

# NUTRITION TO NOURISH



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## Keep Making Changes—What's Next?

Hi Friends,

It's officially almost September, and this finds us at the final issue of the Nutrition to Nourish Newsletter. I hope you've learned or were reminded of at least one new thing in each issue. I also hope you were able to add to your recipe collection with some of the ideas included in each issue.

In the next one to two weeks, you'll receive a copy of the same food questionnaire you completed before and after the Food Farmacy Program. Those responses will help us determine if this newsletter was helpful in maintaining nutrition changes made during the program. I would greatly appreciate it if you would complete those and return them. It will help us make program improvements to best serve our community in meaningful ways.

As you continue to work toward achieving a healthy lifestyle, keep a couple things in mind when it comes to nutrition:

1. Take Action—choose one thing to change at a time.
2. Write a Plan About How You Will Make That Change—include amounts, types of foods, meals or snacks where you'll consume specific foods, etc.
3. Track the Change—Keep a log with how you're doing. Pick a new goal in 3-4 weeks once that becomes a habit.
4. Don't Fear Failure –Learn From It—if you veer from your goal, troubleshoot what happened and steps to get back on track, and then get back to it!
5. Progress Over Perfection—A perfect diet is not expected or desired. Keep making healthy changes to make progress in improving your health. You can do it (and you can call me if you need help)! :)

Happy and Healthy Eating,

*Mary Beth*

### Inside this issue:

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### Special points of interest:

- What are good cookbooks to use for recipe ideas?





## Necessary Nutrients to Know

We've talked a lot about different components of the diet and healthy selection of foods. With this being the last newsletter, we're looking ahead to some specific areas of challenge that can come with age. These include protein, fat, carbohydrates, fluids, and several micronutrients (including calcium, zinc, vitamin B-12, and vitamin D). Keep in mind that the best absorption occurs from naturally occurring food sources, and the supplemental forms (either as pills or fortified foods) are a second best to consuming whole foods.

### **Protein:**

#### *Why Include It:*

- ◆ Ensures adequate muscle synthesis.
- ◆ Prevents muscle loss with age (decrease of 30-50% of muscle mass is seen in those aged 40-80 years old). This can be prevented to maintain your quality of life with adequate protein consumption and movement.

#### *Helpful Hints:*

- ◆ Needs: 0.8-1 grams per kg per day
- ◆ Starting at age 65, this increases to 1 gram per kg per day
- ◆ Aim for 25-30 grams of protein per meal to spread it out over at least three meals daily.
- ◆ Consume sources from animal- and plant-based sources. A plant-based diet can decrease cancer and heart disease risk, prevent age-related cognitive decline, decrease insulin resistance, and positively impact the gut microbiota. Healthy animal based proteins contain vitamin B-12 and zinc as well as omega-3 fatty acids.
- ◆ Both plant and animal sources contain branched-chain amino acids that promote protein formation after meals.

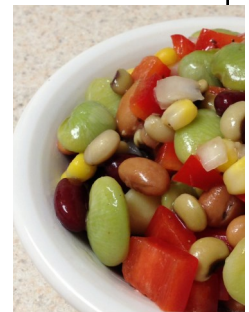
### **Fats:**

#### *Why Include them:*

- ◆ Fats are essential to maintain cellular structure and provide you with energy.
- ◆ Consuming primarily unsaturated fat can decrease cardiovascular disease risk, reduce inflammation, maintain muscle mass, improve insulin resistance, and lower mortality risk.

#### *Helpful Hints:*

- ◆ Polyunsaturated fatty acids (e.g., omega-3 and omega-6 fatty acids) can be found in fatty fish, plant based oils (e.g. canola or olive oil), nuts (especially walnuts), seeds, and avocados.
- ◆ Those who don't consume adequate omega-3 fatty acids from foods should talk with their provider about taking a supplement.
- ◆ Goals: 250-500 mg per day (can consume larger amounts from food over 2-3 days if the total averages out to 250-500 mg per day over the course of the week).



### **Carbohydrates:**

#### *Why Include Them:*

- ◆ Healthy sources from a variety of plant-based foods provide energy.
- ◆ The fiber from them can decrease the risk of heart disease, stroke, high blood pressure, and cancer.

#### *Helpful Hints:*

- ◆ Choose a variety of sources from whole grains, dairy products, most plant-based dairy alternatives, starchy vegetables, fruits, and legumes.
- ◆ Aim for high fiber sources.
- ◆ Goal is to consume 25-30 grams of fiber per day. The actual Dietary Reference Intake for males and females aged 51 and older is 31 and 21 grams per day, respectively; the average current intake of Americans is 15 grams per day.

**Fluids:***Why Include Them:*

- ◆ Needed for best digestion and absorption of foods.
- ◆ Chronic dehydration may be linked to cognitive decline.
- ◆ Helps prevent constipation by moving stool through the digestive tract.

*Helpful Hints:*

- ◆ Water is best, but fluids that don't have caffeine or alcohol count as hydrating fluids. Options include 100% fruit unsweetened juice, broth, vegetable juice, herbal teas, low-fat or fat-free milk or dairy alternatives.
- ◆ Daily Goals for Over 60 Year-Olds: 2.7 L for women or 3.7 L per day for men, respectively.

**Calcium:***Why Include It:*

- ◆ Improve bone health by preventing fractures.

*Helpful Hints:*

- ◆ Aim for 1,000-1300 mg per day from food (or supplements if you don't consume adequate amounts via food intake).
- ◆ Dairy products, fortified dairy alternatives, canned fish, dark green vegetables, and fortified juices and bars. If you use supplements, use 300-500 mg at a time, 6 hours apart, for best absorption.

