



# CAPE COD COOPERATIVE EXTENSION

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## Eat Well, Live Well

### Healthy Habits for Older Adults



The information in this packet is brought to you by Cape Cod Cooperative Extension. Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.

Information has also been gathered from the University of Florida IFAS Extension, [mypyramid.gov](http://mypyramid.gov) and [fightbac.org](http://fightbac.org).

Information provided is for educational purposes only. Please consult your medical provider for additional information.

# HEALTHY LIVING: DIABETES

## WHAT IS DIABETES?

Diabetes is a condition in which the body has trouble making or using insulin. Insulin controls the amount of glucose (sugar) in our blood. The result is high blood glucose.

### OVER TIME, HIGH BLOOD GLUCOSE CAN RESULT IN:

- vision loss or blindness
- high blood pressure and heart disease
- damage to blood vessels and nerves like those in your hands and feet
- damage to the kidneys

### VISIT YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:

- a need to urinate often (even at night)
- constant thirst or hunger
- weight loss that cannot be explained
- dry or itchy skin
- skin infections
- slow healing of cuts
- numbness or tingling in feet or hands
- blurry vision



### TO CONTROL DIABETES:

- Lose weight, if you are overweight.
- Be physically active every day.
- Have your eyes and your blood pressure checked regularly.
- Have a health professional check your feet at least once a year; check them yourself every day.
- Have your teeth cleaned at least twice a year.
- Don't smoke.
- Follow a healthy diet: eat less fat, sweets, and sodium; choose foods with fiber.

### NOT HUNGRY?

It's important not to skip meals. Try these tips to increase your appetite:

- Eat four to six small meals instead of three large meals.
- Keep your portion sizes smaller.
- Make meal time pleasant. Set the table, and remove the serving dishes. Play your favorite music.
- Give yourself time to eat. Don't answer the phone or watch television.
- Eat when the food is hot. The food will smell better
- Eat with a friend. Ask about community meals in your area.

## HEALTHY EATING: NUTRITION AND DIABETES

A healthy diet, along with exercise and medication, can help control diabetes and reduce the risks for complications. It will also help people at high risk for diabetes reduce the chance of getting the disease. Here are some tips for a healthy diet:

### **CHOOSE LOW-FAT FOODS**

Limit the amount of fat you eat by choosing more low fat foods such as:

- beans
- fruits and vegetables
- low-fat milk, cheese, and yogurt
- lean meats, fish, skinless poultry

### **LIMIT SALT & SODIUM**

Reduce salt and high sodium foods such as canned and processed food. Instead, use herbs and other spices to give your food zest! Limit the amount of salt you add to food.

### **ADD FIBER**

It's important to add fiber gradually to your diet and also increase the amount of fluids you drink! To keep "regular" and reduce the risk for some diabetes complications, choose more:

- fruits and vegetables
- whole grains
- beans, lentils, peas

**VARIETY  
IS THE SPICE  
OF LIFE!**

Enjoy a variety of foods from each food group every day! Vary your vegetables and choose from fresh, frozen and canned (no salt added).



### **CONTROL THE CARBOHYDRATES**

Limit high sugar foods such as cakes, pies, cookies, donuts, and non-diet soda. Work with a dietitian to learn about foods that contain carbohydrates and how to fit them into your meal plan.

### **ALCOHOL IN MODERATION, IF AT ALL**

If you drink alcohol, consume no more than one (for women) or two (for men) drinks twice a week. One drink is:

- 5 ounces of wine
- 12 ounces of beer
- 1 ½ ounces of liquor

It's best to drink alcohol with food, not by itself. Check with your doctor or pharmacist about possible interactions with your medications.



# MyPyramid for Older Adults

STEPS TO A HEALTHIER YOU



Oils are not a food group, but you need some for good health.

Choose fiber-rich foods often.  
 Drink water and other beverages that are low in added sugars.

Use fortified foods or supplements to meet your vitamin D and vitamin B<sub>12</sub> needs.



## GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day. 1 oz. is about 1 slice of bread, 1 cup of cold breakfast cereal, or ½ cup of cooked cereal, rice, or pasta.

Eat cereals fortified with vitamin B<sub>12</sub>.

## VEGETABLES

Vary your veggies

Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.

Eat more orange vegetables, such as carrots and sweet potatoes.

Eat more dried beans and peas, like pinto, black, or kidney beans and lentils.

## FRUITS

Focus on fruits

Eat a variety of fruit.

Choose fresh, frozen, canned, or dried fruit.

Eat fruit rather than drinking juice for most of your fruit choices.

## MILK

Get your calcium-rich foods

Choose low-fat or fat-free milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.

## MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry.

Bake, broil, or grill.

Vary your protein sources. Include eggs, beans, fish, and nuts/seeds.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day.

Eat 2½ cups every day.

Eat 1½ cups every day.

Eat 3 cups every day.

Eat 5 oz. every day.

## Eat Right

- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn, or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

## Be Active

- Go for a walk.
- Play with your grandchildren and/or a pet.
- Work in your yard or garden.
- Take an exercise or dance class at a community center or gym.
- Share a fun activity with a friend or family member.
- Remember: all activity adds up! You don't have to do it all at once.

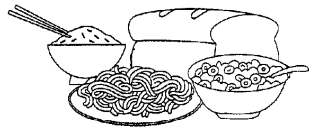
Enjoy Life: Spend time with caring people doing things you enjoy.







## SAVING MONEY ON FOODS FROM MYPYRAMID



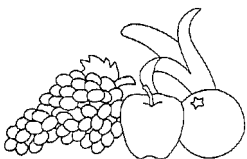
### Grains – Eat 6 oz. every day

Whole grain or enriched regular rice, regular or quick-cooking hot cereals, plain macaroni or spaghetti, some brands (especially store brands) of enriched white or wheat bread or buns, homemade bread and cornbread, unsweetened ready-to-eat cereals in bags or large boxes, plain crackers such as saltines and graham crackers.



### Vegetables – Eat 2.5 cups every day

Fresh vegetables when they are in season (available year round are carrots, potatoes, cabbage, some greens and onions), frozen vegetables without sauces, canned vegetables (especially store brands).



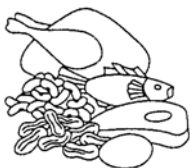
### Fruits – Eat 2 cups every day

Fresh fruits when they are in season, canned fruits (especially store brands), frozen juice concentrates.



### Milk – Get 3 cups every day

Lowfat or fat free (skim) milk in large containers, pasteurized process cheese, cheese in blocks rather than slices or shredded, store brands of yogurt.



### Meat and Beans – Eat 5.5 ounces every day

Ground beef, large roasts to cut-up for several meals, whole chickens or chicken pieces such as thighs purchased in family packs, less tender cuts like chuck or shoulder roasts, whole turkey or legs, dry beans — canned or dry, fresh eggs, plain frozen fish such as cod, peanut butter, canned tuna.



### Oils – Limit to 6 teaspoons

Store brands of cooking oils, margarine, salad dressings. Canola oil and olive oil are healthier than vegetable oil. Canola oil is less expensive than olive oil. Instead of buying salad dressing, try making your own salad dressing using canola oil and vinegar.

## Discretionary Calories

Once you get all the recommended serving amounts for grains, vegetables, fruits, milk and meat and beans, you have some “extra” calories you can spend on fats, sugars, and alcohol or more food from any food group.

Based on a **2000** calorie food pattern from MyPyramid.

## RECIPES

### EASY CHICKEN BUNDLE

1 (4-ounce) skinless, boneless chicken breast	½ cup sliced carrots
½ cup broccoli	Pepper, to taste
1 small onion sliced, ¼ inch thick	2 tablespoons water
optional herbs: try a sprinkle of dill or thyme!	Cooking spray

Preheat oven to 450°. Spray 12x18 inch sheet of heavy-duty aluminum foil with non-stick cooking spray. Place chicken breast and vegetables on lower half of foil. Season with pepper and herbs (optional). Add water. Fold upper half of foil over food, meeting bottom edges of foil. Seal edges together making a tight 1/2 inch fold. Fold again. Repeat on sides. Place on cookie sheet and bake 20-25 minutes. Chicken should reach an internal temperature of at least 165 degrees F.

Nutrition Facts: Calories 225, Total Fat 4 g, Sodium 117 mg, Carbohydrate 8g, dietary fiber 3 g., Protein 37 g., Exchanges: 5 lean meats, 1 vegetable, 0 carbohydrate units

University of Illinois Extension, Recipes for Diabetes

### BANANA WALDORF

This creamy dessert salad is a rich source of calcium, dietary fiber and protein. Eat as a breakfast, snack or dessert!

1 small banana, peeled and sliced	1/2 apple, cored and sliced, with peel
1 cup nonfat vanilla light yogurt	2 teaspoons ground walnuts
pinch cinnamon	

Mix bananas, apples and yogurt in large mixing bowl. Place in individual serving dishes and chill until ready to serve, up to 1 hour. Sprinkle with nuts and cinnamon. Makes one serving.

