Senior Health

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For more information on ways to lead a healthier lifestyle visit our website gettheathycct.org
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Proper form is a key part of injury prevention, especially with strength training. If you are new to strength training or it’s been a while since you’ve done a particular exercise, talk with your health care provider to make sure that exercise is appropriate. If you’ve had hip or back surgery, talk about which exercises might be best for you.

Safety tips for strength exercises:
- Breathe when you exercise! Breathe out as you lift or push, and breathe in as you relax. If you’re doing leg lifts, for example, breathe out as you lift your leg, and breathe in as you lower it.
- Use smooth, steady movements to lift weights into position. Don’t jerk or thrust weights.
- Keep arm and leg joints slightly bent. Avoid “locking” your arm and leg joints in a tightly straight position.
- Take 3 seconds to lift or push weight into place, hold the position for 1 second, and then take another 3 seconds to return to your starting position. Control the movement, and don’t let the weights drop.
- If it’s difficult to hold hand weights properly, try using wrist weights.
- If you are starting an exercise program or your arms feel tired after several repetitions, complete the exercise by using one arm at a time. Alternate sides, and then work your way up to using both arms at the same time.
- A steady rate of progress is the best approach. Over-exercising can cause injury.
- Challenge yourself, but listen to your body, and use common sense when you exercise.

Quick Tip
Exercise should NOT cause severe pain. Exhaustion, sore joints, or painful muscle pulling mean you’re overdoing it.

VISIT
www.nia.nih.gov/Go4Life
- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.
- Share your exercise story.
Exercising Safely in Hot Weather

Many people enjoy outdoor activities—walking, gardening, playing tennis. As the weather gets warmer, it’s important to play it safe when playing outside. Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.

**Go4Life** has safety tips for those who want to be active when it’s hot outside:

- Check the weather forecast. If it’s very hot or humid, exercise inside with a **Go4Life** DVD or walk in an air-conditioned building like a shopping mall.
- Drink plenty of liquids. Water and fruit juices are good options. Avoid caffeine and alcohol. If your doctor has told you to limit liquids, ask what to do when it is very hot outside.
- Wear light-colored, loose-fitting clothes in natural fabrics.
- Dress in layers so you can remove clothing as your body warms up from activity.

**Get medical help right away if you think someone might have a heat-related illness. Watch for these signs:**

- Fainting, headache, dizziness, or nausea
- Body temperature over 105°F
- A change in behavior—confusion, agitation, being grouchy, acting strangely, staggering, or being unresponsive
- Dry, flushed skin and a strong rapid pulse or a slow weak pulse
- Not sweating even if it is hot

Quick Tip

For more hot weather tips, see the AgePage **Hyperthermia: Too Hot for Your Health** at www.nia.nih.health.

Visit [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

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Activities for All Seasons

A change in seasons is an excellent time to be creative about your exercise routine and try something new. There are many ways to be active throughout the year.

Winter
- When your grandchildren visit, head outside to build a snowman together.
- Cold outdoor temperatures are an excellent time to take dance lessons or join a mall-walking group.

Spring
- As the temperatures start to get warm, get your garden ready for spring and summer. The lifting and bending you do when gardening are great for strength and flexibility.
- A bike ride is a great way to enjoy the warmer temperatures.

Summer
- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- Walking in the mall is a cool way to beat the heat.

Fall
- Fall leaves provide great opportunities for physical activity. You can take long walks to see the beautiful fall colors. Once the leaves have fallen, raking is good exercise.
- As the weather begins to cool, join an indoor sports league, such as basketball, handball, or bowling.

Quick Tip
Dress appropriately for the outdoor temperatures, and exercise indoors on especially hot or cold days.

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- Share your exercise story.
El cambio de estación es un excelente momento para ser creativo en cuanto a su rutina de ejercicios y también para intentar algo nuevo. Hay muchas formas de mantenerse activo durante todo el año.

Invierno
- Cuando sus nietos estén de visita, salga y haga con ellos un muñeco de nieve.
- La época de bajas temperaturas es ideal para tomar clases de baile o unirse a un grupo de personas que caminan juntas en los centros comerciales.

