawrence, Pike, Ross, Scioto & Vinton Counties

“Services Rendered on a Non-Discriminatory Basis”

12 Tips for Longevity

- 1) Don't smoke.
- 2) Be physically active for at least 30 minutes most days of the week.
- 3) Maintain a healthy weight.
- 4) Eat more fruits and vegetables.
- 5) Reach for more whole grains.
- 6) Eat beans and lentils often.
- 7) Select more fat-free/low-fat dairy.
- 8) Limit your intake of sugary foods.
- 9) Avoid stress.
- 10) Sleep seven to eight hours a night.
- 11) Get regular medical/dental checkups.
- 12) Schedule colonoscopies and mammograms regularly. Check with your doctor about how often to be screened. If you have a family history of premature heart disease, get a stress test and in-depth blood tests.

- Environmental Nutrition 9/08



Coddling Your Eggs

What to do with eggs once you get them home? **Store in the refrigerator, but not in those little egg holders in the door**, where it isn't cold enough and the eggs will absorb odors. Keep them refrigerated in the carton they came in: they'll keep four weeks.

Do not use cracked or broken eggs, as bacteria may have penetrated the protective shell. And do not wash eggs or you'll wash off the protective coating on egg shells. Although the number of eggs contaminated with *Salmonella* is now extremely low, to avoid any risk, be sure to cook eggs until the white is firm and the yolk starts to thicken.

NUTRITION NOTES

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Pamela K. Matura, Executive Director
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Assistance. Advocacy. Answers on Aging.

VEGETABLES

What kinds of vegetables are best for me?

The 2005 Dietary Guidelines for Americans suggest that for 2000 calories and 16-1/2 cups total vegetables for the week we should eat 3 cups of dark green vegetables and 2 cups of orange vegetables. Our weekly intake of legumes and starchy vegetables should be 3 cups for each group. All other vegetables should come to at least 6-1/2 cups per week.

Dark green vegetables include broccoli, spinach, romaine lettuce, and collard, turnip, and mustard greens.

Orange vegetables include carrots, sweet potatoes, winter squash, and pumpkin.

Legumes include all cooked dry beans and peas and soybean products, such as pinto, kidney, navy and black beans, lentils, chickpeas/garbanzo beans, split peas, and tofu. These foods can substitute for your meat also. Just don't count them both places at the same time.

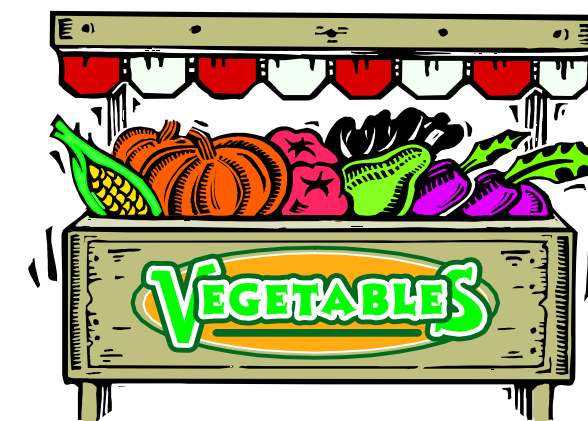
Starchy vegetables include white potatoes, corn, and sweet peas.

Other vegetables include fresh and canned tomatoes, tomato juice and sauce, lettuce, green beans, onions, summer squash, sweet peppers, cauliflower, and eggplant.

- OSU Extension

We need SO MANY vegetables every day!

