

Super Seniors News

March 2015 Newsletter

Dear Friends,

This issue of “Super Senior News” will be dedicated to National Nutrition Month®. We will focus on this year’s theme “Bite into a Healthy Lifestyle.”

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® 2015

National Nutrition Month® is a nutrition education and information 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 and throughout the year, the Academy encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise.

This year's theme "Bite into a Healthy Lifestyle," focuses on helping people create a healthy eating pattern and physical activity plan.

By adopting these goals, this year's theme strives to help people manage their weight successfully and reduce their risk of chronic disease while promoting general health.

Take a Bite

How can you bite into a healthy lifestyle?

Remember to Exercise!

When you exercise regularly, you reduce your risk of chronic diseases like diabetes and heart disease while increasing your chances of sleeping better and living longer.

Plus, physical activity can help you manage your weight.

If you haven't been exercising at all, talk with your doctor about ways to start slow. Go for a walk with a friend or try a beginner exercise class.

If you start slowly and keep going, you'll reap health benefits and reduce your risk of injury or burnout.

Find ways to make exercise fun. Meet up with a friend, join a gym class, or find new places to explore. The possibilities are endless! What works for you?

Its' Time to Mix Things Up!

It's National Nutrition Month®! The theme this year is "Bite Into a Healthy Lifestyle". Feeling inspired but not sure where to start? Here are a few great ways to build a healthy lifestyle. . .

- **Make Smart Choices.** Do you know what's really in your food? How many calories? How many nutrients? The more you know, the wiser your decision can be. If you're shopping in the grocery

store, look at the Nutrition Facts labels of foods before you put them in your cart. If you're dining out, look up the menu online.

- **Eat and Drink Fewer Calories.** Keep empty calories to a minimum and focus on foods like fresh fruits, fresh vegetables, lean protein sources, low-fat dairy products, and whole grains. These are all keys to a healthful and balanced diet that's rich in nutrients.

Source: <http://foodandhealth.com>

Make a Healthful Plate to Bite Into a Healthy Lifestyle



Vegetable Group

Fill half your plate with a variety of fruits and vegetable at each meal.

Eat something from the five vegetable groups each day.

Dark green	Red and orange
Peas and beans	Starches
Other	

A diet rich in vegetables help reduce your risk of heart disease, stroke, diabetes, and certain cancers. Vary your veggies!

Fruit Group

Choose whole fruit more often; limit the quantity and choose 100% fruit juice.

Try a variety of different fruits every day:

Stone fruits	Berries	Melon
Fleshy fruits	Pomefruits	

Fruits are an excellent source of fiber, water, vitamins, and phytochemicals (these are natural plant chemicals that are good for you.)

Most fruits are low in sodium, fat, and calories, and all of them have no cholesterol.

Most people need to eat 4 to 5 cups of fruits and veggies each day.

Grain Group

Make sure that at least half of the grains you eat every day are whole grains.

Try whole wheat foods, brown rice, and oatmeal for an easy way to get more whole grains each day.

Protein Group

These foods are part of the protein group:

Meat	Seafood	Beans and peas
Poultry	Nuts	Soy foods
Eggs	Seeds	

Keep your protein choices lean and about the size of a deck of cards. Follow MyPlate's advice and keep protein to about 1/4 of your plate. Remember to eat a variety of protein foods.

Dairy Group

Choose items that are low in fat, sodium, and sugar.

The dairy group includes:

Milk	Yogurt
Cheese	Milk-based desserts

Many foods in the dairy group are good sources of calcium, which helps build/maintain bone health and control blood pressure.

Source: Food and Health Communications
<http://foodandhealth.com>

Recipe Corner



Apple Cinnamon Muffins

Serves 12 | Serving Size: 1 muffin

Total Time: 40 min | Prep: 15 min | Cook: 25 min

Ingredients:

2-1/4 cups white whole wheat flour

2 teaspoons baking powder

1 teaspoon apple pie spice

3/4 cup brown sugar

3/4 cup egg whites

1/2 cup vegetable oil

1 cup skim milk

1 cup diced apples



Directions:

Preheat oven to 400°F.

