



A Program of Senior Services, Inc. of Wichita
Phone: (316) 267-0302 Fax: (316) 267-0805

TO TELL THE TRUTH
by Barb Roths, L.D., R.D.,
Kansas Nutrition Network

What's new in nutrition? Almost every day we hear, see, or read about a recent discovery. Arm yourself with knowledge to help sort out reliable information from misleading statements. These suggestions can help you decide if nutrition news is valid or just a product sales pitch:

- Learn about the Food Guide Pyramid.
- Learn how your body uses nutrients.

Good sources of reliable information:

- Registered dietitians.
- Kansas State Univ. Research & Extension.
- Agencies like U. S. Dept. of Agriculture (USDA).
- Department of Health & Human Services (DHHS).
- Food & Drug Administration (FDA).
- Groups like the Consumer Information Center.

Be wary if the information:

- Promises a quick miracle cure.
- Says health problems are caused by poor diet, and can be cured by a certain food or nutrient.
- Promises of something for nothing, like "lose weight while you sleep."
- Suggests that beauty, strength, or brainpower will result from using the suggested product.

Use the same caution with Internet health information. These are some reliable web sites:

- American Heart Association – www.amhrt.org
- American Cancer Society – www.cancer.org
- American Diabetes Assn. – www.diabetes.org
- Food & Health Communications – www.foodandhealth.com
- Cheese – www.ilovecheese.com
- www.wheatfoods.org
- www.thriveonline.com
- www.navigator.tufts.edu
- www.oznet.ksu/ext_f&n/Newsletters/newsonline.htm – links to nutrition web sites and newsletters.



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OSTEOPOROSIS

**by Barb Roths, L.D., R.D.,
Kansas Nutrition Network**

Osteoporosis is painful, crippling and develops over time. Bones become hollow, thin and brittle, causing stooped posture and broken bones. 1/2 of all women and 1 of 8 men will get the disease.

You are at risk for osteoporosis if you:

- Are Asian or Caucasian, female, age 55 or over.
- Have low body weight and/or a small frame.
- Drink more than five soft drinks a day.
- Have a family history of osteoporosis.
- Are postmenopausal & are not on hormone therapy.
- Eat a diet low in calcium & diet excessively.
- Don't get regular exercise.
- Smoke or drink excessive alcoholic beverages.

To keep bones healthy and prevent osteoporosis, get plenty of calcium:

- Use milk with your cereal & add cheese to sandwiches.
- Snack on yogurt.
- Eat canned fish with edible bones.
- Eat broccoli, kale and turnip greens.
- Include tofu made with calcium in your diet.

Help your body use calcium more efficiently by getting plenty of Vitamin D:

- Drink fortified milk; eat liver, fish & egg yolks.
- Get sun on your skin 10 -15 minutes at a time, a few days a week.
- Don't overdo sun exposure.

For healthy bones:

- Exercise regularly.
- Don't smoke.
- Drink alcohol only in moderation.

Ask your doctor about other ways to prevent osteoporosis.



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Water – The Fluid of Life
by Sue Lieb, R.D., L.D.,
Senior Services, Inc. of Wichita

Getting enough water, 6 to 8 glasses every day, is important as you grow older. Lack of water or dehydration is frequent cause of hospitalization for people over 65. The older you are, the more at risk you are for dehydration, because as you age you:

- Have decreased kidney function.
- Have a reduced sense of thirst.
- Have lower amounts of total body water.
- May have a lower fitness level.

You could live for as long as six weeks without food, but you couldn't live for more than a week without water. Here are some ways that water works to keep our body systems running:

- Carries nutrients where needed.
- Carries away waste.
- Moistens eyes, mouth, & nose & hydrates skin.
- Ensures enough blood volume.
- Is main part of body fluids.
- Protects against heat exhaustion.
- Acts as insulation in the cold.
- Helps carry medicines to the proper place.

Water is especially important when weather is very hot or very cold, because it acts as a temperature control. Make drinking enough water a daily habit so you never have to worry that your body lacks this very important nutrient.