**Vitamin B-12:***Why Include It:*

- ◆ A diet lacking B-12 can cause pernicious anemia (symptoms include nausea, bloating, muscle weakness) and cognitive decline

*Helpful Hints:*

- ◆ WHO recommends consuming 2.4 micrograms per day
- ◆ Sources include red meat, dairy products, eggs, and fortified breakfast cereals.

**Vitamin D:***Why Include It:*

- ◆ Needed to maintain bone health and aid in a healthy metabolism.

*Helpful Hints:*

- ◆ Sources include fatty fish (e.g., salmon, mackerel, sardines), egg yolks, dairy products and some dairy alternatives, fortified breakfast cereals, and sunlight.
- ◆ Recommendations are to consume 600 IU daily. Supplements are the best way to replace this vitamin if levels are low.
- ◆ In a study that investigated micronutrient intake in those aged 65-93 years old, Vitamin D was the most prevalent deficiency noted.

**Zinc:***Why Include It:*

- ◆ Zinc deficiency is associated with decreased appetite and cognition, depression, facility, suppressed immune response, and an increase muscle breakdown

*Helpful Hints:*

- ◆ Dietary sources: fish/seafood, meat, fortified breakfast cereal
- ◆ Zinc is better and more readily absorbed from animal based products because the phytates (found in plant products) decrease how well zinc can be absorbed.

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# Apples



Apples are in season and expected to remain available (because of refrigeration) through April! Look for a variety of apples to eat because they are a great source of quercetin as an antioxidant and anti-inflammatory agent. Quercetin has been shown to have potential benefits in reducing swelling, skilling cancer cells, controlled blood sugar, and preventing heart disease.

Apples are also a great source of fiber (insoluble from the skin and soluble from the pulp), which aids in digestion and can play a role in reducing the risk of heart disease, high blood pressure, stroke, and cancer.

Lastly, apples are a source of hydrating fluids! They are ~85% water, making them a hydrating snack!

See pages 5 and 6 of this newsletter for recipe ideas to incorporate apples into what you eat during the week.

## Ask the RD

*Question:* Why are some good books and cookbooks to get additional information about nutrition and cancer?

*Answer:* There are a wide variety of books and recipe ideas out there, and it can be difficult to determine which ones are healthy and which ones are a fad. Below are a list of safe and reliable books and cookbooks with great recipes and nutrition information when it comes to nutrition and cancer.

⇒ American Cancer Society Complete Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer by Barbara Grant MS, RD, CSO, LD, (Editor), Abby S. Bloch, PhD, RD, (Editor)

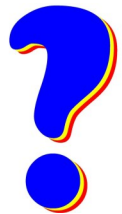
⇒ Mindful Eating by Jan Chozen Bays, MD

A book that illustrates the relationship that many of us have with food (originating from our, moods, social influences, childhood experiences, etc.), and the opportunity that lies in cultivating mindfulness and awareness around eating.

⇒ Healing Gourmet: Eat to Fight Cancer by Simin Liu, MD, Kathy McManus, RD, John A. Carlino, CEC

A book of what foods will help you to manage your illness and foster health. Includes meal plans, easy-to-make recipes, and strategies for smart shopping.

⇒ The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery by Assistant Rebecca Katz, PhD and Mat Edelson



## Baked Cinnamon Apple Slices

From: Eating Well website

<https://www.eatingwell.com/recipe/7904010/baked-cinnamon-apple-slices/>

### Ingredients:

- 4 medium Honeycrisp apples, peeled, cored and sliced 1/4 inch thick
- 2 medium Granny Smith apples, peeled, cored and sliced 1/4 inch thick
- ¾ cup light brown sugar
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter, melted
- 2 tablespoons lemon juice
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon salt

### Directions:

1. Preheat oven to 350°F. Combine Honeycrisp apples, Granny Smith apples, brown sugar, cornstarch, butter, lemon juice, cinnamon and salt in a large bowl; stir until the apples are fully coated.
2. Transfer the mixture to a 9-by-13-inch baking dish; cover with foil. Bake for 45 minutes. Remove the foil and stir the mixture. Bake, uncovered, until the apples are tender and caramelized, about 10 minutes more. Let cool for 5 minutes before serving.

*Tip from Mary Beth:*

*\* This is a healthy dessert option to prepare now and for winter holidays!*

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## Slow Cooker Vegan Butternut Squash Soup with Apple

*From: The Eating Well Website*

<https://www.eatingwell.com/recipe/275510/slow-cooker-vegan-butternut-squash-soup-with-apple/>

### Ingredients:

- 1 large sweet onion, diced
- 2 cloves garlic, minced
- 4 cups no-salt-added vegetable broth
- 1 small butternut squash (about 2 1/2 pounds), peeled and diced
- 1 Granny Smith apple, peeled and sliced
- 1/4 cup extra-virgin olive oil
- 3 tablespoons pure maple syrup
- 2 tablespoons cider vinegar
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Toasted pepitas or croutons for serving



### Directions:

1. Combine onion, garlic, broth, squash, apple, oil, maple syrup, vinegar, thyme, salt, pepper, cinnamon and nutmeg in a 5- to 6-quart slow cooker. Cover and cook on Low for 8 hours or on High for 4 hours.
2. When the time is up, remove the lid and stir well. Puree with an immersion blender or in batches in a blender. (Use caution when blending hot liquids.) Serve topped with pepitas (or croutons), if desired.

\* To make ahead: Refrigerate for up to 3 days or freeze for up to 3 months.