

NUTRITION NOTES



a publication of the **Area Agency on Aging District 7, Inc.**
Pamela K. Matura, Executive Director
[Spring/Summer 2015](#)

Menu Make-



It won't be long until many of the restaurants you visit will have the calories contained in each menu item right on the menu - for each item they offer. The National Menu Labeling Regulation is expected to be announced soon, which will require restaurants with 20 or more locations to include calories and provide additional nutritional information (fat, carbohydrates, sodium, protein, etc.) upon request. All standard menu items will be labeled which are offered for sale at least 60 days per calendar year. Some restaurants may choose to provide information for their daily specials or promotions, but it is not required. Small "mom and pop" restaurants can choose to provide the information, but they will not be mandated by law. The compliance date is December 1, 2015.

Calories are a simple way to know how much energy a food provides. You can think of them as a measurement tool, like inches or ounces. Knowing how many calories you need is an important step in taking charge of your weight management. Although the number of calories people need varies, the daily guideline is as follows:

| | <u>Sedentary Lifestyle</u> | <u>Active Lifestyle</u> |
|----------------------|----------------------------|-------------------------|
| Women, age 51+ years | 1,600 calories | 2,200 calories |
| Men, age 51+ years | 2,000 calories | 2,800 calories |

You can use the calories on the menu to ensure your meal works within your daily calorie goal. You can enjoy a lower calorie item on the days you want to eat lighter and a higher calorie item on days you are looking for something more indulgent. If you choose a higher calorie item, you can balance it out over the day or week with lower-calorie options and increased physical activity.

SENIOR FITNESS: Enhancing Your Quality of Life

Just because you are 50+ years old does not mean you should stop taking care of your body. It is important that seniors continue or begin a healthy lifestyle in order to live a long and healthy life. Both physical and psychological benefits can be had from exercise.

Physical

- * Reduce risk of Heart Disease
- * Reduce Blood Pressure
- * More Efficient Lungs
- * Maintain Bone and Muscle
- * Reduce Fat Levels
- * Reduce Common Cancers
- * Better Immune System
- * Good Joints

Psychological

- * Higher Energy Levels
- * Better Confidence/Self-Esteem
- * Greater Sense of Accomplishment
- * Can Be Used to Help Treat Depression
- * Better Sleep



Here is a great workout routine that only requires you to walk!

You will have 3 different workout days, and you will be implementing them 5 times a week. If you miss a day that's fine, just pick right back up where you left off and perform the exercise that you missed. Along the way, you will start missing less and less days and you will actually be looking forward to your workouts! Here are your three separate workout days:

Brisk Walk: This is a steady-paced, moderate-intensity walk, perfect for inviting a friend, family member, or coworker to join you (as long as that person doesn't hold you back). You should walk at a purposeful pace, as though hurrying to get to an appointment - about 3 to 4 MPH. Do at least two Brisk Walks per week, aiming for 20-30 minutes in weeks 1 to 4 and 30-40 minutes in weeks 5 to 12.

Speed Walk: This walk adds fast-paced bouts. Do 3 Speed Walks (25 minutes each) per week in weeks 1 to 4, and 2 Speed Walks (25-30 minutes) per week in weeks 5 to 12. Start with this interval: Walk for 4 minutes briskly, followed by 1 minute fast; repeat 4 times to complete the workout. Slowly progress until you're walking briskly for 1 minute, followed by 1 minute fast; repeat for your entire walk.

Challenge Walk: This walk tests you - you'll be going as fast as you can for a longer period of time. Starting in week 5, do 1 per week. In weeks 5 to 8, walk as fast as you can for 10 minutes, and then return to your starting point at a comfortable pace. In weeks 9 to 12, bump the time spent at fast pace to 15 minutes.

Start Where You Are!

If you haven't been doing any sort of exercise for the past 3 months or more, that's OK. What's crucial is that you begin right now. Before following this program, start with 5 or 10 minutes of brisk walking 5 days per week, and slowly build up by adding a few minutes each week until you're able to walk for 25-30 minutes at a time. Once you can walk 25 to 30 minutes at a time, start this program!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|------------|-----------|------------|------------|---------------------------|--------|
| Brisk Walk | Speed Walk | Rest | Speed Walk | Brisk Walk | Speed Walk (or Challenge) | Rest |

While the most important thing is to get moving, this program will help you slowly increase your walking speed. The faster you walk, the more calories you'll burn and the more weight you'll lose. Increasing from a pace of 3.5 to 4 MPH will boost your calorie burn by almost 100 extra calories per hour!

- Jesse Brown, Certified Personal Trainer



Balance Eating and Physical Activity

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

Almonds
 Apple
 Banana
 Beef
 Cheese
 Chicken
 Dancing
 Gardening
 Green Tea
 Healthy
 Jogging
 Jumping Jacks
 Lean
 Milk
 Nutritious
 Peppers
 Romaine
 Strong
 Walking
 Weights
 Whole Grain

CALORIE BALANCE????

If you are having a problem controlling your weight, look to balancing your calories. It is the secret to weight management. What is "Calorie Balance"? It is the relationship between how much we eat (calories consumed) and the calories we burn. We burn calories with our metabolism (such as heart beating, breathing, and digesting food) and physical activity. Think of calorie balance as a teeter totter: 1) For the teeter totter to be level and our weight to stay stable, the calories we eat or drink must equal the calories we burn. 2) Weight gain occurs when we eat more calories than we use with our metabolism and physical activity. 3) Weight loss happens when we eat and drink less calories than we use. For best results to achieve weight loss, cut back on calories and increase exercise. It is important to limit refined grains, added sugars, fried foods and high-fat items. These can be excess calories to your diet, tipping the balance toward weight gain. The best eating plan is to eat plenty of brightly-colored fruits and vegetables, lean meats, low-fat dairy products, and whole-grain products within your calorie needs. - Adapted from Dietary Guidelines for Americans, 2010.

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

Chicken Bowtie Pasta Salad

1 pound Grilled Chicken
2/3 cup Broccoli, cut up
1 Cucumber, peeled and diced
2/3 cup Cauliflower, cut into bite-size pieces
10 ounces bow tie pasta
2/3 cup Caesar dressing
10 ounces fresh mozzarella, cut into small cubes or shredded
2-3 medium tomatoes, diced
Other raw vegetables as desired-optional

Directions: Grill chicken, cool and dice. Meanwhile, cook pasta according to package directions and drain. In a large serving bowl, combine all ingredients and stir well. Serve warm or chilled. Serves 4.



Summer Avocado Salad

2 avocados, peeled and sliced thin
2 Tbsp. diced onions
1 tsp. minced garlic
1-16 ounce can diced tomatoes with green chilies, drained OR 3 fresh tomatoes, diced
1-16 ounce can corn, drained
1-16 ounce can black beans, rinsed and drained (or bean of choice)
Salt to taste
Juice of one lime

Optional: for a spicier taste, add 1/8 to 1/4 teaspoon cayene pepper

Directions: Prepare ingredients as listed and mix in a large mixing bowl. Chill. Serve with tortilla chips.

Area Agency on Aging District 7, Inc.

F32-URG, P.O. Box 500

Rio Grande, Ohio 45674

1-800-582-7277

www.aaa7.org

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton Counties