Lightly spray non-stick muffin pan with vegetable oil or line with paper muffin cups.

Combine dry ingredients in a medium-sized mixing bowl. Add wet ingredients and apples and mix well.

Fill muffin cups 3/4 full with batter and bake until done, about 25 minutes. Test with a toothpick - it should come out clean when muffins are done.

Chef's Tips:

Use a toothpick to test whether your muffins are done. Insert a toothpick into the center of a muffin. If it comes out clean, the muffins are done.

Serves 12. Each 1 muffin serving: 233 calories. 10g fat, 1 g saturated fat, 0g trans fat. 0mg cholesterol, 41mg sodium, 33 carbohydrates, 3g fiber, 16g sugars, 5g protein.

Allergens: Milk, Egg, Wheat

* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

Source: [www.](http://www.foodandhealth.com)

[Foodandhealth.com/recipe_print.php?id=245](http://www.foodandhealth.com/recipe_print.php?id=245)

Apple Broccoli Waldorf

Serves 4 | Serving Size: 1 cup
Total Time: 5 min | Prep: 5 min | Cook: 0 min

This red and green salad is perfect for any holiday meal.



Ingredients:

2 red apples, diced with peel on
2 cups raw broccoli florets
2 tablespoons chopped green onion
2 tablespoons chopped walnuts
1/4 cup raisins
1/2 cup low-fat light vanilla yogurt

Directions:

Mix all ingredients together and refrigerate until ready to serve.

Chef's Tips:

This dish looks great when served on a bed of lettuce with a pinch of ground cinnamon on top.

Allergens: Milk, Tree Nut

* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

Nutrition Facts

Serving Size 1 cup

Servings Per Batch 4

Amount Per Serving

Calories 141

Calories from Fat 28

% Daily Value *

Total Fat 3 g

4%

Saturated Fat 0g

Trans Fat 0g

Cholesterol 2mg

0%

Sodium 38 mg 1%
Total Carbohydrate 28g 9%
Dietary Fiber 4g 16%
Sugars 20g
Protein 4g 8%
Vitamin A 9% • Vitamin C 76%
Calcium 8% • Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source:

www.foodandhealth.com/recipes.php/recipe/782/apple-broccoli-waldorf

Tax Tips from the IRS



Five Easy Ways to Spot a Scam Phone Call

The IRS continues to warn the public to be alert for telephone scams and offers five tell-tale warning signs to tip you off if you get such a call. These callers claim to be with the IRS. The scammers often demand money to pay taxes. Some may try to con you by saying that you're due a refund. The refund is a fake lure so you'll give them your banking or other private financial information.

These con artists can sound convincing when they call. They may even know a lot about you. They may alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. If you don't answer, they often leave an "urgent" callback request.

The IRS respects taxpayer rights when working out payment of your taxes. So, it's pretty easy to tell when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a sign of a scam. The IRS does not:

1. Call you to demand immediate payment. We will not call about taxes you owe without first mailing you a bill.
2. Demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
3. Require you to use a certain payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.
5. Threaten to bring in local police or other law-enforcement to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what to do:

- If you know you owe taxes or think you might owe, call the IRS at 800-829-1040 to talk about payment options. You also may be able to set up a payment plan online at [IRS.gov](https://www.irs.gov).
- If you know you don't owe taxes or have no reason to believe that you do, report the incident to TIG-TA at 1.800.366.4484 or at www.tigta.gov.
- If phone scammers target you, also contact the Federal Trade Commission at [FTC.gov](https://www.ftc.gov). Use their "FTC Complaint Assistant" to report the scam. Please add "IRS Telephone Scam" to the comments of your complaint.

Remember, the IRS currently does not use unsolicited email, text messages or any social media to discuss your personal tax issues. For more information on reporting tax scams, go to www.irs.gov and type "scam" in the search box.