(Adapted with permission from the American Dietetic Association's Complete Food and Nutrition Guide.)

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Five A Day: Healthy and Tasty, Too!
by Barb Roths, L.D., R.D.,
Kansas Nutrition Network

Fruits and vegetables are healthy for you, tasty and:

- Contain valuable vitamins, minerals and fiber.
- Reduce the risk of coronary heart disease, stroke, obesity and some kinds of cancer.
- Contain phytochemicals that may protect against chronic diseases.

Fruits and vegetables are nature's original fast food; easy to use, flavorful, colorful, and crunchy - good fresh, frozen, canned, dried, or juiced.

Here are some ways to include your "5 a day:"

- Blend low fat yogurt, fruit juice, and fruit to make a quick fruit smoothie.
- Save time & reduce waste by using pre-cut produce like packaged greens or salad bar items.
- Flavor casseroles, pizzas, soups, stews, and meatloaves by adding shredded vegetables.
- Add oranges, grapefruit, tangerines, or nectarine slices to salads for flavor and vitamins.
- Add sliced pineapple, apples, peppers, or tomatoes to sandwiches for a taste-twist.
- Add fruit to cereal, fold into muffin batter, or stir into pudding - be creative!
- Freeze 100 percent juice in ice cube trays to liven up iced tea or water with fruity ice cubes.

Keep fruit & vegetables handy. Buy them in a form you like and will eat; fresh, frozen, canned, or dried.

- Store fruits & vegetables where you'll see them on the countertop or a visible refrigerator shelf.
- Buy in season and look for sales.
- Try making friends with a gardener and get food fresh from the garden!

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Enjoying Alcohol...In Moderation
by Cindy Reimer, L.D., R.D.,
American Red Cross, Good Neighbor
Nutrition Program

Alcoholic beverages traditionally are served to enhance and/or add pleasure to eating. When used in moderation, some forms of alcohol are also thought to provide possible health benefits.

The key to these potential health benefits is moderation, which means no more than one drink per day for women and two for men. One drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits.

Excessive drinking of alcohol increases the risk for injury, illnesses, and even death. The potential of protecting your heart is not a good reason to start drinking if you don't enjoy it. If you like a glass of red wine with a meal, there may be health benefits.

Moderate use of alcohol may:

- Provide protection from heart disease, particularly red wine.
- Antioxidants in red wine may help increase HDL, "good" cholesterol levels, & may prevent LDL's, "bad cholesterol, from being oxidized.
- Help control abnormal blood clotting, a risk factor in heart attacks.

Other lifestyle habits like healthy eating, regular exercise, and not smoking actually offer the most protection from heart disease.

For more information about this topic visit the American Dietetic Association (ADA) Web site at www.eatright.org or call the ADA Consumer Nutrition Hot Line at 1-800-366-1655 for a referral to a dietitian in your area.

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Achieving a Healthy Diet
by Cindy Reimer, L.D., R. D.,
American Red Cross, Good Neighbor
Nutrition Program

Variety and moderation are the steps to a healthy diet. The Food Guide Pyramid can help you pick a variety of foods for energy and nutrient needs, in recommended size and correct number of servings.

Be familiar with the Food Pyramid serving sizes, because often the servings we see in restaurants or even listed on food labels are much larger than those recommended.

- Practice eating the correct portion at home, using measuring cups and scales.
- After you measure your food a few times, you'll be able to recognize the correct portion size.

The following can help you judge your portion size:

- A serving of meat (3 oz.) is the size of a deck of cards or the palm of a woman's hand.
- ½ cup, the suggested serving of fruit, vegetable, pasta or rice, is about the size of a small fist.
- 1 cup of milk, yogurt, or chopped fresh greens, is the size of a small hand holding a tennis ball.
- 1 & 1/2 oz. natural or 2 oz. processed cheese, about the size of your thumb, is a serving size.

Use the Food Guide Pyramid to help you to eat a healthy diet and choose an appropriate calorie level.

