



Information

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FOCUS ON EATING RIGHT AT ANY AGE

During National Nutrition Month and Beyond, American Dietetic Association® (ADA) says to focus on eating right at any age. The professional group of registered dietitians recommends these tips to help make healthy changes in your lifestyle.

Make a plan: Adopt a few specific small changes. When you make a realistic plan, the changes won't seem so overwhelming. A few small changes, such as adding one piece of fruit to your diet each day, aren't difficult to do and can make a huge difference to your health.

Focus on your food: Plan out your meals so you aren't forced to make unhealthy decisions based on convenience. Making sure you eat balanced meals with appropriate portions will help you manage your caloric intake.

Make calories count: Make meal choices that focus on nutrient rich foods. The majority of your food choices should be packed with vitamins, minerals, fiber, and other nutrients.

Increase physical activity: Regular physical activity is important for overall health and fitness. The Dietary Guidelines for Americans recommend that adults be physically active for about any hour a day.

Play it safe: Even the right food choices can affect your health if you don't follow food safety rules. Always clean hands and food-contact surfaces, keep raw and cooked foods separate, cook foods to a proper temperature and chill leftovers promptly to avoid illness.

Be aware of special needs: Nutritional needs change depending upon your age and overall health. Older adults need more vitamin D and calcium to help maintain bone health. It's important to check with a registered dietitian to figure out what your specific nutritional needs are.

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Enjoy these recipes compliments of ADA.

TARRAGON COD WITH VEGETABLES

6 frozen cod fillets (1 1/2 pounds total)
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 tablespoon fresh tarragon leaves, or 1 teaspoon dried tarragon
1 tablespoon fresh lemon juice
1 1/2 cups chopped mushrooms
1 1/2 cups thinly sliced carrot
3/4 cup chopped celery
2 tablespoons chopped fresh parsley
1 tablespoon margarine, cut into 6 small pieces

1. Preheat the oven to 350 degrees F.
2. Place the frozen fish on a sheet of heavy-duty aluminum foil; season with salt and pepper.
3. Sprinkle the tarragon and lemon juice on the fish. Add all the chopped vegetables and the fresh parsley. Dot with margarine; fold and crimp the foil to make a tight package.
4. Bake for 40 minutes if the fish was frozen or 35 minutes if it was thawed when it was put into the oven. To serve, put on individual plates and slit the foil across the top so diners can easily fold it back to enjoy the entrée. Makes 6 Servings

Serving size: About 3 1/2 ounces fish, plus 1/3 cup vegetables

Nutrition Facts per Serving: Calories: 130; Calories from fat: 25; Fat: 3 g; Saturated fat: 1 g; Cholesterol: 49 mg; Sodium: 205 mg; Fiber: 1 g; Sugars: 2 g; Protein: 21 g; Carbohydrate: 4 g; Exchange Approximations: Vegetable 1, Meat, very lean 3

Recipe and text from The New Family Cookbook for People with Diabetes, published by Simon & Schuster, copyright 2007. Used by permission.

SPRING VEGETABLE SAUTÉ

Marjorie Sawicki, MS, RD, LD

1 tablespoon canola oil
1 clove garlic, minced
1/4 red onion, cut into slivers
1 portabella mushroom, sliced
1 pound sugar snap peas, trimmed
1/2 pound fresh asparagus, trimmed and sliced diagonally
1 to 2 tablespoons balsamic vinegar
1 tablespoon snipped fresh tarragon, or 1 teaspoon dried
4 tablespoons slivered almonds, optional

1. Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Sauté 2

to 3 minutes.

2. Add the mushroom, snap peas, asparagus and 2 tablespoons water. Sauté 2 to 4 minutes, or until the mushrooms wilt and the peas are crisp tender.
3. Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with the almonds and serve. Makes 6 Servings.

Cook's Tip: Use 1 pound of asparagus and omit the snow peas. The contrasting textures of the mushrooms and the asparagus silently add to the enjoyment of the dish.

Serving size: 1 cup

Nutrition Facts per Serving: Calories: 120 kcal; Fat: 5 g; Saturated fat: 0 g; Cholesterol: 0 mg; Sodium: 15 mg; Carbohydrates: 10 g; Fiber: 3 g; Protein: 5 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

AMBROSIA

- 1 1/4 cups orange segments
- 1 small banana (about 4 ounces), peeled and sliced
- 1/4 cup orange juice
- 2 tablespoons shredded coconut (sweetened or unsweetened as available)

1. Combine the fruits and juice.
 2. Sprinkle with coconut at serving time.
- Makes 2 cups (4 servings)

Serving size: 1/2 cup

Nutrition Facts per Serving: Calories: 72; Calories from fat: 10; Fat: 1 g; Saturated fat: 1 g; Cholesterol: 0 mg; Sodium: 7 mg; Fiber: 2 g; Sugars: 12 g; Protein: 1 g; Carbohydrate: 16 g
Exchange Approximations: Fruit 1

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