



EAT WELL, BE WELL: ENJOY LIFE!

Americans are living longer, but how much better would it be if you were HEALTHY! A few simple concepts, when activated in your life, can be the difference between a long healthy life and one that is muddled with illness and inactivity. Simply stated, they are:

Eat right **Stay physically and mentally active** **Maintain a healthy body weight**

When it comes to eating right, ChooseMyPlate.gov, is a great place to start; it provides information on calories, portions, and nutrients. The website even allows you to track your food intake and exercise, and plan menus! Here's some other suggestions to consider:

1. Focus on plant-based foods; about 3/4 of your plate can be plant-oriented foods, such as vegetables, whole grains, beans/legumes, and fruits. These foods supply vitamins, minerals, phytochemicals, and fiber.
2. Think variety and abundance in regard to vegetables, grains, and fruits; have at least 3 ounces of WHOLE GRAIN and 9 servings, about 2 ½ cups, of FRUITS and VEGETABLES daily.
3. Enjoy nonfat and low fat dairy foods; they supply calcium, Vitamin D, and protein.
4. Go easy on the red meat. The guideline is to have 5-6 ounces of lean protein daily, and have red meat only 3-4 times/week. This helps to keep your fat intake lower, also. Meat is a good source of B vitamins, like folic acid and B12 .
5. Focus on monounsaturated fats, like olive, peanut and canola oil. Many products now incorporate these oils rather than the older polyunsaturated oils. Trans fatty acids have a negative effect on heart health, so avoid foods that contain them.
6. Keep your weight in check. Junk foods have a way of sneaking into the house, and portions seem to expand if not watched. Focusing on plant –oriented foods for snacks can help keep calories controlled. A well-seasoned meal can be lower in fat and tasty; different textures, colors, temperatures, and flavors all enhance the enjoyment of a meal.
7. Keep food safe. Food can be a source of bacteria, so temperature, hand sanitation, and preparation area cleanliness all must be considered.
8. Exercise. It has positive effects on the brain and the body. The American College of Sports Medicine recommends 2 hours and 30 minutes per week of moderate-intensity, or 1 hour and 15 minutes of vigorous-intensity, aerobic physical activity, or an equivalent combination. Muscle-strengthening exercises are to be included, with the goal of 2 or more days/week. (do 8-10 strength training exercises, with 8-12 repetitions of each exercise, twice a week)
9. Expand your mind and knowledge. Activities such as reading, college courses, word puzzles, and simply conversing all help preserve your brain function. You can invite friends for dinner and not only provide a nutritious meal but also enjoyable conversation!

TO YOUR HEALTH!

10/2015

Breakfast

Option 1

- 1 cup Greek or nonfat yogurt (e.g. -Yoplait, Chobani, Fage, etc.)
- 1 piece of fruit (e.g. - 17 small grapes, 1 cup raspberries, 1 small fresh fruit, etc.)
- 1 slice whole grain toast

Option 2

- Scrambled eggs (1-2 eggs) with 1 tsp butter or olive oil or vegetable omelet (peppers, onion, mushrooms, etc.)
- ½ cup fresh fruit
- 1 slice whole grain toast
- 1/2 cup fried potatoes

Option 3

- 1 whole wheat English muffin with 1 egg or 1 oz. low-fat cheese
- 1 piece of fruit (e.g. – 17 small grapes, 1 cup raspberries, ¾ cup blueberries, etc.)

Option 4

- 1 cup hot cereal (oatmeal, bulgur wheat, etc.) or cold, adult-style cereal
- 1/2 cup low-fat milk
- 1 piece of fruit

Recipes for healthy meal ideas can be found:

- *Cookinglight.com*
- *Eatingwell.com*
- *Livebetteramerica.com*

Midday/Lunch

- One lunch can be eaten, or 2-3 mini-meals/snacks can be consumed.
- From the lists below, choose items from 3 different lists if one lunch is to be consumed, choose items from 2 lists if a mini-meal/snack is to be consumed. Again, 2-3 mini-meals /snacks may be chosen. A protein choice is suggested whether a lunch or mini-meals are chosen.