Primavera
- A medida que las temperaturas suben, prepare su jardín para la primavera y el verano. El movimiento que se hace para levantar equipo y materiales de jardinería es ideal para fortalecerse y mejorar su flexibilidad.
- Montar bicicleta es una excelente forma de disfrutar de las temperaturas más cálidas.

Verano
- Practique la natación o tome clases de aeróbicos acuáticos. Éstas son actividades físicas refrescantes a medida que el clima se pone más caliente.
- Caminar en un centro comercial es una buena manera de combatir el calor.

Otoño
- Las hojas que caen durante esta estación representan una gran oportunidad para actividades físicas. Usted puede caminar por un buen rato y disfrutar de los bellos colores de esta temporada. En casa, cuando las hojas caen, rastrillar y recogerlas de su patio constituye un buen ejercicio.
- A medida que las temperaturas comienzan a bajar, inscríbase en una liga de deportes bajo techo como baloncesto, balonmano o boliche.
Overview
Depression affects more than 34 million people of all ages each year. However, symptoms of depression may often be overlooked and go untreated when they overlap with other physical health conditions or life events that commonly occur as people age.

Late-onset depression refers to depression occurring for the first time in an older person (after age 65). While depression is not a normal part of the aging process, it does occur and should be treated or it can lead to disability and increased mortality.

Who Gets It
Depression is common in seniors. More than two million of the 34 million Americans age 65 and older suffer from some form of depression. Yet, almost two-thirds of U.S. seniors know very little about depression, accepting it as a “normal” part of aging and not viewing it as a genuine health problem.

Symptoms/Diagnosis
Depression affects the whole body, as well as mood and thoughts. Major depression can be quite debilitating and even life threatening. Below is a list of the most common signs of depression, according to the National Institute of Aging. If you have several of these, and they last for more than 2 weeks, see a doctor.

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in everyday activities, including sex
- Sleep problems, including trouble getting to sleep, very early morning waking and/or sleeping too much
- Eating more or less than usual
- Crying too often or too much
- Aches and pains that don’t go away when treated
- A hard time focusing, remembering, or making decisions
- Feeling guilty, helpless, worthless, or hopeless
- Being irritable
- Thoughts of death or suicide; a suicide attempt

Besides these symptoms, geriatric physicians, psychologists and psychiatrists use special assessments, such as the Beck Depression Inventory and the Geriatric Depression Scale, in diagnosing the elderly with depression.

When making a diagnosis of depression, other medical causes should be ruled out through laboratory tests, such as a general blood chemistry screen, urinalysis, electrocardiogram, etc.

Causes, Effects on Brain, and Research
The exact changes in brain chemistry and function that cause either late life or earlier-onset depression are unknown. It is known, however, that brain changes can be triggered by the stresses of certain life events such as illness, childbirth, death of a loved one, life transitions (such as retirement), interpersonal conflicts, or social isolation.

Late-onset depression may also be caused by illnesses that occur later in life (e.g., Alzheimer’s disease, Parkinson’s disease, heart disease, cancer, arthritis), disability (especially due to stroke), or grief (such as death of a spouse). In some cases, late-onset depression might be due to small stroke-like damage to areas of the brain involved in mood regulation. Vascular risk in the elderly may increase vulnerability to depression by disrupting mood regulation circuits in the brain, decreasing its ability to respond to stressful events.
Although the exact etiology of depression is unknown, research provides evidence of a genetic basis for the condition in people of all ages. There also is substantial evidence that a history of depression (personally or in the family) is a risk factor for depression later in life.

## Treatments and Side Effects

Late-life depression is treatable (in up to 75 percent of elderly patients), and those who recover from depression have improved physical and social functioning. Studies have shown that older patients with depression benefit most from aggressive, persistent treatment; therefore, therapy for older patients should be continued for a sufficient duration.

Treatments which are believed to be beneficial in late-life depression include: antidepressants, psychotherapy, electroconvulsive therapy (ECT) and Transcranial Magnetic Stimulation (TMS).

Medication for acute depression episodes is usually appropriate, effective and free of complications. However, physicians must consider possible adverse interactions with other medications and other medical illnesses. Underuse or misuse of antidepressants and prescribing inadequate dosages are common mistakes physicians make when treating the elderly with depression. Only 10 percent to 40 percent of depressed elderly patients are prescribed antidepressant medication.