- Inactive women & older adults need the minimum servings, about 1,600 calories.
- Active women & inactive men need the mid-point or 2,200 calories.
- Active men need the highest serving range to meet their caloric needs of about 2,800 calories.

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Making Your Favorite Foods Health Friendly
by Pat Healy, L.S.C.S.W.,
Department of Veterans' Affairs, Wichita, KS

Healthy cooking, following newer recipes, is easy – the work has already been done for you. But, what can you do about a favorite family recipe?

One of the best resources for healthy cooking is the American Diabetes Association, which offers many cookbooks at modest prices. These have ideas for reducing fat, oil and sugar in your family recipes, tips for substituting herbs and spices for high sodium ingredients, and specific guidelines with measured substitutions. Cookbooks include:

- Recipes for one person.
- Using brand-name products.
- Meals in 30 seconds or less
- A series called ***Month of Meals***, includes ***Ethnic Delights*** with Mexican, Italian, Jewish, and Asian favorites.

Recipes include high-fiber foods like vegetables, fruits, legumes, and whole-grain breads and cereals.

To order a cookbook or brochure about these and other cookbooks and books about diabetes, call the national American Diabetes Association at (800) 232-6733, or log on <http://store.diabetes.org>.

In Wichita call the local office of the American Diabetes Association, (316) 684-6091 or stop at their office at 3210 East Douglas.

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Living with Diabetes
by Pat Healy, L.S.C.S.W.,
Department of Veterans' Affairs, Wichita, KS

People with diabetes can enjoy a healthy and happier life by being resourceful in keeping up to date. Here are some suggestions:

- Be compliant with doctor's orders:
- Check blood sugar regularly.
- Eat meals and snacks on time, in correct amounts, and make the right food choices.
- Take insulin or oral medicine as directed.
- Exercise regularly, but not when ketones are present in urine.



Other important things to do:

- Have an annual eye exam by a doctor with special knowledge of diabetes.
- Check feet often, use mirror to see soles of feet.
- Wear well-fitting shoes; never go barefoot.
- Never soak feet; always dry thoroughly, particularly between the toes.
- Check with your doctor before using over-the-counter medications.
- Always carry glucose tablets or another recommended remedy like sugar cubes or fruit.
- Keep urine test strips on hand.

Help sources to check out:

- ***American Diabetes Association*** magazine, (800) 806-7801; ***Diabetes Self Management***, P.O.Box 51125, Boulder, CO 80323-1125
- Internet sites at Health, Senior Health & Diabetes.
- Drug manufacturers like Eli Lilly, Becton-Dickinson, Lifescan, & Roche Diagnostics for newsletters and brochures;
- Food manufacturers like Equal Sweetener, Sugar Free Jell-O and Kraft General Foods, Inc. for special recipe adaptations.
- Your local health insurer for newsletters with special help for diabetics.

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	 <p>A Program of Senior Services, Inc. of Wichita Phone: (316) 267-0302 Fax: (316) 267-0805</p> <p><i>Choosing a Safe & Effective Weight Loss Plan</i> by Cindy Reimer, R.D., L.D., American Red Cross, Good Neighbor Nutrition Program.</p>
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It can be so confusing to determine what is a safe and effective weight loss plan and what is a fad diet. Here are some tips on selecting a healthy weight loss plan. Look for a plan that:

- Includes a variety of foods from all food groups.
- Includes foods YOU like and will enjoy eating for the rest of your life. Rigid diets are difficult to continue for more than a few months.
- Includes foods that you can buy at the grocery store, and does not require expensive packaged foods or supplements.
- Allows you to have favorites in moderation. Forbidding foods encourages bingeing.
- Focuses on changes in eating and exercise habits that meet your budget and lifestyle.
- Allows adequate calories to meet minimum servings of the Food Guide Pyramid.
- Promotes gradual weight loss – 1 or 2 lbs. weekly.

For more information about this topic visit the American Dietetic Association World Wide Web at <http://www.eatright.org>, or call the American Dietetic Consumer Nutrition Hot Line at 1-800-366-1655 for a referral to a dietitian in your area.

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