- PROTEIN-LUNCH

- 2-3 ounces lean meat, fish, poultry (edible portion, cooked) fish, poultry
- ½-¾ cup nonfat cottage cheese
-
- 2-3 eggs (no to low fat preparation)
- 2-3 ounces reduced fat cheese fat cheese
- 5-6 ounces Greek nonfat yogurt (1/2-2/3 cup)
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- 2 tablespoons peanut butter (natural style) butter
- 1 cup cooked beans or lentils

- STARCH

- 5-7 reduced fat whole grain crackers (3/4 oz)
- 1/3 cup cooked rice, pasta, quinoa
- ½ cup cooked beans, lentils, mashed potatoes
- 1 slice whole grain bread
- 1 6" whole grain tortilla
- 1 small (3oz)baked potato

- ½ whole grain pita or English muffin
- ½ cup high fiber hot or cold cereal (low sodium)

PROTEIN-MINI-MEAL/SNACK

- 1-2 ounces meat,

- ¼-1/2 cup nonfat cottage cheese
- 1-2 eggs
- 1-2 ounces reduced

- 5-6 ounces Greek Nonfat yogurt
- 1 tablespoon peanut

FRUIT

- 1 piece medium fresh Fruit
- ½ cup canned fruit
- ¼ cup dried fruit

NON-STARCHY VEGETABLES

- Any time, any type
- V-8 or tomato juice



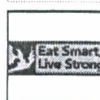
- **Shop with convenience in mind.** Buy frozen foods in bulk — fruits, vegetables, chicken breasts or fish fillets. Remove and thaw out only the amount you need. Also, keep on hand ready-to-eat, low-fat, reduced-sodium canned soups and low-fat frozen meals or prepackaged single-serving foods. The latter can be pricey, so stock up when you find a sale.
- **Take advantage of your freezer.** You may be surprised to learn that many foods freeze well, including breads, meats, fruits, vegetables, whole grains, and nuts and seeds. Freezing food keeps it fresh longer and helps prevent waste. For best quality, freeze food while it's fresh. Don't wait until it's been refrigerated or left on your counter for several days.
- **Cook a batch and freeze single portions.** For example, make a casserole or stew and freeze individual-size servings. Then take out only the amount of food you need. Be sure to write the date and contents on packages and move older packages forward as you add food to your freezer.
- **Prepare one-dish meals.** For quick and simple cooking, choose a dish that serves as the whole meal. Look for dishes that include foods from several food groups, such as meats, whole grains, legumes and vegetables. Healthy examples include beef, barley and vegetable stew; chicken, vegetable and rice casserole; turkey and bean casserole (made with turkey breast, white beans and tomatoes); and vegetarian chili with diced vegetables and beans.
- **Use extras wisely.** Plan meals so that you can use the extra food in new dishes. For example, cook rice as a side dish for one meal, then use the remainder in a casserole or rice pudding. Bake chicken for a meal and use the leftovers in sandwiches, soup or toss with greens, dried fruit, and nuts for a tasty salad. Or make a meatloaf mixture and bake some as a meatloaf and freeze the uncooked portion for later use in meatballs or stuffed peppers.
- **Hit the books.** Many cookbooks are available with recipes for one or two people. Not only are cookbooks a good source for recipes, but also they can provide practical advice and helpful tips on such things as selecting healthy foods, planning menus, shopping and reading food labels.

Be creative and keep it fun

Mix things up and try a nutritious snack instead of a traditional meal when you're short on time or energy. For example, spread a brown rice cake with ricotta cheese and fresh strawberries or herbed goat cheese and sliced olives. Other snack-turned-meal ideas are corn muffins served with apple and cheese slices, or fat-free refried beans mixed with salsa, a small amount of low-fat sour cream and baked tortilla chips.

Treat yourself to company from time to time. Invite friends or relatives over to sample some of your home cooking. Or start a cooking club, which is a great opportunity to try new recipes and have fun in the kitchen.

Remember you don't have to settle for peanut butter and jelly sandwiches or a bowl of cereal every night. With a little planning and creativity, you can create healthy and tasty meals for you and your dining partner.



Updated! Eat Smart, Live Strong: Nutrition Education for Older Adults

USDA. Food and Nutrition Service.

Designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs.

Let's Eat for the Health of It (PDF | 1 MB)

USDA. Center for Nutrition Policy and Promotion.

Based on the Dietary Guidelines for Americans, 2010, brochure provides tips for building a healthy plate, eating the right amount of calories for you, being physically active, and more.

USDA MyPlate Food Guidance System

USDA. Center for Nutrition Policy and Promotion.

The MyPlate food guidance system replaces MyPyramid. The Daily Food Plan can help you choose the foods and amounts that are right for you.

What's On Your Plate? Smart Food Choices for Healthy Aging

DHHS. NIH. National Institute on Aging.

This online resource is geared towards older adults, especially those 65 years and older, and addresses nutrition topics such as important nutrients to know, plans for healthy eating, food safety and shopping tips.

Eating Well as You Get Older

DHHS. NIH. National Institute on Aging.

Older adults can learn how to make wise food choices and can find information about food labels, food safety, meal planning, food shopping, and ways to enhance the enjoyment of eating.

Healthy Eating After 50

DHHS. NIH. National Institute on Aging.

Addresses nutrition and feeding issues for seniors such as chewing problems and loss of taste, and provides tips on shopping on a budget.



Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

DHHS. NIH. National Institute on Aging.

An updated guide for older adults on how to incorporate physical activity into everyday life. Includes sample exercises, progress tracking tips, and information on healthy eating. Also available in PDF (9.6 MB) or ordered via print copy.

Five Ways Older Adults Can Be More Physically Active (PDF | 46 KB)

NIH. National Diabetes Education Program.

Provides tips for increasing physical activity to prevent type 2 diabetes in older adults.

Eating Smart: A Nutrition Resource List for Consumers (PDF | 193 KB)

USDA. NAL. Food and Nutrition Information Center.

This publication is a compilation of resources on general nutrition and healthy eating for the consumer. Resources are in a variety of formats, including books, newsletters, and materials on the World Wide Web.

FNIC Lifecycle Nutrition: Aging

USDA. NAL. Food and Nutrition Information Center.

Maintained by the Food and Nutrition Information Center (FNIC), provides a listing of resources on nutrition in aging.

National Institute on Aging

DHHS. NIH. National Institute on Aging.

Leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life through aging research, training, health information dissemination, and other programs relevant to aging and older people.



Easy Meals for 1 or 2

Skip the drive-through with these simple cooking tips (continued)

Clean Out the Fridge

Leftovers can be great even if you didn't plan ahead for them. I like to use up all the leftovers in the fridge -- veggies, meat, cheese, even fruit -- in a big salad, omelet, or pasta dish. You can buy wonderful dry sauce mixes (I love Knorr Swiss brands) and blend them with skim milk to make creamy, low-fat sauces to toss with pasta. Add a side salad from a bag of pre-washed greens, a whole-wheat roll from the freezer, and in 15 minutes, *voilà*, a wonderful meal!

For those nights when you're short on creativity and/or supplies, it's great to have your favorite frozen entrees on hand. Check the nutrition facts panel to make sure you are buying meals that are nutritious (Lean Cuisine or Healthy Choice are a couple of good choices).

To make sure they fit into your eating plan, look for meals that are roughly 300 calories (for a "light frozen dinner") or 400 calories (for a "regular frozen dinner"). Also, keep in mind that frozen dinners tend to be high in sodium.

What to Keep on Hand

Another key to quick, nutritious meals is to keep a variety of foods in your freezer, refrigerator, and pantry. Whether you're whipping up a pasta dish, salad, pizza, soup, sandwich, stew, or omelet, a well-stocked kitchen makes preparation fast and easy. In addition to lean meat, poultry, and fish, stock these tried-and-true ingredients:

Freezer

- Whole-wheat rolls
- Bags of frozen fruits and vegetables
- Pre-cooked chicken strips
- Pizza shells
- Lean meats, poultry, and seafood
- Frozen entrees

Pantry

- Canned and dry beans, peas, and lentils
- Whole-grain pasta, rice, and other grains
- Pasta sauce, pesto
- Cereal (it works as lunch or dinner in a pinch)

