

Super Seniors News

March 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to National Nutrition Month®. We will focus on this year’s theme, “Enjoy The Taste of Eating Right” and fraud prevention tips.

Sincerely,

Jacquelyn W. Gibson

Jacquelyn W. Gibson
Extension Faculty-FCS



The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

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National Nutrition Month®2014

National Nutrition Month® is a nutrition and education campaign created annually in March by the Academy of Nutrition and Dietetics.

Initiated in 1973 as a week long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year’s theme “Enjoy the Taste of Eating Right,” focuses on combining taste and nutrition to create healthy meals that follow the recommendations of 2010 Dietary Guidelines for Americans.



While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right,” according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five My Plate food groups every day.



Nutrient-rich foods and beverages provided vitamins, minerals, protein and other essential nutrients that offer health benefits with relatively few calories.

“According to consumer research, taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most,” says registered dietitian and academy spokesperson Joy Dubest.” So make taste a priority when preparing nutritious meals.

Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Tips on How to Healthify our Menu from Communicating Food for Health

Healthify Your Menu

Give your weekly menu a health boost! Consider substituting a few ingredients in one of your favorite recipes to improve the nutrient profile of your meal. Or try one new and balanced recipe per week. You can “healthify” your menu without having to think twice!

For **smart ingredient substitutions**, try. . .

- Replacing **butter with a neutral oil**. Yes, the calorie count will be similar, but the unsaturated fats in oils are way better for your heart than the saturated fat in butter.
- Switching in **egg whites for whole eggs**.
- Using **fresh herbs and spices to flavor foods instead of using salt**. Vinegar or lemon juice can add oomph to a dish too.
- Choose **lean ground meats instead of traditional ground beef**. If you’re going for ground poultry, try ground chicken breast without the skin.

For **cooking inspiration**, try...

- Mixing things up with one new and healthful dish per week. You never know when you might find your next home run meal!
- Getting recipes from an **online healthful cooking database** like <http://www.foodandhealth.com/recipes.php>.

Source:

<http://www.communicatingfoodforhealth.com/enjoy-taste-eating/>

A Nutrition Diet Means a Happier, Healthier You!



Live Longer, Be Stronger, Sharpen Your Mind, and Feel Better

Nutrition is especially important for older adults, as a good diet can reduce the risk of high blood pressure, certain cancers, heart disease, and osteoporosis. Eating right can also give seniors a sharper mind, a greater resistance to disease and illness, higher energy levels, quicker recovery times, a healthier immune system, and can also help manage persistent health problems.

The Academy of Nutrition and Dietetics recommends shifts in dietary nutrients as we grow older, including more of the following:

- **Water** to help control fluid levels. Be sure to drink plenty of water to avoid urinary tract infections, constipation, and even confusion.
- **Calcium and vitamin D** to help maintain strong bone health. Older adults should eat three servings of vitamin d-fortified low-fat or fat-free milk or yogurt daily. Other sources of calcium-rich foods include dark green leafy vegetables, canned fish and fortified cereals and fruit juice.
- **Vitamin B12** is often low in people older than 50. Lean meat, fortified cereals and some seafood are excellent sources of vitamin B12.
- **Potassium** is found in fruits, vegetables, and milk and yogurt products. To lower high blood pressure, seniors should increase potassium in their diets while reducing sodium or salt intake.
- **Fiber** found in whole-grain breads and cereals, beans, peas, fruits and vegetables is a natural way to stay regular, prevent Type 2 diabetes, control weight and lower one's risk for heart disease.
- **Healthier Fats** found in olive oil and peanut oil, for example, are considered polyunsaturated or monounsaturated vs. saturated and trans fats

found in many commercially processed and baked foods.

Include foods such as avocados, salmon, walnuts and flaxseed to help control “bad” cholesterol levels and raise “good” levels.

*Tip of the Day: Enjoy the taste of eating right by using fresh herbs and spices to flavor food.

Chicken Stew

Serves: 4 Serving size: 2 cups
Total Time: 55 min Prep: 15 min
Cook: 40 min



Ingredients:

2 teaspoons vegetable oil
1 onion, peeled and cut in chunks
3 carrots, peeled and cut in chunks
3/4 skinless chicken breast, cut in chunks
3 yellow potatoes, cut in chunks
1-1/2 cups chicken broth, low-sodium
1 cup water
1 bay leaf
1 teaspoon garlic powder
1/2 teaspoon dried thyme leaves
1/2 teaspoon dried ground sage
1/4 teaspoon fresh ground black pepper

Directions:

Place vegetable oil in Dutch Oven pan and heat over medium heat. Add the onion and carrots. Sauté until lightly browned, about 3 minutes.

