

# NUTRITION NEWS

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## Happy Mother's Day!



Happy Mother's Day! When you think back to all of the life lessons you learned from your own mother, is cooking on the top of the list? While the intentions were good, many of the recipes we grew up were rich with butter, cream, and cheese! As we have learned more and more about nutrition through the years, we realize that while these foods are fine to have occasionally, we should be more conscious in our day to day cooking. The following suggestions may be used to try to convert some favorite recipes into healthier alternatives without sacrificing flavor!

1. Reduced fat dairy: did you know that many recipes, including cream based soups, can be made with reduced fat milk instead of whole milk or cream? They may also be replaced with evaporated skim milk. When baking, reduced fat versions of sour cream or yogurt may also work.
2. Herbs and spices: many recipes don't even require the salt that they call for. (Sometimes this

option doesn't work with baking, as salt can change the texture of the finished product.) Herbs and spices (fresh or dried) can add extra flavor. Fresh herbs, including oregano, rosemary, and thyme, also contain antioxidants. Citrus fruits (lemons and limes) can also liven up a dish instead of salt.

3. Healthy oils: every diet requires some fats. But cutting down on excessive fat consumption can improve your cardiovascular health. The changes can be simple— for example, if you usually grease a pan with oil, shortening, or butter, you can switch to cooking spray instead. You can also change the type of oil you use in your cooking. Canola oil is rich in monounsaturated fats, which also provide flavor and help fill you up faster. For baked goods, substitute applesauce or nonfat yogurt for oil! It will drastically

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### Monthly Exercise:

#### Shoulder Blade Squeeze

Sit straight in a chair, rest hands in lap, and squeeze the shoulder blades towards each other.

Be sure to keep shoulders relaxed and not hunched.

Hold position for 3 seconds

Do 10-12 reps

reduce fat and calorie content and actually add to the moisture.

4. Add veggies: many people don't consume the recommended number of vegetables daily. Try replacing some of the meat in certain recipes with different vegetables. This would work with casserole type dishes. A beef stew with half the beef and double the vegetables would greatly reduce your fat and increase your vitamins, minerals, and fiber. It may be more cost effective as well!
5. Whole wheat flour: whole wheat flour is generally superior in nutritional value to white flour. It is rich in magnesium, folic acid, and zinc. It is also higher in fiber. Keep in mind that whole wheat products do take some getting used to, as both the flavor and texture can significantly change.
6. Homemade marinades and rubs: skip the premade BBQ sauce from the supermarket, as it tends to be high in both sodium and sugar. Try using various herbs and spices mixed with vinegar or wine to create a fresh, zesty taste that can be used on eats, fish, and poultry.
7. Dark chocolate: when baking, substitute dark chocolate for milk chocolate. Dark chocolate contains less sugar and fat and is generally more flavorful, which means you may get away with using less!
8. Egg whites: there is nothing nutritionally wrong with the entire egg, including the yolk. While the yolk does contain cholesterol, it also contains many of the minerals and nutrients that make eggs such a perfect, complete food. However, when baking, use egg whites or egg substitutes may lighten up your product.

Some experimentation may be necessary to come up with the best end product!

Keep in mind that there is nothing wrong with treating yourself to the "real" recipe at times. And there are some recipes that you may not want to modify because of the sentimental value of them! But the tips from the preceding column can be incorporated into your every day cooking. It may also be wise to implement them with your new recipes as you wouldn't have a precedent to compare them to.

A second important point to keep in mind when modifying recipes is that there may be some "tweaking" involved. They may not come out as you anticipated the first or even the second time. There is a learning curve when modifying recipes. Practice really does make perfect!

Lastly, as the warmer weather approaches, always be mindful of food safety in the kitchen. These helpful reminders include steps from purchasing food to preparing food to storing leftovers. When shopping, select frozen foods and perishable foods last (such as meat or fish). Put these products in separate bags so their drippings don't contaminate other foods. Purchase only pasteurized milk and cheese. Thoroughly wash your hands with hot soapy water before handling food. This is especially important before and after handling raw meat, poultry, or fish. Make sure counters, cutting boards, dishes, and other equipment are thoroughly cleaned and rinsed before use. Quickly refrigerate leftovers. If using a deep pot, such as for soup or sauces, spread the product into numerous shallow pans prior to refrigeration to ensure that it cools in a timely manner.



You may have heard recently that nuts are good for you. While this can be true, there are a number of varieties and the health benefits vary greatly from nut to nut. In general, adding a moderate amount of nuts and seeds to your diet does offer healthy benefits. They can reduce the risk of several chronic diseases, including cardiovascular disease, type II diabetes, and some forms of cancer. They also contain plant based protein, fiber, and healthy unsaturated fats. Here are some specific benefits:

**Almonds:** excellent source of manganese, magnesium, and Vitamin E. Good source of copper, riboflavin, phosphorous, and fiber.

**Cashews:** excellent source of copper, manganese, and phosphorous. Good source of calcium.

**Flaxseeds:** excellent source of manganese, thiamin, magnesium, and fiber. Good source of phosphorous, copper, and selenium.

**Chia Seeds:** excellent source of fiber, manganese, and phosphorous. Good source of calcium.

**Hazelnuts:** excellent source of manganese, copper, and Vitamin E. Good source of thiamin, magnesium, and fiber.

**Macadamia nuts:** excellent source of manganese and thiamin. Good source of copper and fiber.



**Peanuts:** excellent source of manganese. Good source of niacin, folate, copper, magnesium, Vitamin E, phosphorous, thiamin, and fiber.

**Pumpkin seeds:** excellent source of iron, manganese, magnesium, and phosphorous. Good source of copper, zinc, and Vitamin K.

**Sunflower seeds:** excellent source of Vitamin E, thiamin, manganese, copper, magnesium, and selenium. Good source of Vitamin B6, phosphorous, folate, niacin, and fiber.

**Walnuts:** excellent source of manganese and copper. Good source of magnesium and phosphorous.

**Pecans:** excellent source of manganese. Good source of copper, thiamin, and fiber.

**Pistachio nuts:** excellent source of Vitamin B6. Good source of coppers, manganese, phosphorous, thiamin, and fiber.

**Sesame seeds:** excellent source of copper, manganese, calcium, magnesium, and iron. Good source of phosphorous, thiamin, zinc, fiber, and Vitamin B6.



This recipe is rich fiber, manganese, and Vitamin B!

### **Chewy Walnut Trail Bars**

3 cups oats, old fashioned, rolled  
1/3 cup brown sugar, light, packed  
1/4 cup all purpose flour  
1 tsp baking soda  
1 tsp cinnamon  
1 1/2 cup walnuts, coarsely chopped  
1/2 cup cherries, or cranberries, dried  
1/2 cup chocolate chips  
1/2 cup pumpkin seeds

1/2 cup coconut, shredded  
1/4 cup sesame seeds  
1/2 cup apricots, dried  
1/2 cup butter, cut into small pieces  
1/2 cup honey

Preheat oven to 325 degrees. In bowl, whisk together oats, brown sugar, flour, baking soda, and cinnamon. Stir in walnuts, cherries, chocolate chips, pumpkin seeds, coconut, and sesame seeds; set aside.

In food processor, process apricots until broken up, about one minute. Add butter and process until a paste forms, about one minute. With motor running, pour in honey until well blended. Fold into oat mixture until well combined. Pat evenly into a parchment lined 9 x 13 baking pan.

Bake in the center of the oven until golden, about 30 minutes. Transfer to rack to cool completely.

Cut into bars and serve.



### **HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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