

NUTRITION TO NOURISH



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Gardening, Physical Activity, and Strawberries

With May coming to a close and June just around the corner, you may be watching for garden growth with your own planting or frequenting Farmer's Markets or farm stands more often. It's becoming easier to eat fresh with the summer months upon us.

In this issue, the focus will continue to be healthy eating but with the addition of increased movement throughout your day. With the warmer weather, it's easier to head outdoors for some physical activity or to increase the time or intensity from what currently makes you comfortable.

Last, but not least, is the excitement over showcasing a fruit again as the produce item of the month! Strawberries tend to me one of the first signs that summer is coming (to those of us that look forward to picking and eating them fresh each year), and they are full of vitamins, minerals, and antioxidants that benefit our health in a variety of ways. As I've gotten more experienced with age, I've also learned that strawberries are not in season for long (and especially if temperature or moisture conditions are not

favorable for their growth), so get some exercise picking them and enjoy eating them while you can.

Settle in as you read to learn about why and how to improve your physical activity, ways to fuel your body for health, and find some delicious recipes for strawberries that will leave you ready to head to the strawberry patch or the nearest farm stand that still has them available.

Happy and Healthy Eating,

Mary Beth



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Special points of interest:

- Physical Activity—Do you really need to move more, and how much is enough?

The Mission for Movement

In the world of cancer prevention and reducing the risk of recurrence, the American Institute for Cancer Research (AICR) publishes updated and evidence-based recommendations based on what is known about cancer thus far. As part of their recommendation about ways to reduce the risk of developing cancer and cancer recurrence, they publish specific recommendations to follow. One of those recommendations is to be physically active. Based on specific studies that look at a variety of long-term research with large numbers of subjects, the following has been shown about physical activity:

- ◆ Subjects that were the most physically active had 24% less risk of developing colon cancer when compared to those who were the least physically active.
- ◆ Physical activity was associated with a 12% risk reduction in breast cancer, and the strongest protective effect was seen in postmenopausal women.
- ◆ Postmenopausal women who increase their physical activity to about an hour of brisk walking daily may have a lower risk of breast cancer than women who walk for less than an hour a week.



How to Incorporate Physical Activity into your Daily Lifestyle

1. Start Moving

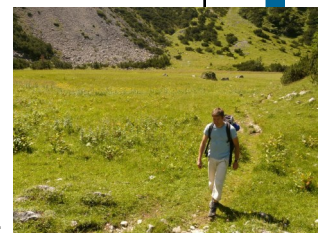
Any kind of movement is better than none. Remember that sometimes getting started is the hardest part, and planning can help. Lay out your exercise clothes and shoes before bed if morning is the best time for you to exercise. Scheduling exercise as part of your day also ensures that you don't run out of time to exercise and allows you time to mentally prepare. According to the AICR, "make it easy on yourself by starting simply, starting where you are, and taking one day at a time. That means, if you used to run but you haven't laced up in years, then don't shoot for ten miles on day one. And, if you've never been into fitness, then don't start with a high-intensity, cross training class. Instead, set some realistic goals, make a plan, and try to get a little better each day."

If you're really struggling to start on any given day, make yourself exercise (e.g., walk) for at least 5-10 minutes. Generally by that time you'll start to warm up and feel better moving than you did being sedentary. Plus if you're outside, you'll enjoy the fresh air.

2. Make A Plan

If you've never been physically active, AICR recommends considering starting your journey towards regular activity with a series of moderate, 15-minute exercise sessions. Do five sessions during week one. Then gradually add five, ten, or fifteen minutes over the next several weeks until each session gets past the 30-minute mark.

If you want to start really simply, then go for brisk walks. By walking 30 minutes a-day, five days a week you easily meet AICR's recommendation to be physically active 150 minutes a-week and reduce your cancer risk.



If you haven't been active in a while, begin with easy to moderate activities and build-up your time and intensity levels gradually. Warm up first by marching in place or walking for five minutes. Once you're done with your exercise, take care of your muscles by stretching for a few minutes. Over time, increase your exercise level to improve your fitness. Push yourself without causing pain or too much exhaustion. Mix up your activity routine to keep it interesting. During the week, spend time doing different kinds of exercise:

- ◆ aerobic (try zumba or jogging)
- ◆ strengthening (try lifting weights, doing body weight work, or using resistance bands)
- ◆ balance (try tai chi and yoga)
- ◆ flexibility (try stretching)



3. Keep Going, Keep At It

By scheduling physical activity into your day and a focus on building more movement into your day (e.g., taking the stairs instead of the elevator, taking walk breaks at work, parking further away from the office or grocery store, etc.), added movement will become more of a daily habit for you. Look for ways to keep it fun by taking your dog on a walk or to the park, playing outdoor games with your kids or grand-kids, inviting friends on a hike, or inviting friends over for some outdoor games and a healthy potluck meal.

If you normally exercise alone but feel like making some new friends would help it be more fun, try going to a gym or find a walking or cycling group where you can enjoy the activity with others. Also consider an aerobics, spin, yoga, kickboxing, or water aerobics class to make new friends and help keep you accountable.

The AICR also points out that awareness of your progress is important. Ideas to monitoring progress include charting your activity in a workout journal or make a game out of counting your steps with a wearable fitness tracker or fitness app.

Wolin KY, Yan Y, Colditz GA, Lee IM. Physical activity and colon cancer prevention: a meta-analysis. Br J Cancer. 2009;100(4):611-616.

