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Nutritious Bites

Farm Fresh

By Whitney Bignell, PhD, RDN, LD, and Mary Grider, Nutrition Educator

Summer is finally here - and that means fresh produce at your local farmers' markets! As you know, fruits and vegetables are full of vitamins, minerals, and fiber. Most fruits and vegetables are low in calories and fat, which makes them nutritious foods to add to any meal. While frozen and canned produce are also healthy, fresh, local produce in season often seems to taste - well - fresher (and delicious)!

Over the next few months in Georgia, you'll see the following produce in season:

- Apples
- Beans
- Eggplant
- Muscadine Grapes
- Okra
- Peaches
- Field Peas
- Peppers
- Summer Squash
- Watermelon

You may see plenty of other produce, too - some varieties have extended seasons. For

most fruits and vegetables, you're looking for items that seem heavy for their size, which means that they have good water content. You also want to look for produce that doesn't have many blemishes or bruises.

Once you purchase your produce, you should use items within 3-5 days because most produce is picked at the peak of ripeness. However, you may have an abundance on hand and need to do something with it to keep it from going bad. You can work with your Extension agent to learn how to can safely. You can also freeze most fruits and vegetables.

If your fresh produce isn't so fresh anymore, but hasn't gone bad, you can add vegetables to soups, stews, chilis, casseroles, and omelets. You can add fruits (and vegetables) to smoothies for a refreshing, nutrient-packed treat, or make a fruit cobbler or pie.

Recipe of the Month

Easy Healthy Salsa (Serves 4)

This fresh, refreshing salsa is a great way to use the tasty tomatoes that you'll find at local farmers' markets!

Ingredients

- 2 cups tomatoes
- ½ cup fresh cilantro, chopped
- 3 tbsp. lime juice
- ½ sweet onion, finely chopped
- ½ tsp. salt
- Jalapeño pepper seeded (use ½ for mild salsa and full pepper for spicy)



Directions

1. Chop tomatoes
2. Chop cilantro, onion, and jalapeño pepper
3. Combine tomatoes, cilantro, onion, jalapeño, salt, and lime juice in a bowl
4. Serve with baked whole wheat pita chips or veggie dippers, or enjoy topping an omelet, burrito, or taco

Recipe courtesy of Melissa Buckes. Photo courtesy of <https://ihatecilantro.wordpress.com/cilantro-free-restaurant-directory/>

Keep on Moving

Exercising in Summer

Summer heat is here again - so our exercise routines may need to change to stay safe. The following tips will help you stay active but also stay safe in the hot and humid weather:

- Take your daily walk early in the morning or very late in the evening
- Head to the mall or other indoor facility to walk
- Consider joining a gym, the local YMCA, YWCO, Family Y, or senior center
- Slow your pace, or take frequent breaks when it's hot
- Drink plenty of fluids before, during, and after exercise to stay hydrated
- Wear lightweight clothing
- Listen to your body - don't overdo in the heat

You don't have to stop exercising because of the heat, but you do need to take precautions. Having a backup plan will help you stay active and safe this summer.

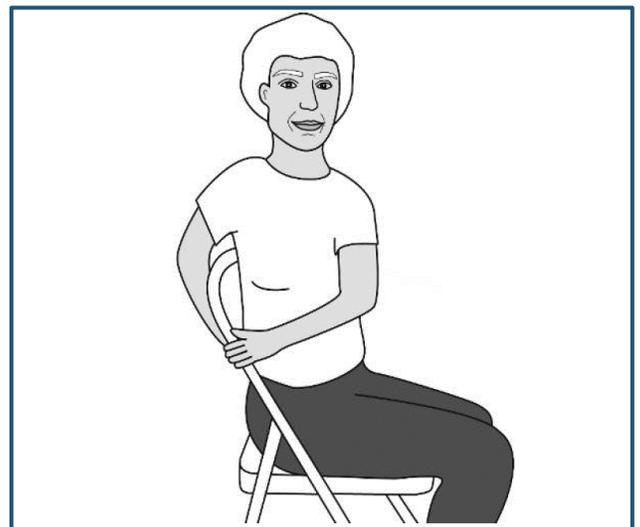
Monthly Chair Exercise

Seated Spinal Rotation

This exercise is important for improving flexibility in the back and torso.

Sitting in a chair with good posture, begin by facing forward. Slowly twist your torso to one side, reaching the arms toward the back of the chair for support. Be sure to turn gently and only as far as you comfortably can, letting your body naturally ease into the stretch. Keep the knees pointed forward. Come back to center and turn to the other side. Hold each stretch for about 10 seconds and repeat each side for an additional set.

