

NUTRITION NEWS

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National Nutrition Month



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MONTHLY EXERCISE

HEEL RAISES

These will help in strengthening the muscles of your upper calves

While keeping the toes and balls of feet on the ground lift the heels.

Do 20 repetitions on each foot

March is National Nutrition Month. As we age, our nutritional needs change. A basic plan for health promotion and disease prevention includes eating a proper diet focusing on a variety of foods and moderation in fat, as well as performing regular physical activity, maintaining or improving body weight status, consuming adequate fluids, abstaining from smoking, limiting alcohol intake, and getting adequate sleep.

See how well you do answering the following true/false questions regarding changing nutrient needs.

1. Medication taken by the elderly can cause nutritional problems.
2. The greatest nutritional problem for many Americans is overeating.
3. Older people often lose their desire for liquids.
4. Vitamin B12 absorption often decreases in elderly people.
5. The most frequent intestinal problem in the elderly is constipation.

6. Excessive intake of Vitamin A supplements can cause bone pain and hair loss in the elderly.
7. Delayed wound healing should alert a physician to examine the protein, zinc, and Vitamin C intake of an elderly person.
8. An active lifestyle helps to maintain muscle and bone mass.
9. Dietary recommendations made by the American Heart Association could substantially reduce blood cholesterol in every individual.
10. If older Americans follow the Food Guide or MyPlate recommendations, they should end up receiving adequate amounts of all nutrients.



Since 1992, the USDA provided the food guide pyramid, which was the standard for the recommended intake of healthy adults. As of 2010, the USDA wants Americans to think in terms of “my plate.” Why the change? More than 2/3 of American adults and more than 1/3 of American children were considered obese, which prompted the change in the recommendations. The plate model was also chosen as it was deemed easier for most Americans to understand.

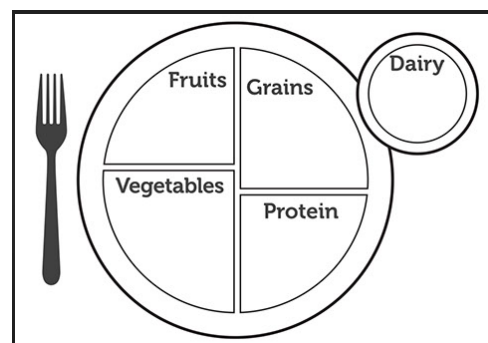
The goal of Choose MyPlate is to help Americans make smarter food choices from every group represented. It describes a healthy diet as a diet with a focus on vegetables, fruits, fat-free or low-fat milk and milk products, and rich in whole grains. MyPlate food guidelines also recommend more lean meat consumption, nuts, eggs, beans, fish, and poultry; lastly, it should be low in trans fats, saturated fats, cholesterol, added sugars, and salt.

If you are able to see a picture of MyPlate, you will notice that it has different colors on it. The colors represent the following:

- ♦ Orange represents the grain group: “make at least half your grains whole.” (Meaning use whole grains whenever possible.)
- ♦ Green represents the vegetable group: “vary your vegetables.”
- ♦ Red represents the fruit group: “Focus on fruits.”
- ♦ Blue represents the dairy group: “Get your calcium rich foods.”

Here are ten additional tips from the MyPlate model.

1. Balance calories: figure out your daily caloric needs to maintain or improve your weight.
2. Enjoy your food but eat less: watch your portion size and stop when you’ve had enough.
3. Avoid oversized portions: using a smaller plate may help.
4. Know which foods to eat often: increased your intake of fruits and vegetables.
5. Make half your plate fruits and vegetables: choose colorful items to vary your nutrient intake.
6. Switch to fat free or low fat milk: the calcium and protein are the same without all the fat!
7. Make half your grains whole grains: substitute wheat for white bread or brown rice for white rice.
8. Reduce foods that are high in added sugars, salts, and solid fats: this includes ice cream, candy,, sodas, and fatty meats.
9. Compare sodium in foods: most convenience foods are higher in sodium so cook from scratch when possible.
10. Drink water instead of sugary drinks: you can save yourself hundreds of calories a day by making this simple switch.



Here are the answers to the quiz on page 1.