Wu Y, Zhang D, Kang S. Physical activity and risk of breast cancer: a meta-analysis of prospective studies. Breast Cancer Res Treat. 2013;137(3):869-882.

Eliassen AH, Hankinson SE, Rosner B, Holmes MD, Willett WC. Physical activity and risk of breast cancer among postmenopausal women. Arch Intern Med. 2010;170(19):1758-1764.

Ask the RD

Question: *Is getting 150-300 minutes of exercise every week really going to make that much of a difference?*

Answer: Absolutely! Research shows that both what you put in your body (via food intake) as well as how much you move your body (via exercise) can both work to decrease the risk of developing cancer or a cancer recurrence. However, when both are utilized, the health benefits are even

greater than either would provide on their own.

AICR Recommendations—

Move More. You've got to move if you want to stay healthy. Physically active people tend to live healthier and longer. Plus, they enjoy more independence as they age.

And Sit Less. People who spend a lot of time sitting – to binge watch TV, for example – are more prone to unhealthy weight gain, cancer and other chronic diseases including type two diabetes and heart disease. If you spend your day at a sedentary job and then sit at your

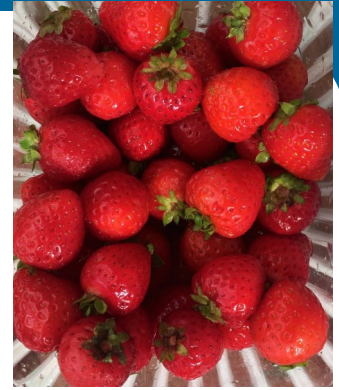
computer or television for a few hours every night, that sedentary lifestyle can increase your cancer risk.

Look for ways to include more movement throughout your day!





Strawberries



Strawberry season signifies the feeling that summer has started (although we officially have until June 21st). Right up there with Memorial Day weekend and the opening of public and residential pools, it can make life feel a little more relaxed. Strawberries not only taste delicious, but they also come with vitamins and minerals that offer health benefits and protection from unwanted chronic disease. The color of fruits and vegetables is determined by the antioxidants present in each one, and it's the powerhouse anthocyanin that is the antioxidant responsible for giving strawberries their vibrant red color. As another general rule, the more bright and vibrant the color is throughout the fruit or vegetable, the more beneficial it is. Strawberries also deliver in that regard because they are packed with antioxidants as well as potassium, folic acid, manganese, and fiber.

Here is a quick run down of the berry benefits they offer:

- ⇒ Vitamin C – one serving (8 medium strawberries) provides 160% of the recommended daily value for this antioxidant. Vitamin C plays a role in adequate wound healing, preventing chronic inflammation, and increasing the production of T-cells and B-cells (these remove infected and cancerous cells and create antibodies so your body can better defend against germs in the future, respectively).
- ⇒ Potassium – one serving provides five percent of the daily value for this mineral. It aids in electrolyte balance, muscle contractions, and plays a role to maintain a healthy blood pressure. Eating patterns high in potassium from natural sources have been shown to lower blood pressure and the risk of stroke.
- ⇒ Fiber – one serving provides three grams of fiber, making it a good fiber source on your way to a goal of 25 grams of fiber daily. Studies have shown that people who eat high fiber diets have a lower risk of heart disease as well as a healthier digestive system that can reduce the risk of developing colon and rectal cancers. Lastly, five to ten grams of soluble fiber daily can lower blood cholesterol levels.

Enjoy them before they are gone for the season, and if you really don't eat them all while they are ripe, see the recipes that follow for ideas about ways to use them up.

https://www.canr.msu.edu/news/why_strawberries

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/cholesterol/art-20045192#:~:text=Soluble%20fiber%20can%20reduce%20the,day%20decreases%20your%20LDL%20cholesterol.>

<https://health.clevelandclinic.org/benefits-of-strawberries/>

Healthy Strawberry Oatmeal Bars

From: Well Plated by Erin

<https://www.wellplated.com/strawberry-oatmeal-bars/>

Ingredients:

For the Strawberry Bars

- 1 cup old-fashioned rolled oats—gluten free, if needed
- 3/4 cup white whole wheat flour
- 1/3 cup light brown sugar
- 1/4 teaspoon ginger
- 1/4 teaspoon kosher salt
- 6 tablespoons unsalted butter, melted
- 2 cups small-diced strawberries—about 10 ounces, divided
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice—from about 1/2 small lemon
- 1 tablespoon granulated sugar, divided

For the Vanilla Glaze (optional)

- 1/2 cup powdered sugar, sifted
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon milk—any kind you like



Instructions:

1. Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
4. Bake the bars for 35-40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).
5. While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

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Healthy Fruit Salad Recipe

From the 'She Loves Biscotti' website

<https://www.shelovesbiscotti.com/healthy-fruit-salad-recipe/>

Prep Time: 30 minutes

Total Time: 30 minutes

Ingredients:

- 1 teaspoon lemon zest, fresh
- 1-2 tablespoons lemon juice from half a lemon, freshly squeezed
- 2 oranges, peeled and segmented, juice added
- 2 pears, any ripe variety, diced
- 3 apricots, diced
- 2 medium peaches, diced
- 2 cups strawberries, diced
- 3 kiwis, golden or green, skin removed, diced
- 2 cups blueberries
- 1 cup raspberries
- Mint leaves

Instructions:

1. Place all of the ingredients in a large bowl.
2. Gently toss together.
3. Garnish with mint leaves and serve.



Switch out the fruits based on what is in season during the summer and/or what you have available.