



Healthy Habits for a Lifetime

September 2008

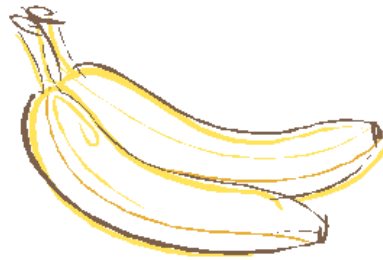
A monthly nutrition newsletter from God's Pantry Food Bank
by Peggy Shugars, MSW, Youth Services Coordinator

Stay Strong, Live Long – Consume Potassium

New research is indicating that consumption of plant based food helps to keep our muscles stronger as we age. Specifically, vegetables and fruits high in potassium content will help to maintain muscle volume in older adults.

Foods high in potassium include: kidney beans, honeydew melon, spinach, bananas, winter squash, soybeans, lima beans, prunes, white beans, potatoes, tomatoes, and sweet potatoes.

Eating foods high in potassium helped study participants, (age 65 and over); maintain an average of 3.6 pounds of lean tissue mass. Current dietary guidelines emphasize the importance of adults receiving at least 4,700 milligrams of potassium daily. However, it is estimated that Americans only consume about ½ of the amount of potassium suggested. It's definitely something we can work on. Just make a goal to add 1



to 2 of the above food items to your daily diet. You can do it, and pat yourself on the back for the effort.

Information Compiled From: Tufts Health & Nutrition Letter, "Potassium – Rich Produce Helps You Stay Strong as You Get Older"; August 2008, Volume 26 Number 6.

The peel is a good deal ...

When you eat fruits and vegetables, are you in the habit of removing the peel or skin. If so, you may want to rethink that practice. It turns out that many of the nutritional benefits of many fruits and vegetables, (vitamins, minerals, fiber, etc.), are located in the peel or skin.

For Instance:

1. Vegetable peels are a very good source for insoluble fiber, (This aids in the prevention of constipation.).

2. Apple peels have high pectin content, (A soluble fiber that has been shown to control blood sugar and lower cholesterol.).

3. Potato skins have more iron, potassium, B vitamins, and fiber than the flesh of the potato. Antioxidants are also contained in the peel of the potato.

It is important to note that while eating the outer layer, (skin or peel), of any fruit or vegetable is certainly a nutritious idea, this practice makes it all the more important to always thoroughly wash all fruits and vegetables in clean water.

Information Compiled From: University of California, Berkley Wellness Letter, "The appeal of a peel", September 2008, Vol. 24, Issue 12.



Whole Grains are a Good Choice



- Whole grain cereals and breads are loaded with fiber, and have been shown to reduce the risk of diabetes and heart disease.

- Many whole grain food products are rich in insoluble fibers, (wheat bran). This can help prevent constipation and maybe diverticulitis.

- Some evidence is indicating that eating high fiber, low calories foods, (for ex. fruits and vegetables), may slow down weight gain.

Information Compiled From: Nutrition Action Health Letter/Center for Science in the Public Interest; "Fiber Free-For All/ Not All Fibers Are Equal", July/August 2008.

Recipe Suggestions For A Healthier You

Fruit Shell Salad

- 1 package pasta of choice
- 8 ounces low-fat yogurt
- ¼ cup orange juice concentrate
- 4 cans fruit of choice (drained) (fresh fruit of choice may be substituted)



Prepare the pasta using package directions, then drain.

- Mix the yogurt and orange juice concentrate together.

- Combine yogurt mixture, and pasta, and toss thoroughly.

Enjoy!!

Store in refrigerator for up to two days, then freeze or discard remaining portion.

Recipe adapted from Healing Your Heart, Hellerstein, Herman K., Perry, Paul; Simon and Schuster; 1990.

Herbed Spaghetti

- 8 ounces pasta of choice (about ½ standard size box)

- 2 tablespoons chopped parsley (fresh or bottle)

- 1 tablespoon margarine

- 1 tablespoon oil of choice

- ¼ teaspoon salt-free seasoning of choice

- Pepper if desired

- Canned meat of choice if desired (drained)

- Shredded cheese if desired

- Prepare the pasta using package directions, then drain.

- Combine the pasta with the other ingredients, and then toss.

- Add warmed canned meat, (drained), if desired to mixture.

- Top with shredded cheese if desired.

Enjoy!!

Store in refrigerator for up to two days, then freeze or discard remaining portion.

Recipe adapted from Healing Your Heart, Hellerstein, Herman K., Perry, Paul; Simon and Schuster; 1990.

