

HERKIMER COUNTY OFFICE FOR THE AGING

NUTRITION NEWS

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Signs of Fall

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September brings cool, crisp nights and beautiful sunny days! Even though summer is drawing to a close, don't forget that the farmers' markets will be open for while. Be sure to take advantage of all the later summer produce, including melons, apples, sweet corn, and pumpkins.

Pumpkin is a type of squash that offers a number of health benefits:

- ♦ It is highly nutritious and especially rich in Vitamin A
- ♦ Because it is high in antioxidants, it may reduce your risk of certain chronic diseases
- ♦ It is also rich in vitamins that may boost your immune system
- ♦ Not only is it rich in Vitamin A, but it is also rich in lutein. Both may contribute to protecting your eyesight.
- ♦ Because it is high in nutrients but low in calories, it may help you to lose weight
- ♦ The antioxidants found in pumpkins may also help lower your risk of developing certain cancers

- ♦ Pumpkins are high in potassium, Vitamin C, and fiber. They may also help promote heart health.
- ♦ They contain compounds, including carotenoids like beta carotene that may help promote healthy, youthful skin.
- ♦ Pumpkins are delicious and easy to incorporate into your diet. The seeds are also edible which can boost your fiber intake.

Don't forget that fresh produce can also be canned to use later in the year. Apples are an easily place to start and are very abundant in upstate NY in the fall. Try cooking them down and making applesauce. This is a healthy, inexpensive dish that can be pulled out and used all winter long!



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Monthly Exercise Toe Taps

- ☐ Strengthen your lower legs—improve blood flow in legs
- ☐ Sit in a chair
- ☐ Heels on ground
- ☐ Lift toes off ground high enough so the muscles of the shin are felt working
- ☐ Do 20 repetitions

BACK TO SCHOOL

The kids are going back to school! Here is a quiz to get you back in the swing of things too. Answer the following questions true or false.

1. Adults should aim to spend at least 30 minutes in moderate exercise almost every day.
2. Medication taken by the elderly can cause nutritional problems.
3. The greatest nutritional problem for many Americans is overeating.
4. A number of products on the market are likely to reverse the process of aging.
5. Older people often lose their desire for liquids.
6. Vitamin B12 absorption often decreases in elderly people.
7. The most frequent intestinal problem in the elderly is constipation.
8. Delayed wound healing should alert a physician to check levels of protein, zinc, and Vitamin C.
9. An active lifestyle helps to maintain bone and muscle mass.
10. The health care needs of people over the age of 65 account for more than half of health care costs in the United States.

Answers

1. True— regular exercise helps promote weight maintenance, improved sleep patterns, and overall mental health.
2. True— medications can have side effects at any age, but because the elderly generally take more medications over a long period, they suffer more complications from them.

3. True— even though some elderly suffer from malnutrition or being underweight, the vast majority of Americans who suffer from a nutritional problem struggle with overeating.
4. False— most of these products are controversial and unproven.
5. True— the sense of thirst may diminish with age but not the need for fluid.
6. True— stomach secretions that aid in the absorption of Vitamin B12 decreases with age. Injections of B12 are often used to remedy this issue.
7. True— however, increasing fiber and fluid intake may help prevent constipation.
8. True— be aware of these nutrients if you are involved in caregiving for the elderly, as they are all needed for wound healing and skin integrity.
9. True— physical activity is an important part of body maintenance, including muscles and bones.
10. True— in addition, because the elderly population is rapidly growing, society will need to continue to deal with this demand for health care.

The field of nutrition is constantly evolving. But some standards always hold true. Remember to strive to increase your fruits and vegetable intake, increase your fiber intake, and increase your activity level. These simple changes can have long lasting, positive effects.



WHOLE GRAINS

Whole grains have been growing in popularity for the past few years. Not only do they offer healthy benefits, but they are versatile, easy to incorporate into your cooking, and tasty!

What is a whole grain? All grains start as “whole.” Whole grains are the entire seed of a plant. This seed (or kernel) is made up of three edible parts– the bran, the germ, and the endosperm. The inedible husk protects the kernel from sunlight, pests, water, and disease. A grain is considered whole grain as long as all three original parts (bran, germ, and endosperm) are still present in the same proportions as when the grain was growing in the fields.

Refined grains are grains that are not whole because they are missing one or more of these three key parts. White flour and white rice are refined grains. Refining a grain removes about a quarter of the protein and half to two thirds or more of the other nutrients.

Enriched grains means that some of the nutrients that are lost during processing are replaced. Some enriched grains have replaced the B vitamins that are lost during milling. Fortifying means adding in nutrients that don’t occur naturally in food. Most refined grains are enriched, and many enriched grains are also fortified with other vitamins and minerals, such as folic acid and iron. Whole grains may or may not be fortified.

Another common question is what is the difference between whole wheat and whole grain? Whole wheat is one kind of whole grain– but it’s not the only one! Whole grains include amaranth, barley, buckwheat, corn (including whole cornmeal and popcorn), millet, oats, quinoa, rye, and wild rice. And there are more!



So what are the health benefits to incorporating whole grains into your diet? Eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are greatest with at least 3 servings daily, some studies show that as little as one serving a day can offer health benefits. The best documented benefits (due to repeated research) are as follows:

- * Reduced risk of stroke
- * Reduced risk of type II diabetes
- * Reduced risk of heart disease
- * Better weight maintenance
- * Less inflammation
- * Lower risk of colorectal cancer

Easy ways to add more whole grains to your meals and snacks include adding whole grain breakfast cereals, making sandwiches using whole grain rolls or bread, replace white rice with brown rice, used rolled oats in recipes instead of dry bread crumbs, and try adding wild rice or barley in soups, stews, and casseroles.

Don’t forget that changing the grain to whole may also alter the cooking time. Trying new recipes may take some experimenting, but the variety and health benefits will be worth it!



HEALTHY BRAIN

Screening for Memory Concerns

Now Offered by

Herkimer County Office for the Aging

Please call Kelly to schedule an appointment

315-867-1371

If you are a resident at **Galinskiy Apartments**

We will be doing screenings at **Galinsky**

September 15, 2025 from 2-3pm

Call Carol Kinney to scheduled a screening

315 –866-2885

HEAP

HEAP will be opening soon!

If you received **HEAP** last year you
will be mailed a application

(315) 867-1195

If you did not receive **HEAP** last year
but want to apply this year, please
call our Office at **(315) 867-1195**



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This recipe incorporates the best of New
York's fall produce!

Pumpkin Apple Bread

1 3/4 cups all purpose flour

2 tsp ground cinnamon

1 tsp baking soda

1 tsp salt

1/2 tsp ground ginger

1/4 tsp ground nutmeg

2 large eggs

1/2 cup white sugar

1/2 cup light brown sugar

1 (15 ounce) can pumpkin puree

1/2 cup vegetable oil

1 tsp vanilla extract

**2 cups peeled and chopped Granny Smith
apples**

Place an oven rack just below the center level
of the oven and preheat to 350 degrees. Spray
a 9 x 5 inch loaf pan with cooking spray and
set aside.

Combine flour, cinnamon, baking soda, salt,
ginger, and nutmeg in a large bowl; mix well.

Beat eggs in a bowl with an electric mixer
until foamy. Add white and light brown sug-
ars and mix until well combined. Stir in
pumpkin puree, oil, and vanilla until well
blended. Add wet ingredients to the dry ingre-
dients and stir until just combined. Sitr in
chopped apples and pour mixture into the
prepared pans.