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## Nutritious Bites The Basics - Protein

By Mary Grider, Nutrition Educator

As we age, getting the proper amount of protein is essential. Proteins are made up of amino acids that help your body maintain and grow muscle and maintain overall strength and health.

We naturally lose muscle and strength as we age. When muscles get smaller, we get weaker, which in turn can lead to a loss of mobility and the ability to care for ourselves.

Nutritional research has found that there is a possibility of slowing this progression by increasing the amount of protein eaten each day. An easy way to determine how much protein you need is to divide your weight in half. That number would be approximately how many grams of protein you should eat each day.

Use the following chart to help you plan your menus to ensure that you get all the protein your body needs each day.

<u>Good Sources of Protein</u>	
3 oz. beef or pork	22-26 g
3 oz. tuna, salmon, haddock, or trout	21 g
3 oz. cooked turkey chicken	19 g
6 oz. plain Greek yogurt	17 g
½ cup cottage cheese	14 g
Supplemental shake or beverage (ie, Ensure or Boost)	10-15 g
1 oz. hard cheese (Swiss or Cheddar)	8 g
½ cup cooked beans	8 g
1 cup of milk	8 g
¼ cup or 1 oz. nuts	7 g
1 egg	6 g

Source: USDA National Nutrient Database, 2015

## Recipe of the Month

### One Pan Sauté (Serves 2)

This quick and easy one-pan dinner is a satisfying treat for a weeknight meal. *Adapted from Dr. Lindsay Jones-Born.*

#### Ingredients

- 1 pkg frozen stir-fry veggie mix (no added sauces or seasonings)
- 1 skinless, boneless chicken breast, cubed into ½ inch pieces (can substitute frozen shrimp)
- ¼ cup low-fat zesty Italian dressing
- 1 cup frozen brown rice



#### Directions

1. In a skillet, cook cubed chicken in 1 TBS olive oil.
2. Add stir-fry veggies to skillet and cook for an additional 2-3 minutes.
3. Add frozen rice to skillet and 1 TBS of water (of needed to allow rice to warm).
4. Add dressing, bring to a boil and mix ingredients together until veggies are warmed, but still crisp.

## Keep on Moving Balance Training

As we get older, we may feel that we have a harder time with balance. The good news is that we can improve our balance through training and exercise.

Improving your balance and preventing falls requires endurance, strength, flexibility, and balance exercises. Stretching your Achilles tendon and practicing standing hip circles improve your body's ability to adapt to changes in position - which can decrease your risk of falling. Challenging your balance by walking heel-to-toe (imagine walking on a tight rope) or standing on one foot at the sink can improve your balance as you engage all of the muscles that help with balance.

If you'd like to learn more about exercises for balance, check out the following website: <https://go4life.nia.nih.gov/exercises/balance>. Also, as your local senior center if they offer **A Matter of Balance**, an 8-session workshop designed to help older adults overcome a fear of falling and increase physical activity.

## Monthly Chair Exercise Knee Extensions

This exercise is important for strengthening the muscles around the knee.

Sitting toward the edge of a chair with good posture and bent knees, hold on to the sides of the chair with your hands. Extend the right knee out so that the toes come up toward the ceiling, being sure to keep the knee slightly bent without locking it through the entire movement. Lower the leg back to a bent position and repeat this movement 8 to 10 times, using about 2 seconds each to lift and lower the leg.

Switch to the opposite leg and perform 8 to 10 repetitions. Rest briefly. Do another set of 8 to 10 repetitions for each leg.

### Knee Extensions



For more exercises, visit the following link:  
[https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair\\_Exercise\\_Manual\\_2006.pdf](https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair_Exercise_Manual_2006.pdf)

## Living Better Improving Health Literacy

How familiar are you with your health issues and the terms your doctor may use in treating you? This is considered your **Health Literacy**. This can affect issues like taking the right medications at the right time, as well as how to properly manage your chronic conditions.

