

SERVING SENIORS  
IN OUR COMMUNITY  
WITH NEWS THEY  
CAN USE...

# The Healthy Plate

CSFP NEWSLETTER

JANUARY 2013

## THIS MONTH'S TOPICS

- **Holiday Health Check**
- **Beans**
- **January Sudoku**
- **Recipe**

## Holiday Health Check

When the days get shorter, weather gets colder, and the holiday season is in full-effect, it can be hard to motivate yourself to stay fit but it is important to stay physically active in the winter time. Regular physical activity can produce long term health benefits and the more you do the better it is for you. It is not too late to start exercising.

How can you tell if the activity you are doing will create positive health benefits. An easy way to tell is if you experience labored breathing and if you have a fast heart rate. If you are doing an activity and you don't experience either one of these, then you should speed up the activity or try a different one.

Being physically active can help increase your chances of living longer, feel better about yourself, decrease your chances of being depressed, and have a better nights sleep. It also allows you to move around more easily, have stronger muscles and bones, and stay or get to a healthy weight.

In addition, physical activity has been shown to reduce the risk of heart disease, type 2 diabetes, metabolic syndrome, and some cancers (colon and breast). It has also been seen to help control blood glucose levels in individuals who already have diabetes.

Here are a few ways to increase your activity during the winter months:

- Put on some music and dance.
- Join and walking group at your local mall.
- Clean your house
- Start an exercise group
- Take the stairs once or twice a week.

There are many other ways to increase your physical activity. Be creative and also be safe. Although rare, cardiac events can occur if you increase activity too much. The Center for Disease Controls (CDC) recommends you start slow and consult your doctor before beginning an exercising regimen.



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## This Month in Food: Beans

Along with clovers, alfalfas, peas, lentils, soybeans, and peanuts; beans are part of the umbrella term of legumes. A legume is simply defined as a dried seed surrounded by a pod. There are many health benefits to beans.

Beans are a unique food, in that, it can be found in two of the 5 MyPlate food groups. The first group is protein,

because it is a great source of plant protein. They are a great alternative to animal meats which contains more fat and cholesterol. They are also a part of the vegetable group because they contain a high amount of dietary fiber which aids in digestion and may help lower cholesterol. Other nutrients like Iron, folate, and potassium can be found in beans. A serving of beans is roughly 1/2



cups. Some examples are kidney, garbanzo, pinto, black, lima beans or black eyed split peas. Consider picking up dried, canned or frozen beans the next time you are at the grocery store. Canned beans may contain more sodium than frozen or dried. Rinsing the beans thoroughly before using can reduce the amount of sodium.

**For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.**

# January Sudoku

Source: [www.dailysudoku.com/sudoku/archive/2012/04/2012-04-4.shtml](http://www.dailysudoku.com/sudoku/archive/2012/04/2012-04-4.shtml)

8	4		3		6			5
			8					6
				4		8		
3	7	6					5	8
1		8		6		4		2
4	5					1	6	7
		5		1				
7					8			
6			4	2			8	1



1	8	5	2	7	4	6	3	9
9	2	6	8	3	5	1	7	4
4	7	3	9	6	1	5	8	2
7	6	1	3	8	9	2	5	4
2	3	4	5	6	7	8	9	1
8	5	9	4	1	2	6	7	3
3	9	8	7	4	2	1	6	5
6	4	7	8	5	1	3	2	9
5	1	2	9	3	6	4	8	7

## Salsa Bean Soup

A warm, cozy, wintery meal – Serves 4(1-1/4 Cups)

### Ingredients:

- 1 tsp. vegetable oil
- 1 tbsp. minced garlic
- 2 C water
- 1/2 tsp. chili powder
- 1 1/2 C dried beans (soaked overnight)
- 1 C prepared salsa
- 1 tbsp. fresh lime juice
- 1/2 C cilantro
- 1/2 C shredded jack cheese

### Preparation:

1. Heat oil in a large saucepan over medium heat. Add garlic; sauté for 1 minute.
2. Stir in water, chili powder, beans, and salsa. Bring to a boil.
3. Reduce heat, stir in lime juice, and simmer for ten minutes.
4. Take off heat and stir cilantro. Sprinkle each serving with shredded jack cheese.

### Nutritional Information:

Calories:	213
Carbohydrate:	36 g
Fiber:	12.6 g
Total Fat:	5.7 g
Saturated Fat:	2.9 g
Cholesterol:	13 mg
Protein:	13.8 g
Sodium:	515 mg

Adapted from: <http://www.myrecipes.com/recipe/salsa-bean-soup-1000001036293/>

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.