- * Fill half of your plate with vegetables first, and then add the other foods.
- * Keep fresh vegetables like carrots in the refrigerator for between-meal snacks.
- * Add fresh vegetables to foods you already like. For example, add LOTS of lettuce and tomato to a sandwich. This makes the sandwich juicy and moist and you can cut down on the high calorie sauces you add.
- * Choose 100% vegetable juice instead of a soft drink. A cup of tomato juice gives you almost half the vegetables you need for the day.
- * Choose a baked potato or salad instead of fries.
- * Need foods to grab and go? Choose a snack that comes in its own wrapper, like a juicy tomato or small cherry tomatoes.
- * Serve an extra side dish of cooked vegetables with your dinner.
- * When a recipe includes veggies, double the amount. - OSU Extension

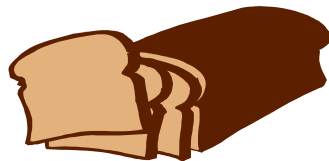


Whole Grains 101: Serve Up a Variety of Healthful Grains

The current Dietary Guidelines for Americans recommend that we “make half of our grains whole” and replace refined-grain foods like white bread, rice and rolls with whole-grain options. That’s because research shows they are loaded with vitamins, minerals, fiber and anti-oxidants to help protect us from the likes of heart disease, cancer and diabetes.

While it’s easy to add whole grains to your shopping list and start choosing whole-grain breads and cereals, cooking with whole grains may be new territory for you. But beyond their nutritious bounty, whole grains offer a variety of flavors and culinary versatility that even not-so-adventurous cooks can enjoy.

- Luanne J. Hughes, RD



5 Things You Can Do to Help Keep Produce Safe to Eat

^ Wash hands with soap and warm water for 20 seconds before and after handling fresh produce.

^ Discard outer leaves of lettuce, cabbage and other greens.

^ Use two cutting boards - one for fruits and vegetables and another for meats, to avoid cross-contaminating with bacteria.

^ Refrigerate produce promptly after purchasing and within two hours after peeling or cutting.

^ Throw away cooked vegetable leftovers after three days. - US Food & Drug Administration

Chicken & Broccoli Bake (serves 8)

- 1 cup rice, uncooked
- 1 package (10 ounces) broccoli, frozen
- 3 cups chicken, cooked
- 2 Tablespoons margarine or butter
- 1/4 cup flour
- 2 cups chicken broth
- 1/4 cup Parmesan cheese (optional)

- 1) Cook rice in 2 cups of water
- 2) Let broccoli thaw
- 3) Chicken should be off the bone.
- 4) Melt butter in large sauce pan.
- 5) Add flour to melted butter and stir. This will be lumpy.
- 6) Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to butter/flour. Stir to remove lumps and thicken.
- 7) Add cheese and stir.
- 8) Add rice, broccoli, and chicken. Stir.
- 9) Put in casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Where Can I Include My Fruits Each Day?

Here’s an idea to get 2 cups of fruit each day:

- Breakfast:** 3/4 cup orange juice
2 tablespoons raisins on cereal
- Lunch:** 1/2 cup applesauce or orange/
pineapple smoothie
- Dinner:** 1/2 cup fresh fruit salad



WHERE DOES OUR FOOD COME FROM?

T U O R T S E I S B Q O M U E F D T E O
 S L O C M T G F M A R W N C B L S C L P
 T N L O N R K H N K L D L E S O O G Y H
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 U Y O O I A A J Y O S E Q Z N E X L X Z
 T Z U R P R F Y Z R C O R N I S H H E N

Animals:
 Beef
 Ham
 Lamb
 Pork
 Rabbit
 Veal
 Venison

Fowl:
 Chicken
 Cornish Hen
 Duck
 Goose
 Pheasant
 Turkey

Fish:
 Clam
 Cod
 Crab
 Flounder
 Lobster
 Salmon
 Scallops
 Shrimp
 Trout
 Tuna

Plants:
 Beans
 Corn
 Peas
 Potato
 Radish
 Rice
 Squash
 Strawberries
 Tea
 Tomatoes

EXERCISE

One of the easiest ways to estimate how much exercise you need is by time: the US Department of Agriculture recommends people get at least one hour of moderate exercise daily. For sedentary people, any exercise will help, but they should aim for about 30 minutes until they can do more.

Pedometers (step counters) are a good way to measure physical activity. A pedometer is a small gadget that clips onto your waistband and counts the steps you take. Interestingly, a study comparing groups that aimed for half an hour of exercise a day versus groups that used pedometers showed that the group using pedometers was more active. This study shows that using a pedometer to count steps kept people on their feet more than just exercising for an allotted amount of time. - AICR