If you don't understand or are uncomfortable with the healthcare system, it could decrease your chances of getting the tests or care you may need. It could also harm your health on the whole if you are having trouble understanding your condition or the doctor's instructions.

Take the following steps to increase your health literacy:

- Ask your healthcare provider questions and be sure you understand the answers
- Repeat those answers and other information back to the doctor or nurse to ensure you understand what was said

- Have your doctor review with you all medications you take (including over the counter medications, vitamins, minerals or herbal supplements)
- Bring a trusted adult with you to appointments to act as your second set of ears and to write down important information.

Following these tips can help you understand your conditions and the steps you need to take to ensure that you maintain the best health possible.



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## Medication Manager Questions to Ask Your Doctor

You probably have some concerns about your medications from time to time, but you may not know which questions to ask your doctor. The following questions may be helpful to better understand your medications and take them properly.

### ***What's my medication for?***

It's important to understand what your medication is for to know why you've been prescribed the medication and possible side effects associated with it.

### ***How should I take the medication?***

Some medicines must be taken at a certain time every day and/ or require food with intake. It's important to

know under what conditions you should take your medication(s) to ensure you get the full benefits.

### ***How long should I wait to contact my doctor if I'm experiencing any discomfort with my medication?***

Contact your doctor immediately if you're experiencing any discomfort when taking medications. Having regular appointments with your doctor may be helpful to discuss any developments or changes in behavior regarding your medication.

\*If you develop a rash or have trouble breathing, go to the hospital immediately or call 9-1-1, as you may be having an allergic reaction.

## To Your Health

# TLC to Lower Your Cholesterol

Has your doctor told you that you have high cholesterol? You may wonder what this means, and is there anything you can do to lower your cholesterol.

Cholesterol is important for health because this fatty substance is found in the walls of most cells and is necessary for your body to make certain hormones, bile acids, vitamin D, and more. However, having too much cholesterol traveling in the blood increases your risk for cardiovascular disease. While high cholesterol increases your risk for heart disease, it can be managed with TLC - therapeutic lifestyle changes.

### Know Your Numbers

The first step in lowering your cholesterol is to set your goal. The following are targets for a “normal lipid profile.”

Total Cholesterol: < 200 mg/dL (high is 240 or above)

LDL Cholesterol (“the bad cholesterol”): < 100 mg/dL (high is 160 or above)

HDL Cholesterol (“the good cholesterol”): > 60 mg/dL (low is 40 or below)

### Use a Little TLC

The Therapeutic Lifestyle Changes approach to managing high cholesterol focuses on decreasing saturated fats, *trans* fats, and cholesterol in the diet, as well as increasing physical activity.

- Keep saturated fats less than 7% of total calories.
- Keep total fats between 25 - 35% of total calories.
- Keep cholesterol under 200 mg per day.
- Increase soluble fiber in your diet to 10 - 25 g per day
- Only consume the calories you need to manage your weight
- Engage in moderate exercise for at least 30 minutes most days of the week

From *Your Guide to Lowering Your Cholesterol with TLC*

(National Heart, Lung, and Blood Institute)

### A Matter of Balance Workshops

Madison County Senior Center  
Danielsville, GA

Tuesday and Thursday

9:30 a.m. – 11:30 a.m.

June 7 – July 3, 2018

### Living Well Workshops

Morgan County Senior Center  
Madison, GA

Tuesday, 11:00 a.m. – 1:30 p.m.

April 24 – June 5, 2018

If you'd like to host a workshop, please contact Whitney Bignell ([web1975@uga.edu](mailto:web1975@uga.edu))

Check out our website for upcoming workshops:

<http://www.negahealthmatters.org/index.php/calendar-2/>

## Upcoming Events

Support for this newsletter is also provided by:

#### The University of Georgia

- College of Family and Consumer Sciences
  - Dept. of Foods and Nutrition
- College of Public Health
  - Dept. of Health Policy and Management
  - Institute of Gerontology

### Questions or Comments? Contact us!

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