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Nutritious Bites

What Is Meatless Monday?

By Mary Grider, Nutrition Educator

Many people are starting their new year by trying to eat healthier. Some of those people are instituting “Meatless Mondays.” This is a trend where people spend one day each week following a meat-free eating plan.

Meat has protein, and proteins are considered the building blocks of life. They promote cell growth and repair, which is necessary for good health. Protein can also help you feel full longer, which may help with weight loss efforts.

You may wonder how you can get these needed proteins in your diet without meat. But there are many plant-based sources of protein that when combined together (i.e., grains and legumes) will give you a complete and healthy protein option.



Women need about 46 grams of protein per day, and men need 56 grams. A simple calculation for individual protein needs is about 3-4 grams of protein per 10 pounds of body weight. So, if you weigh 150 pounds, you'll need about 45 – 60 grams of protein per day.

Consider this fact: a 3-ounce serving of ham has 18 grams of protein, yet a cup of pinto beans has 15 grams (plus the beans have much more fiber than ham)!

Several ideas for your meat-free meals could be Greek yogurt with fruit for breakfast, a peanut butter sandwich and apple for lunch, and a vegetarian chili packed with tomatoes and a variety of beans for dinner. Challenge yourself to find several meatless meals to get started on the Meatless Monday bandwagon!!

For more information, visit:
<http://www.meatlessmonday.com/>

Recipe of the Month

Quick Bean Chili (Serves 8)

From: *Allrecipes.com*

Ingredients

- 1 (19 ounce) can black bean soup
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 (16 ounce) can vegetarian baked beans
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can whole kernel corn, drained and rinsed
- 1 onion, diced
- 1 green bell pepper, diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder (or to taste)
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil

Directions

In a slow cooker, combine black bean soup, kidney beans, garbanzo beans, baked beans, tomatoes, corn, onion, bell pepper, and celery. Season with garlic, chili powder, parsley, oregano, and basil. Cook for at least two hours on High.

Keep on Moving

A Balanced Exercise Plan

When you start exercising, it's easy to focus on one kind of exercise, such as walking. It's important to incorporate different kinds of exercises into your plan so that you are gaining the maximum benefits from physical activity. Below are the recommended types of exercise you should incorporate in your routine each week (from [NIH SeniorHealth](#)).

- **Endurance Exercises:** Aerobic activities, such as walking or even gardening, increase your heart rate. The goal is 150 minutes of endurance activities each week, or about 30 minutes most days.
- **Strength Exercises:** These exercises help build and maintain muscle, which makes it easier to do daily activities. Aim to work all muscle groups at least 2 days per week for 30 minutes.
- **Balance Exercises:** Exercises that test your balance help prevent falls. You can do these exercises every day.
- **Flexibility Exercises:** These exercises give you freedom of movement and can be done every day.

Monthly Chair Exercise

Sit and Reach

This exercise is perfect for stretching your calves and back of legs – muscles that can be very tight.

Seated toward the edge of a chair, extend your legs out in front of you, keeping the knees slightly bent. With heels on the floor and toes pointed up toward the ceiling, extend your arms out in front of you and try to reach down to touch your toes. Bend at the waist to do this and do not bounce. Hold the stretch for about 10 seconds. Come back up to the starting position.

Repeat the stretch 1 to 2 more times.

Modification: Depending on your flexibility, you may only be able to go to your knees or shins. If you are very flexible, you may be able to reach your fingers past your toes.



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

Preparing for Emergencies

With winter upon us, it's time to think about what you would do in the event of an ice storm or other weather or emergency situation. You will want to be sure to follow the local media on T.V. or radio for updates and any instructions. It's helpful to have a battery-operated NOAA weather alert radio in case the power goes out.

Now would be the time to have a plan in place BEFORE you get stuck in an emergency situation. Some tips include:

- Make a plan with friends or family and practice it
- Identify hazards ahead of time (like a dead tree limb, etc.)
- Know the safest place to shelter in your home
- Take note of escape routes
- Test your smoke and carbon monoxide detectors to ensure they are working properly
- Store important documents in a safe place

If you have special disabilities or needs, be sure you have a contact person who knows all of your needs who could help you in an emergency, or consider getting a medical alert system.

Your next step should be preparing a kit to tide you over for several days. A water-proof container could include water, glow sticks or flashlights and batteries, an emergency blanket, food bars and/or canned goods (anything that won't spoil), cash, medications, hand sanitizer, a first aid kit, and all emergency contact information.

With these steps in place you should be able to rest in confidence that you will be ready no matter the circumstance.

For more information, visit:
<https://www.cdc.gov/aging/emergency/preparedness.htm>

Medication Manager

Seniors and Medications

Have you found yourself getting more and more forgetful or very tired after doing just a light chore? You may think this is just normal aging, but sometimes these symptoms can be caused by issues with your medications. As we age, our metabolism can change and kidney function slows down, and this can affect how our medications work. The effects of some medications may last longer than usual – even if you're on the same dose that you were when you were younger. So, your forgetting where you put your keys could be a more significant sign that you need to have your medications reviewed by your doctor. At your next appointment, be sure to discuss any concern you have regarding the effects of your medications. And make sure you find out why you are taking each of your prescriptions. When discussing medications with your doctor or pharmacist, also inform them of any over the counter medications you are taking. These can also cause side effects when combined with your prescription medications.

(From: With Age Comes Caution – John Holten)

Upcoming Events

Matter of Balance Classes

Athens Community Council on Aging
Athens, Georgia
Thursday's, 3:00 p.m. – 5:00 p.m.
January 12 – March 2, 2017

Newton County Senior Center
Covington, Georgia
Tuesday's, 9:00 a.m. – 11:00 a.m.
January 24 – March 14, 2017

More workshops are listed on our web site <http://www.negahealthmatters.org/>

Live Strong, Live Long

More classes coming in 2017!

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 limit the amount of sodium or salt I eat (circle one) Yes No
6. I limit how much sugar or sweet foods I eat (circle one) Yes No
7. I practice endurance, strength, balance, and flexibility exercises each week (circle one) Yes No
8. I am prepared for emergencies (circle one) Yes No
9. I regularly talk with my doctor or pharmacist about effects of 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

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Questions or Comments? Contact us!

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