



HEALTHY AT 80

RULE THE AISLES

What you put in your mouth starts with what you put in your basket. Eating healthy – lots of fruits and veggies, lean protein, whole grains – doesn't have to be more expensive. If you shop smart & plan ahead, you'll be surprised at how much goodness you can haul without breaking the bank.

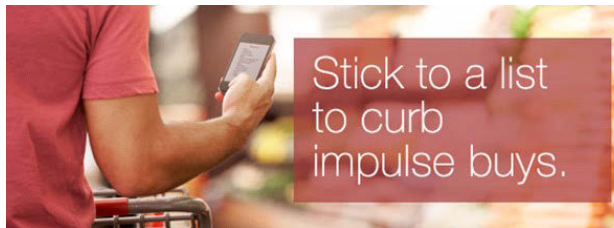
The reality is, many of those ready-made, super-fast, prepackaged foods actually cost MORE than homemade foods. And they tend to have more calories, saturated fat, sodium and added sugars. So drop the excuses, because scoring those nutrient-dense, fiber-rich foods your body needs is easier – and cheaper – than you think!

Planning ahead is key to success

- Preparing menus and grocery lists ahead of time can keep you from making impulse food choices, which often aren't healthy. Plan out one or two weeks of healthy meals for breakfast, lunch and dinner. Take a few minutes over the weekend to go through your favorite healthy recipes and map out your meal plan. Update your go-to list as you come across new recipes, and don't be afraid to try new things!
- Use a grocery list or meal-planning app with a grocery list feature. This will help you quickly grab the ingredients you need for your healthy meal plan.

Shop smart to save big

- Skip the ready-made foods and individually-packaged snacks. The convenience may be tempting but it's usually healthier and cheaper to prepare these same foods at home.
- Keep an eye out for specials. Stock up on frozen and canned produce when it's on sale.
- Buy fresh fruits and vegetables in season. For example, berries cost less in spring and summer, when they're in season.



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website: www.communityhealthdayton.org/healthyat80

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DON'T CHECK OUT BEFORE YOU CHECK OUT

Ever feel like a robot on your weekly grocery run – picking up the same foods week after week even though they may not be the best choices? With a little awareness you can find healthier options throughout the store.



- ◇ **Read food labels, even for so-called “healthier” foods.** Ingredients and nutrient content can vary a lot by brand and preparation. When there’s more than one choice, compare labels. Choose the item with the lowest amounts of sodium, saturated fat, trans fat and added sugars.
- ◇ **Choose frozen, canned or dried produce when fresh isn’t available or practical.** It can be just as nutritious as fresh, and will last longer. Choose canned fruit packed in water, light syrup or its own juice. With canned and frozen vegetables, choose the product with the lowest amount of sodium. Heavy syrups and sauces can add unwanted ingredients to your healthy fruits and veggies.
- ◇ **Choose whole-grain foods.** Lots of products claim to be, but there’s a simple way to know for sure. Look for the word “whole-grain” (or “whole” followed by the grain name) as the first item in the ingredients list. And we’re talking more than just bread. Include crackers, cereals, tortillas, pasta and other grain foods in your whole-grain quest.
- ◇ **Beware of sneaky ingredients.** For example, added sugars go by many different names, making it harder to tell just how much is in there.
- ◇ **Look for the Heart-Check mark** to quickly and easily identify foods that can be part of an overall healthy eating plan. When it’s on the label, you know the product has been certified by the American Heart Association to meet specific science-based nutrition requirements. Keep in mind, not all red hearts or check marks on food packages are the trusted Heart-Check mark! Look for the American Heart Association name if you’re unsure. And, the Heart-Check program is voluntary. That means not every heart-healthy food, such as fruits & veggies, will apply for a Heart-Check mark. But you won’t find the Heart-Check on candy, chips and other foods that do not meet AHA nutrition requirements.



CAN I GO WITH CANNED?

Canned fruits & veggies are convenient to have in your pantry for times you can’t get to the store; they can even be kept at work (with a can opener) for an afternoon snack. Since they don’t expire quickly, you won’t waste money when buying canned veggies – which sometimes happens if fresh produce goes bad.

~ Add drained cans of corn, tomatoes & pinto beans or any other veggies to low-sodium chicken broth for a super-fast & filling soup. ~

~ Use a blender, food processor or a fork to smash drained & rinsed canned beans into a bean dip for baby carrots; add a little lemon juice & garlic powder for some zip. ~

~ Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole grain cereal with canned fruit. ~

<http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingandRecipes/Fresh-Frozen-or-Canned-Fruits-and-Vegetables-All-Can-Be-Healthy-Choices>

ARE FROZEN FRUITS & VEGGIES COOL?

Frozen fruits & veggies are picked at the peak of ripeness & then flash frozen to preserve optimal nutrition. They last for several months in the freezer & can be a very economical choice.

For both canned & frozen fruits & veggies ~ Watch for sodium: Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Sauces and seasonings can contain excess salt & add calories.

Watch for added sugar: Choose only 100% canned or frozen fruits without added sugars.