Modification: For a bonus stretch for the arms and chest, sit in a chair facing forward with back rested against the back of the chair. Reach the arms back behind the chair, either one at a time or simultaneously, resting the palms on the back of the chair if you can.



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

Recognizing Heat Exhaustion and Heat Stroke

Intense heat can lead to both heat exhaustion and heat stroke. Knowing the symptoms of each can help you get proper treatment in a timely manner and save a life.

Heat Exhaustion

Heat exhaustion is usually caused by either water depletion or salt depletion from excess sweating. If you're dehydrated, you may have excessive thirst, weakness, headache, or loss of consciousness. If you're low on salt, you may have nausea and vomiting, muscle cramps, or dizziness. Other symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine
- Fainting
- Fatigue
- Nausea, vomiting, or diarrhea
- Pale skin
- Sweating
- Rapid heartbeat

If you're experiencing heat exhaustion, you should drink plenty of fluids, remove tight or unnecessary clothing, take a cool shower or bath if possible (or use a damp cloth or sponge), and use other cooling measures, such as fans.

Heat Stroke

Heat stroke is a serious medical condition that requires immediate medical attention. Call 9-1-1 if you suspect heat stroke. Symptoms of heat stroke include:

- Throbbing headache
- Dizziness or light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat and rapid, shallow breathing
- Confusion, disorientation, or staggering

After calling 9-1-1, move the person into an air-conditioned building or shade if possible. Use damp cloths to help cool person.

Medication Manager

Keeping Up With Medications

If you are taking multiple medications, it can be difficult to keep up with what you need to take and when. Creating an easy-to-update list is a good way to be sure you have the information you need about your medications.

You can use a word processing program, such as Microsoft Word®, to start a list and save it on your computer. If you have a Gmail® account, you can type your list in Google® Documents. You will then be able to open the list on your smartphone.

The following information is good to include in your list:

- Name of medication or supplement
- Dose you take (such as 0.5 mg or 600 IU)

- How often you take it (every morning, twice per day, when needed)
- When you take it (at a specific time, with meals, 30 minutes before a meal)
- Why medication or supplement was prescribed (such as for high blood pressure, for diabetes, for pain)
- Which doctor prescribed the medication
- What does medication look like (such as, blue round pill, cream oval pill)

You should also list any over-the-counter medications, creams, supplements, or suppositories that you take regularly. Finally, it's a good idea to include any allergies to medications or foods on the list.

To Your Health

Nutrition for COPD

Chronic Obstructive Pulmonary Disease, or COPD, is chronic inflammation of the lungs that causes difficulty breathing, coughing, or wheezing. You may hear it called “emphysema” or “chronic bronchitis,” as these two diseases are the most common types of COPD.

There are many nutritional concerns for people with COPD. Because it’s harder to breathe, you may burn more energy. Also, having trouble breathing can make it difficult to eat enough. Both of these factors can lead to weight loss. A diet that includes a variety of foods, such as whole grains, lean protein, fruits, vegetables, and healthy fats helps you get the nutrients you need to stay healthy. The following suggestions may help you get the nutrients you need and prevent complications of COPD:

1. **Limit foods higher in carbohydrates.** When our bodies break down foods for energy, carbon dioxide is produced, which can be difficult to exhale effectively if you have COPD. Breaking down carbohydrates leads to greater amounts of carbon dioxide than breaking down protein or fats. You need carbohydrates - so you may want to work with a registered dietitian to find out how many carbohydrate foods you should eat each day.
2. **Limit sodium.** Many people with COPD have issues with fluid retention or swelling (often called “edema”). Excess sodium can lead to fluid retention.
3. **Eat 4 - 6 small meals.** Because it’s hard to breathe, many people with COPD get tired when trying to eat a larger meal. Enjoying 4-6 smaller

meals throughout the day may help you get more nutrients in before you are too tired to eat.

4. **Choose a nutritional supplement.** Drinking a supplemental shake, such as Ensure® or Boost®, provides extra calories and other nutrients to keep you healthy.

If you find that you are gaining or losing weight unexpectedly, ask your doctor for a referral to a registered dietitian, who can help you plan meals and snacks to meet your nutrition needs.

Upcoming Events

A Matter of Balance Workshops

More workshops coming Fall 2018!

Living Well Workshops

Newton County Senior Center
Wednesday’s, Time TBD
October 3 – November 7, 2018

If you’d like to host a workshop,
please contact Whitney Bignell
(web1975@uga.edu)

Check out our website for upcoming workshops:
<http://www.negahealthmatters.org/index.php/calendar-2/>

Support for this newsletter is also provided by:

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Questions or Comments? Contact us!

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