1. **True.** Drug nutrient interactions can be a problem at any age, but because the elderly generally take more and different combinations of drugs over a long period of time, nutritional status is more likely to be affected.
2. **True.** Overeating can lead to being overweight. Being overweight contributes to almost all of the chronic diseases common in our society.
3. **True.** The sense of thirst may diminish with age but not the need for fluids.
4. **True.** Stomach secretions that promote absorption of Vitamin B12 decrease with age.
5. **True.** Increasing fiber and fluid intake can help reduce constipation.
6. **True.** Excessive intake of Vitamin A supplements results in more toxicity problems, and more so in the elderly.
7. **True.** Be aware of these nutrients if you are involved in the care of an elderly person or have the chance to advise elderly relatives, as they are needed for wound healing.
8. **True.** Physical activity is an important part of body maintenance, including that of muscles and bones.
9. **False.** People differ in genetic background, ability to regulate cholesterol metabolism, and responsiveness to diets aimed at lowering blood cholesterol. However, there is no way to know how much a diet will help lower blood cholesterol until a person tries it.
10. **False.** Though a well planned diet that follows the Food Guide Pyramid can meet nearly all the nutrient needs for older people within about 1600 to 1800 calories, it will likely fall short in folate and calcium unless carefully planned. In addition, if an older

person cannot consume this amount of energy, it is possible that other nutrients may be inadequate as well. Adding a fortified breakfast cereal to the food play may help.

One of the key concepts of the MyPLate template is portion size. Reading food labels can be overwhelming, so the following information should be helpful in managing your portion control. Aim for 1/2 cup of starches (such as pasta, rice, and starchy vegetables like corn or peas.) Half cup portions are also appropriate for vegetables, although keep in mind that most vegetables are considered “free,” meaning that portion size is less important as vegetables tend to be low in calories and fat and high in beneficial nutrients. A protein source should consist of a 3-4 oz serving. For example, a piece of chicken that is similar to the size of the palm of your hand or the size of a deck of cards constitutes a 3 or 4 oz serving. Serving sizes for fruits are half cup servings or one small fruit (such as one small apple or orange). If you are not a diabetic, fruits may also be used liberally. Keep in mind that fruit juices are not as nutritious as whole fruits, and since they can contain added sugars, are generally limited more than fruit intake.

More and more research studies are pointing to the benefits of consuming fish regularly. Fish is an excellent source of omega-3 fatty acids, which can help lower triglyceride levels, improve joint pain, and may offer protective benefits against dementia and Alzheimer’s Disease.



Emergency Preparedness Training Program

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters

WHERE—Ilion/Frankfort VFW Post 502

4274 Acme Road, Frankfort

WHEN— Wednesday, April 9, 2025

Registration is required to attend this event

Visit—www.prepare.ny.gov

If you need help registering call the

Office for the Aging— 315-867-1371

Each family that attends will receive
one preparedness kit

HEAP Clean and Tune Benefit

HEAP offers the
Clean and Tune Program
Furnace Repair and
Replacement Program
Call the Heap Office

315-867-1195

HEAP is scheduled to close

March 17, 2025



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Baked Haddock with Spinach and Tomatoes

1 tbs butter

1 cup thinly sliced onion

**2 (10 ounce) packages chopped frozen spinach,
thawed and squeezed dry**

1/4 tsp freshly grated nutmeg

1 1/2 pounds haddock fillets

**1 (14.5 ounce) can diced Italian plum tomatoes,
juices reserved**

1/2 tsp dried thyme

1/2 tsp salt

1/4 tsp dried tarragon

Sauce:

3/4 cup water, or as needed

1 tbs butter

1 tbs minced onion

1 tsp cornstarch

Melt butter in a skillet over medium heat. Cook and stir onion in hot butter until soft, about 5 minutes. Stir in spinach and nutmeg; cook about 3 minutes, stirring occasionally.

Arrange haddock fillets in the prepared baking dish. Spoon equal portions of spinach mixture between fillets. Spoon drained tomatoes around fillets and sprinkle with thyme, salt, and tarragon. Baked, uncovered, in the preheated oven until fish flakes easily with a fork, about 20 to 25 minutes. While fish is baking make sauce; add enough water to reserved tomato juices to make 1 cup; set aside. Melt butter in the skillet over medium heat. Stir in onion and cook until soft, Pout 3/4 cup tomato juice into the skillet; bring to a boil. Whisk cornstarch into remaining 1/4 cup tomato juice, then add to the skillet. Reduce heat and simmer, stirring, until sauce thickens slightly. Pour sauce over baked fillets and serve.