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Nutritious Bites Up With Fruits and Vegetables

By Mary Grider, Nutrition Educator

The newest 2015 Dietary Guidelines for Americans

recommend eating at least 7 servings of fruits and vegetables each day. Fruits and veggies are loaded with vitamins, minerals, and antioxidants that have been shown to protect against conditions like heart disease. High in fiber, fruits and vegetables can also help with constipation. They are also lower in calories and may help you maintain a healthy weight.

Many people feel overwhelmed by the number of portions recommended, but don't forget that the serving sizes are not large. A serving is only:

- ½ cup of 100% fruit or vegetable juice
- ½ cup raw or cooked cut up fruit or vegetable
- ½ of a banana
- 1 cup raw leafy greens
- or ¼ cup of dried fruit

A good rule of thumb could be to eat 2 or 3 servings at each meal, as well as a serving for a midday snack.

You can choose from fresh, frozen, canned or dried – all will help you reach your goals of 7-10 servings each day. Don't forget you can add extra chopped vegetables to soups, stews or egg dishes. And a ½ cup serving of spaghetti sauce is considered a serving of vegetable!

Snacking on things like bananas with peanut butter or carrots with light ranch dip are further ways to increase your intake.



Recipe of the Month

5-Ingredient Vegetable Frittata (Serves 4)

This veggie-filled frittata reheats well and can be served for breakfast, lunch or dinner!



Ingredients

- 4 large eggs
- ½ teaspoon salt
- 1 medium tomato, chopped (about ½ cup chopped)
- ½ green bell pepper (about ½ cup chopped)
- 1 tablespoon fresh chives, finely chopped (or 1 teaspoon dried chives)
- ½ cup cheddar cheese, shredded

Directions

1. Preheat oven to 400°F. Spray a large skillet with cooking spray and set aside.
2. In a bowl whisk the eggs and salt, then add in the chopped vegetables and chives and ¼ cup of the cheddar cheese and whisk to combine. Pour into prepared skillet and sprinkle remaining ¼ cup cheddar cheese on top.
3. Bake for 15 minutes, then remove from oven and allow to cool for 5 minutes, then slice and serve.

Recipe and photo courtesy of: <http://www.sweetphi.com/5-ingredient-vegetable-frittata/>

Keep on Moving Getting Stronger

Anyone at any age can increase strength. A strong body is important so you can do the activities you like to do and stay independent. The following tips will help you build a strength-training program that is effective and safe.

1. Exercises that build muscle require you to move against a force – which could be hand weights or household objects, resistance bands, or your own body weight. If using weights or bands, start with lighter weight and then increase the weight as you get stronger.
2. Do strength exercises for all of your muscle groups at least 2 days per week for about 30 minutes.
3. Don't work the same muscle groups two days in a row – they need time to recover.
4. Use slow, deliberate motion.
5. Breathe – exhale as you lift, push, or pull a weight.

<https://nihseniorhealth.gov/exerciseandphysicalactivity/exercisestory/strengthexercises/01.html>

Monthly Chair Exercise Side Leg Lifts

This exercise will strengthen your outer thighs and hips.

Begin by holding onto the back of a chair as needed, standing with feet slightly apart. Take 2 to 3 seconds to lift your right leg 6 to 12 inches out to the side, keeping the knee and toes pointed forward. Hold the position for 1 second. Take 2 to 3 seconds to lower your leg back to the starting position. Perform 8 to 15 lifts. Switch to the opposite leg. Do another set of 8 to 15 repetitions for each leg.

Modification: For a less advanced version tap the toe out to the side and pull back in, rather than lifting and lowering the leg. For a more advanced version, change the count of the movement by lifting the leg and holding for 5 seconds or lifting and pulsing the leg and releasing back down.

Side Leg Lifts



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

Living Better

Brain Health

As we age, having a healthy mind is just as important as having a healthy body. Concerns about memory loss, dementia and Alzheimer's disease become more pressing.

Does forgetting where you placed your keys mean you have a problem?

Usually not, but memory screening is a first step to see where you stand. These screenings consist of questions and tasks that can be done at your doctor's office. Approximately 83% of surveyed adults age 65-70 worried about their memory but had not discussed their concerns with their healthcare providers. You don't need to be one of those people – talk with your doctor about any concerns you have.

Scientific evidence is showing that there are things we can do as we age that will have

positive effects on our brain health and function. Exercise was found to increase blood flow, which can prevent the atrophy of certain brain regions. Aerobic exercise (exercise that increases your heart rate and breathing) improves not only the cellular level of your brain but its function as well. Evidence also shows that a balanced diet and maintaining a healthy weight can help maintain brain fitness. Studies have also found that avoiding undue stress can promote healthy brain aging.

In conjunction with reading, doing puzzles, and continuing to learn new things, including a healthy diet, exercise and a less stressful lifestyle will help you be on your way to optimal brain health as you age. And be sure to address any concerns you may have with your healthcare provider.

Medication Manager

Be Safe with Supplements

Dietary supplements are a big business in the United States. Supplements include things like vitamins, minerals, herbals and enzymes that can be in capsule or tablet form, bars, powders or drinks. Common examples are vitamin C, vitamin D, calcium, fish oil and probiotics, turmeric, COQ10, garlic, etc.

The effectiveness of these items is not determined by the FDA. Taking them without your doctor's knowledge or consent can be dangerous. Many herbals can interfere with the absorption of your prescription medications or can cause dangerous side effects when taken with certain medications.

Remember that supplements are also no substitute for a healthy diet and lifestyle. Always check with your healthcare provider before taking any supplements

Matter of Balance Classes

Tuckston United Methodist Church
Coming May 2017

Live Strong, Live Long

Jackson County Senior Center
Jefferson, Georgia
Fridays, 10:00 a.m. – 12:30 p.m.
April 14 – May 19, 2017

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

Would you like to host a workshop?
Contact Whitney Bignell
(web1975@uga.edu) for more details.

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 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 strength exercises each week (circle one) Yes No
8. I engage in activities to support my brain health on a regular basis (circle one) Yes No
9. I talk with my doctor about any supplements I take (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!

Whitney Bignell, PhD, RDN, LD
Wellness Coordinator
NE Georgia Area Agency on Aging
Postdoctoral Research Associate
The University of Georgia
(706) 542-4507 | web1975@uga.edu
Visit our web site! www.negahealthmatters.org