Medications prescribed may be selective serotonin reuptake inhibitors, such as fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), or citalopram (Celexa). These medications are typically well tolerated, but side effects can include sexual dysfunction, nausea, sleep problems, diarrhea, and/or anxiety.

Tricyclic antidepressants are also effective in the treatment of depression in the elderly. The most commonly used are: desipramine (Norpramin) and nortriptyline (Pamelor). These medications have fewer side effects than amitriptyline (Elavil), doxepin (Sinequan), and imipramine (Tofranil), which generally should be avoided in elderly patients.

Although monoamine oxidase inhibitor medications are thought to be dangerous and difficult to use, phenelzine (Nardil), a drug in this class, is considered relatively safe and effective in older patients.

Other medications include venlafaxine (Effexor), mirtazapine (Remeron), bupropion (Wellbutrin), and nefazodone (Serzone). These agents have a different mechanism of action than those listed above and are easier to tolerate.

Several psychotherapies, including cognitive-behavior therapy, supportive psychotherapy, problem-solving therapy, and interpersonal therapy, can be effective in treating late-life depression. These therapies are often used in combination with medication.

ECT may be used for those who have not responded to medications (or cannot tolerate them), or may be experiencing suicidal thoughts or psychosis. ECT involves electrically causing a seizure in a patient’s brain during a series of sessions (6 to 12 times) during several weeks; it is felt to be safe and highly effective for late-life depression, and it is well-tolerated by most. Side effects may include temporary memory loss and brief confusion after treatment (lasting a few minutes or hours). Recent research has found that an experimental technique, TMS, may also be helpful for depression in the elderly. TMS is a noninvasive technique that uses magnetic fields to excite neurons in the brain; it has been effective for treatment-resistant depression with limited side effects.

With medical attention, late-life depression is treatable and those who recover often experience improved physical and social functioning.
The American Association of Diabetes Educators (AADE) recommends asking your doctor about getting tested for diabetes if you are experiencing any of the following symptoms, particularly if you are 45 or older. Are you:

- **Finding it more difficult to see or hear clearly?** Everyone around you seems to be mumbling all of the sudden and you find yourself squinting to clear your blurry vision. Hearing loss is twice as common in people with diabetes as in those who don’t have the disease, according to research. Doctors aren’t sure why, but believe it might be because diabetes damages blood vessels and nerves in the body, including those in the ear. Build-up of glucose in the blood can damage your eyesight, too, by distorting the shape of the lens in your eye and making your vision blurry.

- **Feeling tired and grouchy?** You’re getting older, so you get tired more easily, right? Perhaps. Or maybe because of type 2 diabetes your body isn’t effectively converting glucose to energy and so you feel exhausted all of the time. And when you’re tired, you’re irritable.

- **Experiencing odd symptoms?** Other unexpected indications of diabetes include dry, itchy skin, the development of darkening and velvety patches of skin around the neck or other parts of the body, cuts and bruises that don’t heal and tingling and numbness of the hands and feet. Many of these symptoms occur because the blood vessels and nerves are damaged by the excessive amounts of glucose.

- **Feeling hungry – all the time?** When your body doesn’t use glucose effectively, it needs more fuel, so you feel hungry and eat frequently.

- **Going to the bathroom a lot but always thirsty?** These signs of diabetes are related. If you have diabetes, your body tries to get rid of the glucose that’s building in your blood by causing you to urinate frequently. When you go to the bathroom a lot, you lose a lot of fluid, making you dehydrated and thirsty.

The good news is that diabetes is manageable. A diabetes educator can help people with prediabetes or diabetes be as healthy as possible by talking with them about the best ways to manage their condition to fit their lifestyle.

Find a diabetes educator near you: [www.diabeteseducator.org](http://www.diabeteseducator.org)
There are several types of medicines that are often recommended for people with diabetes: insulin, pills that lower your blood sugar, aspirin, blood pressure medicine, cholesterol-lowering medicine, or a number of others. Many work together to help you lower your blood sugar levels, reduce your risk of complications and help you feel better.

Your medicines come with specific instructions for use - and they can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body so it’s important to take your medicines as prescribed by your doctor and then for you to pay attention to how you feel and how your body reacts to each new medicine or treatment.