Nutrition facts: 237 calories, 1.6 g. fat, 130 mg. sodium, 45 g. carbohydrates, 3.3 g. dietary fiber, 15.7 g. protein, Exchanges: 1 bread and starch, 1 fruit, 1 milk

Recipe reprinted with permission of Food and Health Communications.

## WHY IS WATER SO IMPORTANT?

More than one half of an adult human body weight is water! Water is the medium of all the fluids in our body. It brings nutrients to the cells in our body, and removes the wastes. Our bodies cannot function without adequate water.

Water helps to:

- ▶ Convert food into energy
- ▶ Regulate our body temperature
- ▶ Protect and cushion our vital organs
- ▶ Keep us “regular”

### WHAT HAPPENS IF WE DON'T GET ENOUGH WATER?

Every day our bodies lose water. We need to drink fluids to replace what is lost and to keep body fluids in balance. When we take in less water than we lose, our body becomes dehydrated. We lose water in urine, sweat, and feces. We get water by drinking water and other fluids. We also get water from foods, especially fruits and vegetables.

Low fluid intake or dehydration can cause:

- ▶ Difficulty swallowing
- ▶ Dry mouth due to low saliva production
- ▶ Headaches
- ▶ Fatigue
- ▶ Loss of appetite
- ▶ Dry eyes
- ▶ Muscle cramps
- ▶ Urinary stone disease

### WHY IS FLUID INTAKE A CONCERN FOR OLDER PERSONS?

Dehydration is common in older people. This may be due to:

- ▶ Not realizing we are thirsty
- ▶ Decreased ability to concentrate urine
- ▶ Self-imposed fluid restriction
- ▶ Medications that cause extra fluid loss like laxatives and diuretics



**WARNING:**  
Severe  
dehydration  
can be life  
threatening!

One third of healthy persons 65  
years or older have mild dehydration!



We need to drink enough water and other fluids to stay hydrated. Since older adults may not realize they are thirsty, they may need to plan their fluid intake.

### **HOW MUCH FLUID SHOULD WE DRINK?**

Most older adults need to drink about 6 to 8 cups of fluids a day. The amount needed depends on:

- ▶ Body weight
- ▶ Activity level
- ▶ Health condition
- ▶ The environment

Factors that increase fluid needs are:

- ▶ Eating high fiber foods or taking a fiber supplement
- ▶ Taking several medications, especially diuretics for high blood pressure
- ▶ Hot weather
- ▶ Vigorous physical activity



### **WHAT KINDS OF FLUIDS ARE BEST?**

Drink fluids that you enjoy. Limit those that are high in sugar or sodium. Drink water and some of the following high nutrient drinks every day:

- ▶ Fruit juices (100% juice, about 6 fluid ounces a day is enough)
- ▶ Vegetable juices (low sodium type)
- ▶ Low-fat milk
- ▶ Vegetable or milk-based soups

### **TIPS FOR DRINKING MORE WATER**

You can get more water by doing some of the following suggestions each day.

Which of these ideas work for you?

- ▶ Welcome the day with a cup of water.
- ▶ Drink a cup of water about ½ hour before meals.
- ▶ When you take a medication, drink it with a full glass of water! (Best for most medications; check with your pharmacist.)
- ▶ Drink a cup of water during and after spending time outdoors.
- ▶ Fill a water bottle and carry it with you during the day.

*How do I know if I am well hydrated?*  
You're probably doing fine if your eyes are moist and tears come out as usual.

## LIMITS TO LEFTOVERS

Americans are economizing and stretching every dollar. As many consumers make their dollar go farther by preparing more meals at home and saving leftovers, it is essential they follow safe food handling practices. This includes discarding refrigerated leftover food within 3 to 4 days.

### HEATING AND STORING LEFTOVERS

o Always wash hands with warm water and soap for 20 seconds before and after handling food.

*o Temperatures between 40° F and 140° F allow bacteria to grow rapidly. Refrigerate cooked leftovers promptly within 2 hours; 1 hour when the temperatures are over 90° F. Use an appliance thermometer to ensure that your refrigerator is at 40° F or below.*

#### **WARNING!**

**Discard any perishable foods left at room temperature longer than two hours.**

o Divide leftovers into smaller portions and store in shallow containers in the refrigerator. Hot food can be placed directly in the refrigerator.

o Leftovers should be reheated to an internal temperature of at least 165° F. Use a food thermometer to check the internal temperature. Sauces, soups, and gravies should be reheated by bringing them to a boil.

o When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

### CLEAN, SEPARATE, COOK AND CHILL

Temperature and time cause bacteria to grow which is why it is so important your refrigerator be cold enough and you not keep leftovers too long. There is a limit to how long food can be safely kept!

Clean--Wash hands and surfaces often.

Separate--Don't cross-contaminate!