Add the rest of the ingredients. Cover and bring to a boil. Lower heat to a simmer and cook until the potatoes and carrots are tender, about 30-35 minutes. Serve in soup bowls.

Serves 4. Each 2 cups serving: 214 calories, 4g fat, 1g saturated fat, 0g trans fat, 21mg cholesterol, 101mg sodium, 32g carbohydrate, 5g fiber, 6g sugars, 14g protein. © Food and Health Communications



ID Theft and Fraud Prevention Tips from the Florida Department of Agriculture and Consumer Services

Keep Your Finances Monitored and Protected

According to the Federal Trade Commission, Florida has the highest rate of identify theft in the United States. It is important for consumers to review monthly bank and credit card statements to detect any unusual activity.

Unauthorized charges or deductions on your statement may be a sign of a simple error or possibly identify theft. Banks typically allow consumers to dispute any unauthorized charges within a certain period of time. If a statement inaccuracy is not detected and disputed timely, the consumer may be held responsible for the charges, regardless of how the charges ended up on an account.

Even though banks have become better at detecting fraudulent charges on their customers' accounts, the only foolproof means of protecting yourself is to review every single line of your monthly statement. Although this may seem like a tedious task at times, thoroughly reviewing your statement is an easy measure that can be taken to protect yourself.

- **Protect Personal Information and Finances**

Monitor Credit Card and Bank Statements

Review all monthly account statements in detail as soon as they arrive to make sure that all transactions shown are ones that were authorized.

Keep copies of receipts and audit them against the billing statement for any unauthorized charges or overcharges. Notify the card issuer immediately if you suspect unauthorized use or fraudulent use of your card.

- **Keep Track of Statements**

If an anticipated credit card bill is late, call the card issuer right away. A missing statement may be a sign that a statement has been stolen or your identity has been compromised.

- **Properly Store and Dispose of Old Statements**

Store old statements and receipts in a secure place and cross-shred them before they are discarded. Identity thieves are not afraid to get their hands dirty by digging through trash for personal information.

- **Avoid Mail Fraud**

Notify the post office and the card issuer immediately if there is a change of address. Consumers are advised to never leave outgoing bill payments inside a residential mailbox. Instead, drop them off at the nearest post office or postal service mailbox. For additional information, contact the Florida Department of Agriculture and Consumer Services at www.800helpfla.com or call 1-800-HELP-FLA (434-7352) within Florida, (850) 410-3800 from outside of Florida or 1-800-FL-AYUDA (352-9832) en Español.

Source: Florida Consumer E-Newsletter

FLORIDA eALERT

Florida Department of Agriculture and Consumer Services 1-800-HELP-FLA (435-7352) 1-800-FL-AYUDA (352-9832)

Return Call Telephone Scam Alert

A telephone scam that has been around for many years has appeared again. This scam involves returning calls to the 268, 809, 284 and 876 area codes that originate from Antigua, Jamaica or another Caribbean island. Sometimes it just appears as a missed call, also known as a "one-ring scam." Other times, the caller leaves a message on your answering machine, gives their first name and leaves a message such as "Sorry I missed your call...please call me back I have something important to tell you." The reasons you are asked to call back vary and can include such things as a family member is ill, someone has been arrested, died or to let you know you have won a prize.

The overseas area codes can be used as pay-per-call numbers, similar to the more familiar 900 numbers. Consumers that have returned the calls have reported being charged a \$19.95 connection fee and an additional \$9 per minute.

The practice of third parties placing unauthorized charged on wireless accounts is called “cramming.” If you don’t recognize an out-of-state telephone number on your caller ID, ignore it, and if you do answer, do not call back.

If you think you’ve received a call from a potential scammer, immediately report it to your telephone or cellular provider.

Get Your Taxes Done For Free!



Where: Branches/United Way Center for Financial Stability

Voluntary Income Tax Assistance (VITA) Sites

If you earn less than \$52,000 and wish to get your taxes done in person, please choose one of the following sites, and to make an appointment call 305-688-64211:

North Location

Branches Fulford

1900 NE 164th St NMB, FL 33162

Open January to April

South Location

Branches South Miami

6565 S. Red Rd Miami, FL 33146

Open January to April

Florida City Location

Branches Florida City

129 SW 5th Ave, FL City, FL 33034

Open January to April

Branches Main Office &

United Way Center for Financial Stability

11500 NW 12th Ave, Miami, FL 33168

Open Year Round

Call to make an Appointment 305-688-3551

If you earn less than \$58,000, get your taxes done For Free at: www.myfreetaxes.com/uwcfcs