

# EAT WELL, AGE WELL. HEALTHY EATING PLANS

## Healthy Eating in a ***DASH...***

With the endless sea of diets floating around, it can be very confusing to know how and what to eat. The good news is it doesn't have to be so overwhelming or confusing.

There are 4 optimal-aging eating plans that are backed by science that contain nutrient-rich foods without overdoing calories.

This month we are highlighting the DASH (Dietary Approaches to Stop Hypertension), eating plan.

## Is This Eating Plan Right for Me?

The DASH Eating plan has been shown to lower blood pressure in people who have high blood pressure, 130 or higher over 90 or higher, as well as those with prehypertension, or a blood pressure that runs around 120-129 over 80 to 89. This eating plan includes high fiber foods as well as those rich in the mineral's potassium, magnesium, and calcium and limits sodium and sweets.

### To Get Started:

- ✓ Increase low-fat or fat-free dairy foods to 3 servings per day.
- ✓ Add a serving of veggies to lunch and dinner.
- ✓ Snack on fruit (canned, frozen, dried, or fresh)
- ✓ Eat a vegetarian meal once or twice a week. This means no meat but be sure to include a source of protein from beans, Greek yogurt, cheese, nuts, or seeds.

## Sample Meals for the Day

**Breakfast:** whole grain cereal, low-fat milk, berries, coffee or tea.

**Lunch:** 3 oz. of tuna on whole grain bread, leafy green salad with balsamic vinaigrette dressing, fruit, unsweetened ice tea.

**Snack:** Apple with ~ 23 almonds (unsalted)

**Dinner:** Rice and Beans or Chicken with brown rice, veggies, fruit and sparkling water.

**Snack:** Flavored Greek Yogurt with fruit.



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*“Happiness is when what you think, what you say and what you do are all in harmony.” Mahatma Gandhi*

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## Tips for Lowering Sodium When Cooking

- Don't add salt when cooking rice, pasta, and hot cereals.
- Flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice.
- Rinse canned foods or foods soaked in brine before using to remove the sodium.
- Use less table salt to flavor food.

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

## Spicy Roasted Broccoli



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### Ingredients:

- Broccoli, large stems trimmed and cut into 2-inch pieces (about 4 cups)
- 2 tablespoons olive oil divided
- ¼ teaspoon salt-free seasoning blend
- 1/8 teaspoon freshly ground black pepper
- 2 cloves garlic peeled and minced
- 1/8 teaspoon crushed red pepper flakes

## Instructions

1. Preheat the oven to 450 F.
2. In a bowl, toss together the broccoli and 1 tablespoon olive oil.
3. Sprinkle with salt-free seasoning and pepper.
4. Transfer to a rimmed baking sheet and bake for 15 minutes.
5. While that roasts, mix together 1 tablespoon olive oil, the garlic, and the red pepper flakes, if desired.
6. After the broccoli has cooked 15 minutes, drizzle the garlic oil over the broccoli and stir to coat. Return to the oven and bake until the broccoli starts to brown, about 8 to 10 more minutes. Serve hot.

Recipe adapted from webmd.com

### Nutrition per 1-cup serving:

Calories: 86, Sodium: 24 mg, Potassium: 232 mg, Magnesium: 16 mg, Calcium: 37 mg, Fat: 7 grams, Saturated Fat: 1 gram, Chol: 0 mg, Carbohydrate: 5 grams, Dietary Fiber: 2 grams, Sugars: 1 g, Protein: 2 g

*“Choose to be optimistic, it feels better.” – Dalai Lama*

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## Stay on Track When Eating Out

- ✓ Ask that foods be prepared without added salt or MSG, commonly used in Asian foods.
- ✓ Avoid choosing menu items that have salty ingredients such as bacon, pickles, olives, and cheese.
- ✓ Avoid choosing menu items that include foods that are pickled, cured, smoked, or made with soy sauce or broth.
- ✓ Choose fruit or vegetables as a side dish, instead of chips or fries

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>

## Eating Out...What to Order?

When someone else is preparing your food, it can be tricky to know how much salt they are using when they cook. But did you know that as of May 2018, chain restaurants with more than 20 locations must list the calorie count on their menu boards, physical menus and in drive-thrus. The requirement is one of the last pieces of the Affordable Care Act to be implemented. They must also provide calorie, fat, sodium and additional nutritional information.



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Image by Bru-nO on Pixabay

### Sample Order

Hamburger, with no added salt, but pepper is great. Ask for a small side salad instead of the fries. Ask for the salad dressing on the side. Ask for a low fat, fat-free or vinaigrette dressing and unsweetened ice tea with lemon.

If you are trying to limit carbs or cut down on calories, order the hamburger without a bun. You could eat the burger plain, ask for it in a lettuce wrap or add it to the side salad.

Try new things and to be an advocate for your health. ***It's your body, nourish it!***

***“Success is the sum of small efforts, repeated day-in and day-out.” – Robert Collier***

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## Red Bean Veggie Soup

When we eat alone it is easy to make a meal out of a can of soup with a sandwich. Did you know that most canned soups are very high in sodium? Some have 1200 to 1500 mg per 2 cups serving! Always read the label.

There is an easy way to make your own soup, that is much lower in sodium, but still uses canned foods for the base. Interested?

Healthy beans, that are rich in protein, fiber, potassium, complex carbs, antioxidants, & low in fat, are the foundation of this simple, inexpensive, healthy and filling meal. Be sure to buy the low sodium version of canned goods.



Image by werner22brigitte on Pixabay

## Easy meal in a ***DASH***....

### Directions

- 1) In a medium pot, combine **1 can drained no-salt-added red beans**, **4 cups low-sodium vegetable juice**, **2 to 3 teaspoons oregano**, **Italian Seasoning**, or **seasoning of your choice**, and **2 cups chopped veggies of your choice**, they can be canned, but be sure they are also low sodium or frozen veggies work great too!
- 2) Bring to a boil and simmer until vegetables are crisp-tender, about 10 to 15 minutes.

Recipe adapted from [www.shape.com](http://www.shape.com)

***“Be the attitude you want to be around.” Tim DeTellis***