Canned vegetables
 Nuts, seeds
 Salad dressings, oils, vinegars, and mustards
 Dry sauce mixes
 Jarred peppers, olives
 Croutons
 Whole-grain bread and crackers
 Canned fish in water

Refrigerator

Dairy foods -- yogurt; cheese; skim or low-fat milk
 Eggs
 Fresh fruits, vegetables
 Pre-washed salads in bags
 Light margarine
 Pickles
 100% fruit juice

As you see, you don't need to spend lots of time or energy to whip up healthy meals for one or two. All you need is a plan -- and a well-stocked kitchen! *Bon appetit.*

Reducing Recipes

Most recipes can be cut in half or in thirds. For easy references, see Table 1. Some ingredients are difficult to divide, such as an egg. If the recipe you want to cut in half calls for a large egg, try using a small egg or just the egg white. In some cases, it may be easier to make the entire recipe and freeze the rest for later.

Table 1: Reducing Recipes	
Half of a Recipe	
<i>When the recipe call for</i>	<i>Use</i>
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoon
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon
Third of a Recipe	
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons



Photo by: Photo: Johnny
Autry; Styling: Leigh Ann
Ross

Barbecue Chicken Sandwiches

Good Barbecue Chicken Sandwiches don't have to result from hours over the grill. Our chicken sandwich starts with a rotisserie chicken and super easy homemade barbecue sauce. This sandwich is the perfect solution for those busy weeknights.

Cooking Light MAY 2012

Yield: Serves 6 (serving size: 1 sandwich)

Hands-on: 11 Minutes

Total: 21 Minutes

Ingredients

1/2 cup no-salt-added ketchup	1/8 teaspoon kosher salt
2 tablespoons honey mustard	3 cups shredded skinless, boneless rotisserie chicken
2 tablespoons water	3 tablespoons canola mayonnaise
3/4 teaspoon ancho chile powder	2 tablespoons cider vinegar
3/4 teaspoon smoked paprika	1 teaspoon sugar
1/2 teaspoon garlic powder	3 cups packaged coleslaw
1/2 teaspoon onion powder	1/3 cup chopped green onions
1/2 teaspoon ground cumin	6 (1 1/2-ounce) hamburger buns, toasted
1/2 teaspoon Worcestershire sauce	

Preparation

1. Combine first 10 ingredients in a saucepan. Bring to a simmer; cook 10 minutes. Combine sauce and chicken.
2. Combine mayonnaise, vinegar, and sugar. Add coleslaw and onions; toss.
3. Place about 1/2 cup chicken mixture on bottom half of each bun. Top each serving with about 1/2 cup coleslaw mixture; top with top half of bun.

Note:

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Nutritional Information

Amount per serving

Calories: 316 Fat: 9.9g Saturated fat: 1.5g Monounsaturated fat: 4.3g Polyunsaturated fat: 2.7g
Protein: 21.4g Carbohydrate: 35.3g Fiber: 2.1g Cholesterol: 53mg Iron: 2.1mg Sodium: 548mg
Calcium: 91mg

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[Barbecue Chicken Sandwiches recipe](#)



Lemony Orzo-Veggie Salad with Chicken

This colorful orzo and chicken main dish salad is packed with an assortment of chopped fresh vegetables and tossed with a tangy lemon dressing. It's a great use for leftover or rotisserie chicken.

- **Yield:** 4 servings (serving size: about 1 1/4 cups)

Photo by: Photo: John Autry;
Styling: Leigh Ann Ross

Ingredients

3/4 cup uncooked orzo	1/8 teaspoon freshly ground black pepper
1/4 teaspoon grated lemon rind	1 cup shredded skinless, boneless rotisserie chicken breast
3 tablespoons fresh lemon juice	1/2 cup diced English cucumber
1 tablespoon extra-virgin olive oil	1/2 cup prechopped red bell pepper
1/2 teaspoon kosher salt	1/3 cup thinly sliced green onions
1/2 teaspoon minced garlic	1 tablespoon chopped fresh dill
1/4 teaspoon honey	1/2 cup (2 ounces) crumbled goat cheese

Preparation

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse with cold water; drain and place in a large bowl.
2. While orzo cooks, combine lemon rind and next 6 ingredients (through black pepper), stirring well with a whisk. Drizzle juice mixture over orzo; toss to coat. Add chicken and next 4 ingredients (through dill); toss gently to combine. Sprinkle with cheese.