It’s important to know the names, doses and instructions for the medicines you’re taking, as well as the reasons they are recommended for you.

Your diabetes care team can help you understand and keep track of your medicines.

- **Ask your doctor, nurse practitioner, PA or pharmacist** why this medicine was recommended for you.

- **Ask your diabetes educator** to help you fit your medicine routine into your daily schedule. Be sure to bring all medicines, labels or photos of labels with you when you go to health appointments.

- **Ask a family member** to go with you to an appointment and take notes about any medication instructions. Or, ask someone to remind you to take your medicines if you have difficulty remembering to take them.
BYOA: BE YOUR OWN ADVOCATE

The more you know about how to take your medicines and how to take all of your doses as prescribed, the better it will work for you, and the healthier you’ll stay. Here are some pointers to get the most from your medicines:

- Know the names of your medicines, what they do and how and when to take them.
- Keep a current list of all your medicines with you at all times, including the name, strength and directions. An example would be “Aspirin 325mg, Take once daily.”
- Always ask for clarification if you have any doubts about your medicines.
- Bring a list of the questions you have about your medicines to each visit with your diabetes care team.
- If you have problems fitting your medicines into your everyday life (work schedule, meals, activities) ask for help or suggestions to make your medication routine more simple to follow.

STRATEGIES FOR REMEMBERING TO TAKE YOUR MEDICINES ON TIME

- Take your medicines the same time each day. Set a daily routine.
- Link your medicines with a current activity. For example:
  - Place your medicines (or reminder) next to your toothbrush.
  - Put a glass of water next to your medicines so they are ready for your morning dose.
  - Place your prescription vials on the counter next to your toaster or breakfast plate.
- Schedule reminders on your phone or have family or friends remind you. (You can do the same for them!)
- Use pill boxes with daily compartments that you fill each week.
- Place sticky notes on the refrigerator or in other strategic locations.
Hay muchos tipos de medicamentos que a menudo se recomiendan para personas con diabetes: insulina, pastillas para bajar su nivel de azúcar en la sangre, aspirina, medicamentos para la presión arterial, medicamentos para bajar el nivel de colesterol, o muchos otros. Muchos funcionan de forma conjunta para bajar sus niveles de azúcar en sangre, reducir el riesgo de complicaciones y ayudarlo a sentirse mejor.

Sus medicamentos vienen con instrucciones específicas para su uso, y pueden afectar su cuerpo de forma diferente dependiendo del momento y la forma en que los tome. Podría requerir algo de tiempo averiguar qué medicamentos funcionan mejor con su cuerpo, por lo tanto, es importante tomar sus medicamentos del modo prescrito por su médico y luego prestar atención a cómo se siente y cómo reacciona su cuerpo al nuevo medicamento o tratamiento.

Es importante conocer los nombres, dosis e instrucciones para los medicamentos que está tomando, así como los motivos por los que se los recomendaron.

Su equipo de atención de diabetes puede ayudarlo a comprender y llevar un registro de sus medicamentos.

- Pregúntele a su médico, enfermero especializado, médico asistente o farmaceuta por qué se le recomendó este medicamento.
- Pídale a su educador de diabetes que lo ayude a incorporar su rutina de medicamentos en sus actividades diarias. Asegúrese de llevar consigo todos los medicamentos, etiquetas o fotos de etiquetas cuando concurra a las citas médicas.
- Pídale a un familiar que lo acompañe a la cita y tome notas sobre cualquier instrucción referente a la medicación. O, pídale a alguien que le recuerde tomar sus medicamentos si le resulta difícil recordarlo.
SEA SU PROPIO DEFENSOR

Cualquier más sepa sobre como tomar sus medicamentos y cómo tomar todas las dosis del modo prescrito, mejor funcionarán para usted, y más sano se mantendrá. Aquí le damos algunos indicadores para obtener el mejor resultado de sus medicamentos:

- **Conozca el nombre de sus medicamentos, qué es lo que hacen y cómo y cuándo tomarlos.**
- **Lleve consigo una lista actualizada de todos sus medicamentos en todo momento, que incluya el nombre, concentración e instrucciones. Un ejemplo podría ser “Aspirina, 325 mg, tomar una por día”.**
- **Siempre pida que le aclaren cualquier duda que tenga sobre sus medicamentos.**
- **Lleve una lista de las preguntas que tenga sobre sus medicamentos a cada visita con su equipo de atención de diabetes.**
- **Si tiene problemas para incluir sus medicamentos en su vida cotidiana (horarios de trabajo, comidas, actividades) pida ayuda o sugerencias para que su rutina de medicamentos sea más sencilla de cumplir.**

### ESTRATEGIAS PARA RECORDAR TOMAR SU MEDICAMENTO EN HORA

- **Tome sus medicamentos a la misma hora todos los días. Fije una rutina diaria.**
- **Vincule sus medicamentos con una actividad actual. Por ejemplo:**
  - Coloque sus medicamentos (o un recordatorio) al lado de su cepillo de dientes.
  - Tenga un vaso con agua al lado de sus medicamentos para tener todo listo para su dosis matutina.
  - Coloque los envases del medicamento en el mostrador al lado de su tostadora o plato de desayuno.
- **Programe recordatorios en su teléfono o haga que familiares o amigos le recuerden. (¡Usted puede hacer lo mismo por ellos!)**
- **Programe recordatorios en su teléfono o haga que familiares o amigos le recuerden. (¡Usted puede hacer lo mismo por ellos!)** Coloque notas adhesivas en el refrigerador o en otros lugares estratégicos.
What Does “Healthy Eating” Mean?

According to the Dietary Guidelines for Americans, a healthy diet:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight.

Here are some tips to help you meet the guidelines:

- Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- Include foods that contain fiber such as fruits, vegetables, beans, and whole-grains.
- Eat lean cuts of meat and poultry. Trim away excess fat and remove skin from poultry before cooking.
- Pay attention to portion sizes, especially at restaurants. Smaller portions equal fewer calories.
- Season your food with lemon juice, herbs, and spices, rather than using butter and salt.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- When eating out, select a dish from the menu, rather than getting your money’s worth at the all-you-can-eat buffet.

Quick Tip

Getting enough fluids each day is important. Did you know that beverages aren’t the only way to get valuable fluids? Fruits and vegetables help, too!

VISIT www.nia.nih.gov/Go4Life

- Read more tips for healthy eating.
- Print useful tools.
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De acuerdo con las Guías Alimenticias para los Norteamericanos, una dieta saludable:

- Pone énfasis en vegetales, frutas, granos enteros y productos lácteos bajos o libres de grasa.
- Incluye carnes sin grasa, aves, pescados, frijoles, huevos y nueces.
- Es baja en grasas saturadas, grasas trans, colesterol, sal y azúcar agregada.
- Logra un balance en las calorías que se consumen con aquellas que se queman a través de la actividad física, para así mantener un peso adecuado.

Éstos son algunos consejos para ayudarle a alcanzar estos objetivos:

- Comer frutas y vegetales de diferentes colores le da a su cuerpo una gran variedad de importantes nutrientes.
- Incluya alimentos que contengan fibra, como frutas, vegetales, frijoles y granos enteros.
- Prefiera cortes sin grasa de carnes y aves. Elimine el exceso de grasa y remueva la piel de las aves antes de cocinarlas.
- Preste mucha atención a los tamaños de las porciones, especialmente en los restaurantes. Las porciones más pequeñas equivalen a menos calorías.
- Sazone sus comidas con jugo de limón, hierbas y especies, en lugar de sal y mantequilla.
- Escoja alimentos que sean horneados, hervidos, a la parrilla, al vapor o a la plancha, en lugar de fritos.
- Cuando coma fuera de su casa, seleccione un plato del menú en lugar de tratar de sacarle máximo valor a su dinero en un buffet “todo lo que pueda comer”.

¿Qué significa realmente “comer saludablemente”??
10 tips
Nutrition
Education Series

smart shopping for veggies and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1. **celebrate the season**
   Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer’s market is a great source of seasonal produce.

2. **why pay full price?**
   Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. **stick to your list**
   Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You’ll have more of your food budget for vegetables and fruits.