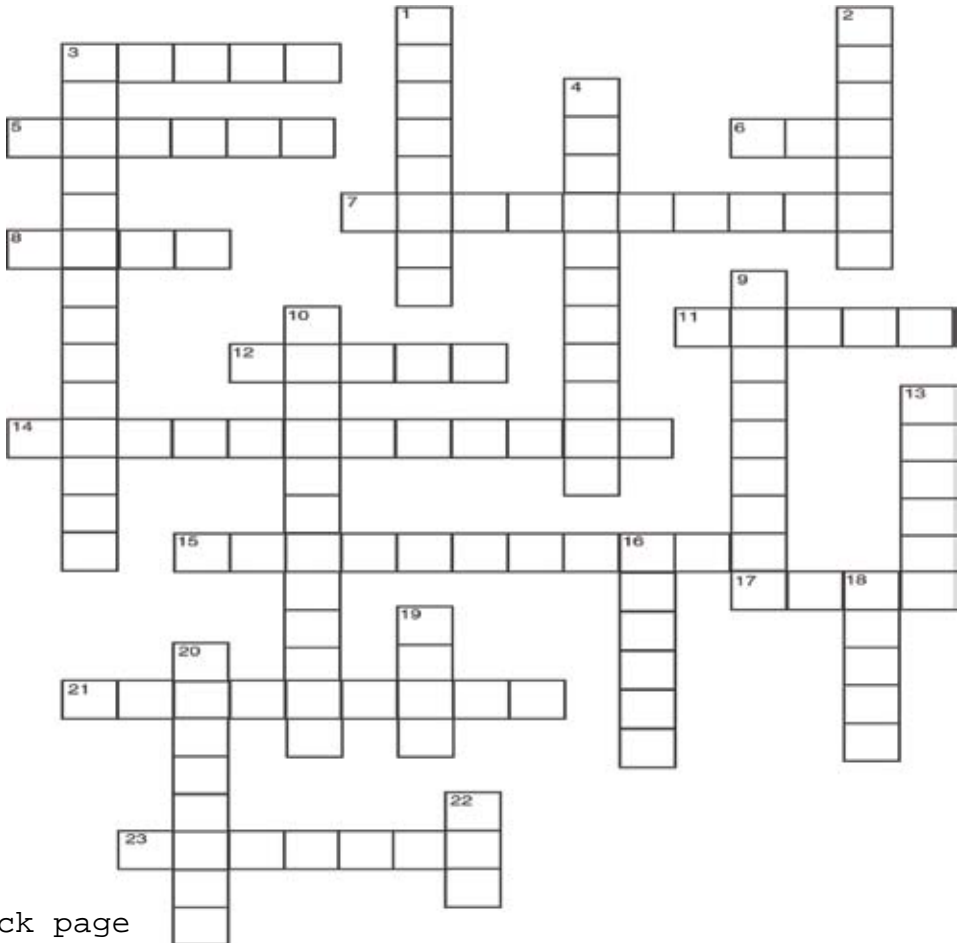
Cook--Cook to proper temperatures.

Chill--Refrigerate promptly!





# Food Safety Puzzle



Answers on back page

## ACROSS

3. Always put cooked food on a \_\_\_\_\_ plate.
5. Fish is done when it \_\_\_\_\_ with a fork.
6. Foodborne illness can be mistaken for this.
7. Temperature range between 40 F and 140 F in which bacteria grow rapidly. (2 words)
8. Cook eggs until they are this.
11. These foods may have bacteria that cause illness.
12. Store raw ground meat \_\_\_\_\_ raw vegetables in your refrigerator.
14. To prevent foodborne illness, keep foods at safe \_\_\_\_\_.
15. What should you use to check the internal temperature of a food?
17. Keep food \_\_\_\_\_ to eat.
21. "Foodborne illness" is a newer term for food \_\_\_\_\_.
23. Refrigerate leftover foods in what kinds of containers?

## DOWN

1. To prevent cross-contamination, you should \_\_\_\_\_ some foods.
2. \_\_\_\_\_ can be passed from one person to another due to poor personal hygiene.
3. Mix this with water for an inexpensive sanitizer. (2 words)
4. One source of *Eschericia coli* is \_\_\_\_\_ ground beef.
9. These should be heated to 165 F.
10. Frozen foods should be thawed in the what?
13. This system weakens as we age.
16. For how many minutes should you wash your hands?
18. Temperature at which your refrigerator should be set.
19. Foods can be frozen in this.
20. This is often a symptom of foodborne illness.
22. Cooked foods should be at room temperature no longer than \_\_\_\_\_ hours.

# Answers to Crossword Puzzle

