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It seems like eating healthy can cost a small fortune! It doesn't have to be expensive if you follow our tips for **eating healthy on a budget** (in fact, you may save money eating well).

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## Nutritious Bites

### Healthy Eating On a Budget

By Mary Grider, Nutrition Educator

As we age, many of us are on a fixed income and need to spend our money wisely. Mistakenly, many people believe that it's too expensive to maintain a healthy diet. In the long run, lack of good nutrition can drain us financially, yet there are ways to eat well without breaking the bank.

The best way to start is by choosing nutrient rich foods rather than snack foods that can give you fewer nutrients per dollar. Fruits and vegetables, whole grains, lower fat meats and dairy products are less expensive in the long run than overly processed junk food. Having some budget friendly shopping tips can also be helpful.

- ✓ Plan meals and snacks ahead of time and use a list when shopping for the week
- ✓ Don't shop when you are hungry - you will be more likely to overspend

- ✓ Stock up on staples, such as whole-grain pasta, no-salt added canned vegetables, and low-fat meats to freeze, when they are on sale
- ✓ Look in the newspaper or online for sales or coupons for items you normally use
- ✓ Buy fresh fruits and vegetables when they are in season and only purchase in a quantity you will use (or plan to freeze)
- ✓ Frozen vegetables can be a good buy. They are picked at the peak of freshness and last in the freezer three months or more
- ✓ Use the store brands instead of name brand foods

Following these simple ideas should get you on your way to healthy eating while saving you money in the process.



## Recipe of the Month Lemon and Herb Roasted Chicken and Vegetables (Serves 4)

From: *FoodNetwork.com*

### Ingredients

- 1 lb. small red-skinned potatoes, quartered
- 2 medium carrots, cut into 1-inch pieces
- 2 stalks celery, peeled and cut into 1-inch pieces
- 1 medium red onion, cut into 1/2 -inch wedges
- 2 tsp. olive oil
- Kosher salt and ground black pepper to taste
- 3 bone-in chicken breasts with skin (about 1 3/4 lbs.)
- 1 tsp. poultry seasoning
- 1 lemon, cut in half
- 1/4 cup chopped fresh parsley basil

### Directions

- With oven rack in top position, preheat oven to 450° F.
- On a rimmed baking sheet, combine potatoes, carrots, celery, onions, 1 tsp. of olive oil, 1/2 tsp. salt and 1/4 tsp. of pepper. Arrange in a single layer and roast until the vegetables brown slightly and the potatoes just begin to soften, about 20 minutes, tossing halfway through.
- Meanwhile, rub the chicken breast skin with the remaining 1 tsp. oil and sprinkle with the poultry seasoning and 1/2 tsp. salt. Place chicken breasts on top of softened vegetables and roast until the skin is golden brown and the chicken reaches an internal temperature of 165° F, 20 to 25 minutes.
- Remove the chicken breasts and let rest for a few minutes. Toss the roasted vegetables with juice of 1/2 lemon and the parsley. Cut the bones from the chicken breasts and slice the meat. Divide the chicken and roasted vegetables among 4 plates.

## Monthly Chair Exercise Chair Stands

This exercise strengthens your major leg muscles and buttocks – which are important for balance.

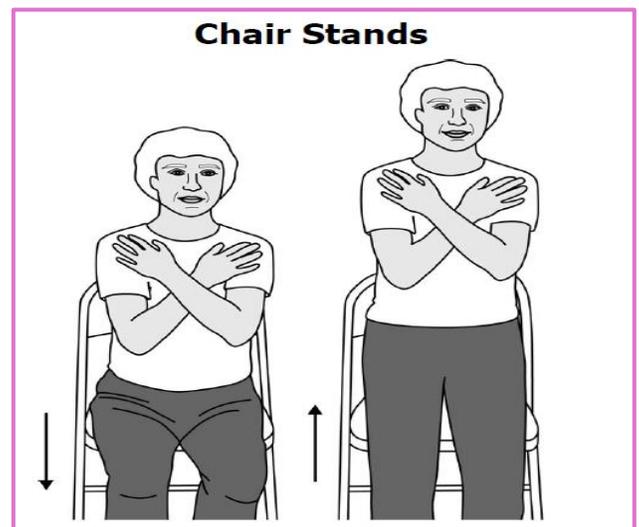
In a seated position with good posture and feet flat on the floor, cross your arms over your chest or hold a ball with both hands at chest level. Keeping your weight on your heels, stand up, using your hands as little as possible or not at all. As you bend slightly forward to stand up, keep your back and shoulders straight. Take at least 3 seconds to sit back down. Repeat 8 to 15 times or as many as you can comfortably do with good form. Rest. Do another set of 8 repetitions.

