

# STRENGTHENING OKLAHOMA FAMILIES



## GARFIELD COUNTY EXTENSION

The [Academy of Nutrition and Dietetics](#) recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. With March being National Nutrition Month, it is a great time to focus on the changes a person's body needs through various stages of life.

Janice Hermann, [Oklahoma State University Extension](#) nutrition specialist, said what worked in a person's 20s won't necessarily work on their 50s.

"As you age and evolve, so do your health and nutritional needs. That's why it's so important to eat right for life," Hermann said.

This year's National Nutrition Month theme is Personalize Your Plate and promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year.

Hermann said the new 2020-2025 Dietary Guidelines for American provides research-based advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat.

DGA guidelines for healthy eating include:

## Eat right for your stage in life



- Teens to 20s: Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Some non-dairy options for calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.
- 20s to 30s: Eat more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds in an effort to reduce the risk of chronic diseases such as obesity. Women of childbearing age should include sources of folate, such as beans, peas and leafy greens, as well as consume foods that are fortified with folic acid, such as breads, cereals and other grain products.
- 30s to 40s: At this age, continue with a wide variety of foods, especially fruits and vegetables, whole grains and beans, as well as peas and lentils. These foods contain essential vitamins, minerals, antioxidants and dietary fiber.

*(Continued on page 2)*

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- 40s to 50s: Continue incorporating regular physical activity. This is important because the body is changing due to fluctuating hormones and slowing metabolism. In addition, fine tune your healthful eating habits. Limit foods and beverages with added sugars, salt and saturated fats.
- 60s and beyond: A variety of protein-rich foods are a must to maintain bone strength in this stage of life. Try to incorporate strength-building activities to help maintain muscle. Good sources of protein include seafood, lean cuts of meat,

eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which can be a concern for older adults. Check with your healthcare provider about a vitamin B12 supplement.

National Nutrition Month was initiated in 1973 as a week-long observance. It became a month-long observance in 1980 in response to the growing interest in nutrition.



## Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! To get these nutrients — your best sources of vitamins, minerals and antioxidants are from whole foods, since it may be a combination of nutrients within that provide these benefits.

### Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

### Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

### Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

### Healthy Fats: Include sources of Omega-3s

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

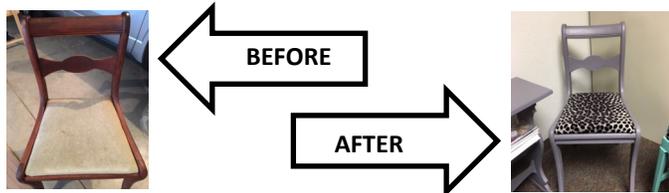
*Reviewed by Sarah Klemm, RDN, CD, LDN <https://www.eatright.org/health/wellness/preventing-illness/5-top-foods-for-eye-health>*



# OHCE News & Notes

## Chalk Paint Class

A class using Chalk Paint to refinish a piece of furniture will be held March 30th . You will need to bring a piece that you can carry in by yourself. The cost will be \$18 with primer, paint, brush, and finishing sealer furnished. Paint colors will be available for selection that evening. For special requests come by and select your color on the chip chart. Class will be held Tuesday March 30 from 4-8 p.m. You must enroll by March 23rd to reserve your place.



## OHCE Board Meeting

The Garfield County OHCE Executive Board will meet Monday March 1st, at 9:30 am in the OSU Conference Room. Please be prepared to share your committee's ideas and upcoming plans. We will have an April Board meeting April 5th, at 9:30 am and the Spring OHCE County meeting is scheduled for Tuesday March 20th at 6:30 p.m.



## April Leader Lesson

The Leader Lesson for your April meeting will be held Wednesday, March 24<sup>th</sup>, 2 p.m. at the Garfield County OSU Extension Conference Room. Our topic is "Sheet Pan Meals". Covered during the lesson will be some basic ideas for this simple, easy to prepare, one dish meal. Invite a guest/potential OHCE member to this educational lesson. Samples will be served at the conclusion of the lesson.

## EXERCISE FOR LIFE

A new class of Exercise for Life starts Monday, March 15th through Friday, April 23rd. Classes will be held each Monday, Wednesday and Friday from 8:30-9:30 a.m. (No class will be held Friday March 26 due to a scheduled meeting). Cost is \$20 for all sessions. We will work on flexibility, stamina, balance and strength building. Fridays will be a gentle chair yoga session. All moves/exercises can be modified for any person and their current ability. Call if you have any questions and will be glad to assist. Please call (580) 237-1228 and register by March 12.



## Walk With Ease

A Walking class will begin Monday, March 22nd at 5:15 PM and held each Monday and Wednesday through April 28<sup>th</sup>. Classes will begin with a short lesson, warmup, stretching and then walking starting with 10 minutes. The goal is to increase each week and that will be at each person's discretion and ability. All of these movements/stretches are recommended by the Arthritis Association and will follow these guidelines. Classes will be held at the Crosslin Walking Trail. Enter from Purdue Street traveling south, we will meet at the 2<sup>nd</sup> covered picnic area for the first meeting. Cost is \$10 for materials and instruction. Please sign up by calling (580) 237-1228 by March 17th so that materials can be prepared.

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

Wednesday

March 17th, 2021





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**GARFIELD COUNTY  
EXTENSION**

## Dates to Remember

OHCE Board Meeting– March 1st, 9:00 am

Walk With Ease— March 22nd, 5:15 pm

Leader Lesson– March 24th, 2:00 pm

West District OHCE VIRTUAL Meeting– March 26th, 9 am

Chalk Paint Class- March 30th, 4-8 pm



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