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Nutritious Bites

What's the healthiest way to start your day?

By Mary Grider, Nutrition Educator

Most of you have probably heard that breakfast is the most important meal of the day. Research shows that this is actually true. You are breaking a fast since you haven't been eating while you've been asleep!

You need good food when you wake up to help jump start your metabolism. Traditional breakfast foods may come to mind, but any nutritious foods are fine to eat in the morning. If you try to include healthy options from each food group, you'll find you will stay full much longer than if you only eat a piece of toast and coffee.

Fruits and vegetables, eggs or lean meats, whole grains, and milk products together will give you a nutritious and well-balanced breakfast to get you started.



Here are some suggestions for your first meal of the day:

- 2 tablespoons of peanut butter on 1 slice of whole grain bread (toasted), 1 cup of yogurt, and a small orange, OR
- An omelet made with sautéed vegetables, 1 slice of whole grain toast, and 1 cup of 1% milk, OR
- Blueberry baked oatmeal (see recipe on p. 2) with ½ cup of blueberries and 1 cup of 1% milk

If you're not used to eating much in the morning, you can save part of your breakfast for a mid-morning snack (just refrigerate until you're ready to enjoy and reheat in microwave if desired).

No matter your choices, get a great start to your day with a healthy break-fast!

Photo courtesy of:
<http://www.laurafuentes.com/healthy-breakfast-blueberry-baked-oatmeal/>

Recipe of the Month

Baked Blueberry Oatmeal

Serves 8

This hearty breakfast bake is a quick and satisfying breakfast for a busy morning. The fresh berries add a hint of sweetness we all love.

Ingredients

- 2 c. rolled oats
- 1 tsp. baking powder
- ½ tsp. salt
- ⅓ c. honey
- 2 c. milk
- 1 large egg
- 2 tbsp. butter, melted
- 2 tsp. vanilla extract
- 1½ cups fresh or frozen blueberries

Directions

- Preheat oven to 375° F and grease a 9" x 9" square baking dish.
- In a medium bowl, combine oats, baking powder, and salt.
- In a large bowl, combine honey, milk, egg, melted butter, and vanilla extract. Add oat mixture to large bowl and stir to combine. Fold in blueberries.
- Pour mixture into baking dish and spread evenly to make sure blueberries are evenly distributed throughout.
- Bake 35 minutes until the top is golden and oat mixture is set. Remove from oven and allow to cool slightly.

<http://www.laurafuentes.com/healthy-breakfast-blueberry-baked-oatmeal/>

Keep on Moving

Balance Moves 101

Did you know that 1 out of 3 older adults experience a fall each year? Falls and fall-related injuries, such as hip fractures, can lead to feeling isolated, bored, and lonely – which is not good for health. While all types of exercise are important for preventing falls, exercises that test your balance are especially important for fall prevention. The following exercises will help you improve your balance.

- Stand on one foot for 5 to 10 seconds; repeat with the other foot (be sure that you have a stable chair or counter in front of you in case you lose your balance)
- Walk heel to toe (one foot directly in front of the other – like on a tightrope)
- Balance walk, taking a moment before stepping to your next foot
- Back leg raises (see video)
- Side leg raises (see video)

Videos of Exercises

<http://nihseniorhealth.gov/exerciseandphysicalactivity/exercisesotry/balanceexercises/01.html>

Monthly Chair Exercise

Balancing Toe Taps

This exercise will help you develop your sense of balance as you shift your weight from one foot to the other.

In a seated position with good posture and knees bent, take a ball and place it on the floor near your feet. Holding onto the chair for balance as needed, place your right foot on top of the ball, trying to balance your weight as you do this. The left foot that is not on the ball can remain on the floor or can be lifted up off the floor if you feel stable enough. Hold for 3 to 4 seconds.

Switch feet and repeat with the opposite foot. Keep alternating feet on the ball for 8 to 10 repetitions. Rest. Do another set of 8 to 10 repetitions.

Balancing Toe Taps



For more exercises, visit the following link:
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

How Can I Remember to Take My Pills?

Previously we have written about the steps you can use when attempting to solve a problem. This month, let's practice those steps using a common problem as an example. Many people have a problem remembering to take their pills.

1. Identify the problem: I forget to take my medicine
2. List ideas to solve the problem:
 - a. Use a pill case
 - b. Set an alarm on my phone
 - c. Make a chart to check off when I've taken my pill
 - d. Take my pill when I do some other daily activity like eating breakfast or brushing my teeth
3. Select one of these ideas listed and try it for a week or two

4. Assess the results – did it help you remember?
5. If it was not a helpful idea, substitute one of the other ideas on your list
6. If after trying all of the ideas you find that none are helpful, you can seek out other resources to help you generate new ways to remember to take your pills, like talking with your doctor or pharmacist. Then return to step 3 to try these new ideas
7. After completing the process, hopefully you will have found a new way to remember to take your medications. If not, you can revisit the problem at a later date.

These steps are helpful to use any time and with any type of problem that needs to be solved.

Source: Lorig, Kate et al. *Living a Healthy Life with Chronic Conditions* (2012).

Medication Manager

Disposing of Your Medications

When did you last check expiration dates on your medications? Out-of-date medications may not work properly. When over-the-counter and prescription medications have expired or you are no longer taking them, it's important to know how to dispose of them.

There may be disposal instructions written on the medication label. If not, follow the suggestions below to dispose of medications in your household trash (note: avoid flushing down the toilet, as they can contaminate the water supply):

- Take medication out of original container and mix with coffee grounds or dirt to make the drug unappealing to grandchildren or pets
- Place mixture in a zip top plastic bag to prevent leaking
- If you throw away your prescription bottles, mark out all identifying information on the label so it can't be read to protect your identity and privacy.
- If you still have concerns or questions, you can call your pharmacy or contact the FDA (<http://www.fda.gov>).

Matter of Balance Classes

Newton County Senior Center
Covington, Georgia
Tuesday's and Thursday's
10:00 a.m. – 12:00 p.m.
August 30 – September 22, 2016

Living Better Workshops

Cornerstone Church
Athens, Georgia
Saturday's
10:00 a.m. – 12:30 p.m.
September 3 – October 8, 2016

Have an event you'd like to include?
Want to offer one of our workshops in your community?
E-mail Whitney (web1975@uga.edu)

Upcoming Events

Test Yourself

Examining Your Habits

How am I doing?

1. I currently eat _____ servings of fruits most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
2. I currently eat _____ servings of vegetables most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
3. I currently eat _____ servings of whole grain products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
4. I currently have _____ servings of milk or other dairy products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
5. I include stretching exercises in my weekly routine (circle one) Yes No
6. I limit the amount of sodium or salt I eat (circle one) Yes No
7. I limit how much sugar or sweet foods I eat (circle one) Yes No
8. I dispose of my medications properly (circle one) Yes No
9. I have a way to make sure I take my medications (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

Support for this newsletter is also provided by:

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Questions or Comments? Contact us!

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