4. **try canned or frozen**
   Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. **buy small amounts frequently**
   Some fresh vegetables and fruits don’t last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6. **buy in bulk when items are on sale**
   For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. **store brands = savings**
   Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8. **keep it simple**
   Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

9. **plant your own**
   Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

10. **plan and cook smart**
    Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

la buena compra
de vegetales y frutas

10 consejos para economizar en vegetales y frutas

Es posible incluir vegetales y frutas en todo presupuesto. Tomar decisiones nutritivas no tiene que costar demasiado dinero. Comer estos alimentos en cantidades suficientes promueve la buena salud y puede ayudarle a reducir el riesgo de contraer ciertas enfermedades. Hay muchas maneras económicas de satisfacer sus necesidades de consumo de frutas y vegetales.

1 celebre la temporada
Use frutas y vegetales frescos de temporada. Son fáciles de obtener, saben mejor y, por lo general, cuestan menos. Su mercado local es una fuente excelente de productos frescos de temporada.

2 no vale la pena pagar el precio completo
Busque en el periódico local, en internet y en las tiendas las ventas especiales, cupones de descuento y ofertas que pueden reducir el costo de los alimentos. A menudo, puede comprar más por menos en supermercados (o tiendas de descuento, si están disponibles).

3 mantenga una lista de compras
Planifique sus comidas por adelantado y haga una lista de compras. Ahorrará dinero al comprar sólo lo que necesita. No vaya de compras cuando tenga hambre. Ir de compras después de comer hará que sea más fácil pasar por alto los bocadillos tentadores. Tendrá más dinero disponible en su presupuesto para comprar vegetales y frutas.

4 pruebe productos enlatados o congelados
Compare el precio y la cantidad de raciones de las variedades frescas, enlatadas y congeladas de los mismos vegetales o frutas. Los artículos enlatados y congelados pueden ser menos costosos que los frescos. En el caso de artículos enlatados, elija frutas envasadas en 100% jugo de fruta y vegetales con etiquetas que indican “bajo en sodio” o “sin sal adicional” (“low in sodium” o “without added salt”).

5 compre cantidades pequeñas frecuentemente
Algunos vegetales y frutas frescas no duran mucho. Compre cantidades pequeñas con mayor frecuencia para garantizar que puedan comerlos y no se echen a perder.

6 compre a granel cuando los artículos estén en venta especial
En el caso de los vegetales y las frutas que usa con frecuencia, las bolsas más grandes son más económicas. Las frutas y vegetales enlatados y congelados duran más y se pueden comprar en cantidades grandes cuando están en venta especial.

7 las marcas de las tiendas = ahorros para usted
Si es posible elija comprar las marcas de las tiendas. Obtendrá un producto idéntico o similar a un precio módico. Si su supermercado tiene una tarjeta de descuento para miembros, inscríbase para ahorrar aún más.

8 mantenga las cosas simples
Compre los vegetales y las frutas en sus formas más simples. Los alimentos pre cortados, pre lavados, listos para el consumo y procesados son convenientes pero a menudo cuestan mucho más que si se compran en sus formas frescas.

9 cultive sus propios vegetales y frutas
Cultive alimentos frescos, económicos y sabrosos, en el huerto, jardín, o en el balcón, para añadir a sus comidas. Para los principiantes, las hierbas, los pepinos, pimientos o tomates son buenas opciones. Busque en su biblioteca local o en línea para obtener más información sobre cómo sembrar un huerto.

10 planifique y cocine de manera astuta
Prepare de antemano y congele sopas, guisos u otros platos con vegetales. Eso le ahorrará tiempo y dinero. Agregue restos de vegetales a cazuelas, o mézclelos para hacer sopa. Las frutas maduras son excelentes para hacer batidos o para hornear.

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Septiembre 2011

EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.
Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, LLC offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB’s network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama’s Let’s Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens and making eating healthy a lifestyle.