Nutritional Information

Amount per serving

Calories 275 Fat 9.7 g Satfat 3.8 g Monofat 3.9 g Polyfat 0.9 g Protein 18.2 g Carbohydrate 28 g Fiber 1.8 g
Cholesterol 41 mg Iron 0.9 mg Sodium 338 mg Calcium 60 mg



Photo by: Photo: Levi Brown;
Styling: Angharad Bailey

Peanut-Sauced Chicken Pitas

Here's a tasty way to use up leftover roast chicken. Dark meat stands up to the intense flavors in the dressing. For a change, try using a wrap or naan instead of a pita.

Cooking Light AUGUST 2011

Yield: 2 servings (serving size: 1 stuffed pita half)

Hands-on: 24 Minutes

Total: 24 Minutes

Ingredients

1 cup shredded skinless, boneless rotisserie chicken thigh or drumstick meat

1/3 cup thinly sliced green onions

2 tablespoons thin red bell pepper strips

2 tablespoons peanut satay sauce (such as Thai Kitchen)

1/8 teaspoon kosher salt

1 teaspoon chile paste with garlic (optional)

1 (6-inch) whole-wheat pita, cut in half

1/2 cup fresh mung bean sprouts, rinsed, drained, and patted dry

2 tablespoons diagonally-cut carrot

2 tablespoons chopped fresh cilantro

Preparation

1. Combine the first 5 ingredients, tossing well to coat. Stir in chile paste, if desired. Fill each pita half with about 1/2 cup chicken mixture, 1/4 cup bean sprouts, 1 tablespoon carrot, and 1 tablespoon cilantro.

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Nutritional Information

Amount per serving

Calories: 275 Fat: 9.6g Saturated fat: 2.4g Monounsaturated fat: 3.6g Polyunsaturated fat: 2.5g
Protein: 21.4g Carbohydrate: 25.7g Fiber: 3.9g Cholesterol: 52.5mg Iron: 2.5mg Sodium: 620mg
Calcium: 32mg

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[Peanut-Sauced Chicken Pitas recipe](#)



Chicken and Black Bean-Stuffed Burritos

These skillet-grilled **burritos** come together in a flash thanks to store-bought rotisserie chicken. Keep this meal light by serving with a fresh green salad.

Cooking Light DECEMBER 2010

Yield: 4 servings (serving size: 1 burrito)

Total: 25 Minutes

Photo by: Photo: John Autry;
Styling: Cindy Barr

Ingredients

1/4 cup water	1/4 cup thinly sliced green onions
2 tablespoons fresh lime juice	3/4 cup canned black beans, rinsed and drained
1/2 teaspoon chili powder	1/2 cup refrigerated fresh salsa
1/4 teaspoon ground cumin	4 (8-inch) flour tortillas
1/4 teaspoon black pepper	1/2 cup shredded Monterey Jack cheese
1/8 teaspoon ground red pepper	Cooking spray
2 cups shredded rotisserie chicken breast	

Preparation

1. Bring first 6 ingredients to a boil in a small saucepan. Stir in shredded chicken and green onions.
2. Combine beans and salsa. Spoon 1/4 cup bean mixture and 1/2 cup chicken mixture down center of each tortilla; sprinkle with 2 tablespoons cheese. Roll up.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add 2 burritos. Place a cast-iron or other heavy skillet on top of burritos, and cook for 3 minutes on each side. Remove from pan, and repeat procedure with the remaining 2 burritos.

Nutritional Information

Amount per serving

Calories: 353 Fat: 9.8g Saturated fat: 4.1g Monounsaturated fat: 3.6g Polyunsaturated fat: 1.3g
Protein: 30.9g Carbohydrate: 33.1g Fiber: 2.4g Cholesterol: 72mg Iron: 1.6mg Sodium: 595mg
Calcium: 137mg

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[Chicken and Black Bean-Stuffed Burritos recipe](#)