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A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert: What is the most common chronic disease in older adults?

Written by Caroline Parker, Senior in Dietetics & Nutrition, Fitness, and Health '21

About 80% of adults age 65 and older have at least one chronic disease. Chronic diseases are long-term and are the leading cause of death and disability in America. Having a chronic disease can increase health care costs and make it harder to do everyday activities. Heart disease and related conditions are the most common chronic diseases in the US. Everyday behaviors like smoking or tobacco use, poor nutrition, not enough physical activity, and too much alcohol intake can add to the risk for heart disease. High blood pressure, or hypertension, and high amounts of cholesterol in blood also lead to heart disease.

Hypertension is very common in the US. About 58% of older adults are treated for hypertension. One cause is a buildup of material in blood vessels, making the vessels narrower and more difficult for blood to flow easily. When this happens, the heart must work harder to pump blood around the body. Overtime, high blood pressure and the increased work for the heart can lead to heart disease. To prevent hypertension, keep stress low, exercise daily, maintain a healthy weight, and limit salt and alcohol intake.

High amounts of cholesterol in blood can add to the build-up of material in blood vessels, blocking the flow of blood through the vessels and causing heart attack and stroke. Diets high in saturated and trans-fat, and lack of physical activity can lead to high cholesterol. About 47% of adults 65 years and older have high cholesterol; however, high cholesterol can be avoided by staying active, keeping a healthy weight, and low amount of saturated fat in the diet.



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<https://www.cdc.gov/chronicdisease/about/index.htm>

<https://www.ncoa.org/blog/10-common-chronic-diseases-prevention-tips/>

Food Safety: Onion Recall

Written by Caroline Parker, Senior in Dietetics & Nutrition, Fitness, and Health '21

As of September 21st, 2020, the Center for Disease Control and Prevention (CDC) announced a recall for red, white, yellow, and sweet onions. These onions, supplied by Thomson International Inc., may contain Salmonella and cause foodborne illness. Foods made with these onions are also recalled, such as dips, spreads, salsas, salads, etc. Here are some tips for preventing foodborne illness during this recall.

1. Check your home for recalled onions. Onions from Thompson International, Food Lion, Giant Eagle, Kroger, Publix, Ralph's, Trader Joe's, and Walmart could potentially carry Salmonella. If you have or have made any food with onions from these companies, throw it away.

2. Sanitize any surfaces that the onions could have come in contact with. This could include knives, plates, countertops, etc.

3. When ordering food out, make sure the onions the restaurant uses are not from any of these companies. If they aren't sure, do not order the food.

Symptoms of foodborne illness from Salmonella: diarrhea, fever, and stomach cramps



Baked Chicken Nuggets

Ingredients (4 servings)

- 5 chicken thighs
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon italian herb seasoning
- 1/4 teaspoon each of garlic powder and onions powder
- 1 teaspoon paprika

Prep

1. Remove skin and bone; cut thighs into bite sized pieces.
2. Place cornflakes in a plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Cook

1. Preheat oven to 400 degrees Fahrenheit and lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes



Nutrition Facts (per serving)

Calories: 141
Protein: 17g
Carbs: 7g

Eating Right: Dining with Hypertension

Written by Alexis Noirot, Purdue University Junior in Developmental and Family Sciences

The Dietary Approaches to Stop Hypertension (DASH) diet was created to help lower hypertension and decrease risk for heart disease. This diet also helps with overall health and wellness and is supported by the Dietary Guidelines for Americans.

The DASH Diet is a healthy way of eating that can help to lower blood pressure. It aids lowering the intake of sodium, total fat, and saturated fat, while increasing a variety of nutritious foods. This way of eating can also help to prevent heart disease, stroke, diabetes, and cancer. The DASH diet's effect on heart and blood system health is also thought to encourage overall brain health and lower the risk of Alzheimer's disease.

The daily DASH diet has:

- 6-8 servings of whole grains
- 4-5 servings of fruits and veggies
- Low fat or fat free dairy products
- Nuts, seeds, and legumes
- Limited salts, sugars, and saturated fats
- High potassium, fiber, and calcium



Incorporating foods from the DASH diet is easier and more delicious than you think. Try out these recipes and check out this link for more ideas: <https://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146>

Food	Ingredients	Instructions	Dietitian's Tips
White Bean Dip	1 can (15 ounces) white (cannellini) beans, rinsed and drained 8 garlic cloves, roasted 2 tablespoons olive oil 2 tablespoons lemon juice	In a blender or food processor, add all ingredients and blend until smooth. Add onto french bread, your favorite crackers, or veggies	To roast garlic, cut off the tops of several heads of garlic, exposing the cloves. Spray the garlic with cooking spray. Wrap in aluminum foil also sprayed with cooking spray. Heat the oven to 350 F and roast about 30 minutes
Sloppy Joes	1 pound ground beef (90 percent lean) 1 large green bell pepper, chopped (about 1 cup) 1 large onion, chopped (about 1 cup) 1 1/2 cans (10.75 ounces each) reduced-sodium tomato soup (not diluted) 6 whole-wheat hamburger buns	In a frying pan, cook the ground beef, pepper, and onion until the meat and vegetables are done. Drain well and return to the pan. Add the tomato soup to the mixture and stir well. Simmer for at least 10 minutes, and serve immediately.	The reduced-sodium tomato soup in this recipe cuts out about 275 milligrams of sodium per serving. Using extra-lean ground beef and thoroughly draining off the fat after cooking reduces the fat content.

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This newsletter is edited by Caroline Parker and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

In The News: MyPlate, MyWins

Written by Alexis Noirot, Purdue University Junior in Developmental and Family Sciences

Life is busy and now that school is back in full swing, and making sure to have healthy family meals may feel challenging. But, eating healthy now will help you and your family stay well and prevent chronic disease in the future! My Plate has started a video series showing families just like yours and how they have been able to fit healthy family meals into their daily routines. Get inspired by watching others make healthy choices with MyPlate in their busy lives and check out this link below: www.choosemyplate.gov/eatinghealthy/myplate-mywins/stories-families-individuals