~ When you boil pasta, throw in some frozen veggies at the end of the cooking time for added nutrients & variety. ~

~ Whip up a smoothie of frozen fruit, nonfat or low-fat milk & yogurt. ~

~ Mix frozen berries into baked goods & oatmeal. ~

NUTRITION BITES!

Added Sugar Is Not So Sweet: High fructose corn syrup has gotten plenty of attention these days from critics who warn it's become pervasive in our diets. Nutrition experts suggest the recent focus on high fructose corn syrup may be misplaced. Rather, we should look at our overall sugar intake.

- ⇒ The American Heart Association recommends **limiting intake of added sugar to 6 teaspoons for women and 9 teaspoons for men.** For reference, one 12-ounce can of cola contains about 8 teaspoons of added sugar, for about 130 calories.
- ⇒ Anything that ends in syrup or -ose, such as maltose or glucose, they're all sugars. Don't be fooled by cane syrup or brown rice syrup found in many things marketed as "natural" foods such as granola or cereals. They also count as added sugars.
- ⇒ Not all sugar is added sugar. For example, sugars found in whole fruit or milk are naturally occurring. And you can easily avoid the added sugar in canned fruits by looking for those packaged in their own juices instead of syrup.

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/By-Any-Other-Name-Its-Still-Sweetener_UCM_437368_Article.jsp#.WTcbPuXyu00

The infographic is divided into several sections on a light blue background with a brown shelf at the bottom. At the top, there are three items on a shelf: a red bottle of syrup, a red and white striped soda can, and a purple sports drink bottle. Text boxes explain that some sugars are natural (fruits, vegetables, milk, grains), while others are added (syrups, sodas, sports drinks). Below this is a section titled 'THE AMERICAN HEART ASSOCIATION RECOMMENDS' with a banner, showing a scale of spoons representing 100 and 150 calories of added sugar. To the right, 'ADDED SUGAR SOURCES' shows a green smoothie, a box of cereal, a slice of cake, and a cup of ice cream. The 'FIND IT' section shows a yellow jar of syrup and text about reading labels. The 'REPLACE IT' section shows a bunch of grapes, a strawberry, a banana, and a glass of sparkling water, with text about using fruit and spices instead of sugar. At the bottom, a final text box states that eating and drinking a lot of added sugar is a probable cause of the obesity epidemic in the U.S. and is linked to increased risks for high blood pressure, high cholesterol, diabetes, and inflammation.

Some sugars are naturally in fruits, vegetables, milk & grains.

Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.

A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.

Added sugar also sneaks into seemingly "better for you" beverages, such as sports drinks, fruit drinks and flavored milks.

THE AMERICAN HEART ASSOCIATION RECOMMENDS

limiting added sugars to no more than 100 calories a day (6 teaspoons) for most women & no more than 150 calories a day (9 teaspoons) for most men.

ADDED SUGAR SOURCES

Sugar-sweetened beverages are the biggest source of added sugar in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.

FIND IT

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar as well as most ingredients ending with the letters "ose" (like fructose & dextrose).

Enjoy fruit for dessert most days and limit traditional desserts to special occasions.

Cut back on the amount of sugar you add to things you eat or drink often.

Buy 100% juice with no added sugars.

REPLACE IT

Enhance foods with spices — try cinnamon, nutmeg or ginger.

Add fresh or dried fruit to cereal and oatmeal.

Drink sparkling water, unsweetened tea or sugar-free beverages.

Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. It's also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.

Delicious & Nutritious

CABBAGE APPLE SLAW

Simple slaws are ideal for every season of the year. They are crunchy and light, yet satisfying and filling, and endlessly adaptable to a variety of seasonal produce. The combination of sweet, fresh cabbage, sweet and tart apple, plump golden raisins, toasted caraway, and a hint of nutmeg in this slaw is magic. It only takes minutes to prepare, and it holds up in the fridge for 2 days without becoming soggy.

1 small head
green cabbage
1 large tart, crisp
apple (such as
Honeycrisp)
1/4 cup raisins
1 tablespoon
olive oil
Juice of one small
lemon
1 tablespoon
caraway seeds,
toasted
1 pinch ground
nutmeg



1/2 cup salted roasted cashews (or other nut or seed), lightly
chopped

- ⇒ Toast caraway seeds in a small sauté pan over medium heat, until seeds are fragrant. Remove from heat and let cool.
- ⇒ Slice cabbage in half lengthwise, and cut out core. Thinly slice lengthwise to create very thin, long strips of cabbage. Place in a large bowl. Core and halve apple, then cut into thin matchsticks. Place in bowl with cabbage, and immediately toss with the lemon juice and olive oil (lemon juice will prevent browning). Add raisins, caraway seeds, and nutmeg, then toss to combine. Season with salt to taste.
- ⇒ Let sit for 30 minutes to let flavors combine, then add cashews and serve. If making in advance, combine as directed, then cover and place in refrigerator for up to 12 hours. Remove from fridge 15-30 minutes before serving, then add nuts and serve. Leftovers will keep well in refrigerator for up to 2 days.

<http://affairsofliving.com/imported-20100106014405/2011/10/17/cabbage-apple-slaw-gluten-free-vegan-grain-free-acid.html>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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