## Keep on Moving Building Endurance

Endurance exercise, also called cardiovascular or aerobic exercise, is important for heart health. Many older adults (and younger folks!) are reluctant to start an endurance exercise routine because they think it means training for a marathon.

The truth is that any activity that raises your heart rate and makes you breathe a little faster is an endurance exercise. You can walk at a moderately brisk pace, dance around your living room, or clean the house with some effort (think of pushing a vacuum cleaner). The key is to find an activity that you enjoy, and follow these guidelines to build your endurance.

- Aim for 30 minutes most days, or 150 minutes per week, of endurance activities. Start with where you are – a 5 minute walk around your house may raise your heart rate.
- Increase your activity slowly – add 5-10 minutes per day every week or so.
- Talk with your doctor if you have concerns about how to safely exercise.



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

## Know the Signs of a Stroke or Heart Attack

Many people know someone who has had a stroke or heart attack, but not everyone knows the symptoms to look for.

If you are around someone with the following symptoms be aware that they may be having a **stroke**:

- **Face drooping on one side.** Ask the person to smile. If the smile is uneven, they may have had a stroke.
- **Arm weakness.** One arm may be weak or numb. Ask the person to raise both arms. If one arm drifts down, it could be a stroke.
- **Speech difficulty.** Is the person's speech slurred? Ask the person to repeat a simple phrase after you, like "the grass is green." If the sentence is not repeated correctly, it could be a stroke.

Though crushing chest pain can be a sign of a heart attack, it's important to recognize that there are other subtle symptoms (especially in women, who often think they have something like indigestion). The most common symptoms of a **heart attack** are:

- Chest discomfort that lasts for a few minutes or that goes away and then returns.
- Shortness of breath with or without chest pressure.
- Discomfort in other areas of the upper body, such as the arms, back, neck, jaw, or stomach.
- Other signs might be breaking out in a cold sweat, nausea or lightheaded feeling.

**If any or all of these symptoms are present it's time to call 911.**

## Medication Manager Medication Safety

Some medications we take may have unwanted **side effects**, cause an **allergic reaction**, or **interact with other medications or supplements** we're taking. If you are having any of these issues, contact your doctor or pharmacist right away:

- Confusion
- Memory loss
- Agitation
- Fatigue
- Constipation
- Dizziness
- Falling
- Blurred vision
- Depression
- Muscle aches
- Weakness
- Swelling of tongue or throat, rash, trouble breathing, or hives\*

\* These symptoms may indicate an allergic reaction. It's important to discontinue use of the medication and call 911 right away if you are having trouble breathing.

### Matter of Balance Classes

Morgan County Senior Center  
Madison, Georgia  
Tuesday's and Thursday's  
10:00 a.m. – 12:00 p.m.  
February 21 – March 16, 2017

Oconee County Senior Center  
Watkinsville, Georgia  
Wednesday's, 10:00 a.m. – 12:00 p.m.  
March 1 – April 19, 2017

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

### Live Strong, Live Long

More classes coming in 2017!

Upcoming Events

# Test Yourself

## Examining Your Habits

### How am I doing?

- 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
- 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
- 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
- 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
- I limit the amount of sodium or salt I eat (circle one) Yes    No
- I limit how much sugar or sweet foods I eat (circle one) Yes    No
- I practice endurance exercises each week (circle one) Yes    No
- I know the signs and symptoms of a stroke and heart attack (circle one) Yes    No
- 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:

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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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