



Live Healthy Georgia- Seniors Taking Charge

March 2009 Newsletter

March is National Nutrition Month!

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2009 Key Messages from the American Dietetic Association

Eating right and staying fit are important, no matter what your age. Help yourself to feel your best by making healthy food choices and being physically active every day. Eating right doesn't have to be complicated. Start with these recommendations

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Making smart food choices can help you stay healthy, manage your weight, and be physically active.

Focus on Variety. Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen, or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices by eating more fish, beans, and peas.

Check the Nutrition Facts panel on food labels and look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease.

Physical Activity for Fitness and Health. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10-minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity, such as walking. Then gradually increase the minutes as you become

stronger. http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_20224_ENU_HTML.htm

2009 National Nutrition Month Recipes from the American Dietetic Association:

http://www.eatright.org/ada/files/NNM_Recipes.pdf

A list of Resources for Older Adults: <http://www.nal.usda.gov/fnic/pubs/olderadults.pdf>

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Special Nutrient Needs for Older Adults

- **Calcium and Vitamin D** — For bone health. Include 3 servings of vitamin D-fortified, low-fat, or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and dark green leafy vegetables.
- **Vitamin B12** — Fortified cereal, lean meat, and some fish and seafood are sources. Ask your doctor or dietitian if you need a vitamin B12 supplement.
- **Fiber** — Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight, and prevent Type 2 Diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables also provide fiber.
- **Potassium** — Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables, and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.



Nutrition: Fact vs Fiction

Know the FACTS:

Myth: Fresh fruits and vegetables are healthier than frozen or canned.

Fact: Research shows frozen and canned foods are as nutritious as fresh. *In some cases*, canned tomatoes, corn, and carrots are better than fresh.

Myth: Eating carbohydrates causes weight gain.

Fact: Calories cause weight gain. Excess carbohydrates are no more fattening than calories from any source.

Myth: Eating just before bedtime is fattening.

Fact: What you eat, not when, makes the difference; calories have the same effect on the body, no matter when they are consumed. Eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking.

Myth: Occasionally following a fad diet is a safe way to quickly lose weight.

Fact: Many fad diets are developed by people with no science or health background, so some fad-diets can even be considered harmful to people with certain health problems. When trying to lose weight, consult a registered dietitian.