**Ingredients:**
- 2 large beefsteak tomatoes or 3 Romas, diced or 1 pint of cherry tomatoes halved
- 1 hothouse cucumber or two regular cucumbers, seeded and diced into half moons
- ½ small red onion, thinly sliced
- 10-12 kalamata olives, roughly chopped
- 4 oz. feta cheese crumbles
- 1-2 tsp. dried oregano
- Good splash of Red wine vinegar
- Extra-virgin olive oil, as needed
- Salt & pepper, to taste

**Directions:**
In a large bowl toss the tomatoes, cucumbers, onion and olives. Fold in the feta cheese. Dress with a splash or two or red wine vinegar and extra-virgin olive oil. Season with salt, pepper and marinate for at least 30 minutes before serving.
Ensalada Griega
Sirves 6-8

Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó A Pinch of Salt, LLC ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticas y de bajo costo. Actualmente, el Chef Raquel se asocia con The Council of Churches of Greater Bridgeport (CCGB) desarrollando y ejecutando un programa de entrenamiento culinario intensivo para inspirar a los empresarios de alimentos. También proporciona la red de CCGB de despensas de alimentos y programas de comidas comunitarias de educación de cocina extensa. Chef Raquel también ofrece educación de extensión y cocina para el Bridgeport Farmers Market Collaborative, FreshConnections y Hall Neighborhood House. Esto se basa en su compromiso con la iniciativa Let’s Move de la Sra. Obama y su experiencia con Wellness in the Schools, una organización sin fines de lucro con sede en Nueva York que se enfoca en proveer a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la cocina educando en las aulas y jardinería. El Chef Raquel es un apasionado de educar a grupos juveniles, familias, personas mayores y comunidades sobre la importancia de cocinar sano, entender la información nutricional, estirar los dólares de los alimentos, utilizar los mercados de los agricultores y jardines comunitarios y hacer que la alimentación sea un estilo de vida saludable.

Ingredientes:
2 tomates grandes de beefsteak o 3 Romas, cortados en cuadritos o 1 pinta de tomates de cereza reducidos a la mitad
1 pepino de invernadero o dos pepinos regulares, sembrados y picados en medio lunas
½ cebolla roja pequeña, en rodajas finas
10-12 aceitunas de kalamata, picadas
4 onzas de Queso feta, en píldoras
1-2 cucharaditas. Orégano seco
Buen chapoteo de vinagre de vino tinto
Aceite de oliva virgen extra, según sea necesario
Sal y pimienta al gusto

Direcciones:
En un tazón grande, mezcle los tomates, los pepinos, la cebolla y las aceitunas. Doble el queso feta. Vestido con un chapoteo o dos o vinagre de vino tinto y aceite de oliva virgen extra. Sazone con sal, pimienta y marinar durante al menos 30 minutos antes de servir.

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchofsalt.com
Raquel@apinchofsalt.com
Would you like to lose weight and improve your cardio? You can start with the Walking Challenge, a cardio exercise that helps lose excess weight and improve lung capacity. As you perform this walking challenge, you’ll lose weight enabling you to walk longer with fewer breaks.

**How to perform the Walking Challenge:**
Begin walking 500 steps on the first day, and increase 500 steps gradually as the month progresses.

**Challenge Tips:**
- Use a pedometer, fitness tracker or step counting app on your phone to help track your steps
- You can do your steps in one session or break it up into four 5-minute walks, just count 500 steps per session and you did it!
- Begin on flat surfaces, and progress to a more inclined surface for a challenge.
- Carry small weights with you (or a water bottle or can of soup) for more of a challenge.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).*

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Source: [http://blog.myfitnesspal.com/the-30-day-walking-challenge/](http://blog.myfitnesspal.com/the-30-day-walking-challenge/)
¿Le gustaría perder peso y mejorar su cardio? Usted puede comenzar con el desafío de caminar, un ejercicio de cardio que ayuda a perder el exceso de peso y mejorar la capacidad pulmonar. A medida que realice este desafío de caminar, perderá peso permitiéndole caminar más tiempo con menos descansos.

**Cómo realizar el reto del mes:**

Comience a caminar 500 pasos en el primer día, e incremente 500 pasos gradualmente como progrresa el mes.

**Consejos:**
- Utilice un podómetro, un tracker de fitness o una aplicación de conteo de pasos en su teléfono para ayudarle a rastrear sus pasos.
- Usted puede hacer sus pasos en una sesión o dividir en cuatro caminatas de 5 minutos, sólo cuenta 500 pasos por sesión y lo hizo!
- Comenzar en superficies planas, y moverse a tierras más inclinadas para un desafío.
- Lleve pequeños pesos con usted (o una botella de agua o lata de sopa) para más de un desafío.

Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

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