

Winter 2024 OCTN Comings and Goings Issue: 2

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Five Servings of Fruits and Vegetables a Day Associated with Longer Life.

In an attempt to identify the optimal intake of fruits and vegetables associated with maintaining long-term health, researchers collected information on the typical dietary intake of over 100,000 healthy men and women in the U.S. over a 30 year period. That data was analyzed along with data from 24 other studies.

In general, the more fruits and veggies participants reported eating, the less likely they were to die during the study period, particularly from cancer, cardiovascular disease and respiratory disease. Intake of five servings per day of fruits and vegetables (two servings of fruits and three servings of vegetables) was associated with the lowest mortality. Eating more than five servings was not associated with additional benefits. The only exceptions were starchy vegetables like peas and corn, fruit juices, and potatoes. Higher consumption of these were not associated with lower risk of death.

People who eat more fruits and vegetables often eat less of other, less healthful foods such as refined grain products and sweets. They may also make other healthy lifestyle choices. Aim for five servings of fruits and vegetables a day as one component of your healthy lifestyle.



Tufts University Health & Nutrition Newsletter August 15, 2022



Falls are the leading cause of injury related hospitalization for older adults in Washington State.

Gain strength and balance to help maintain and improve your quality of life.

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

We are currently seeking volunteers to become class leaders and participants to start up classes in the Omak/Okanogan area. Please call Marcia at 509-826-7979 for more information.

Here is a list of classes within our service area that may work for you:

Chelan Senior Center	M/Th	5:30-6:30 pm
Twisp @ Aero Methow	M/Th	10:30-11:30 am
Tonasket Senior Center	M/W/Th	10:00-11:00 am
Oroville Senior Center	T/Th	9:30-10:30 am
Odessa Memorial Health Care		Class time varies

Let's do breakfast!!! The Okanogan Senior Center is now serving breakfast at 9am on Thursday mornings. Come and enjoy a hot, delicious and nutritious meal and start your day out right. Suggested donation for seniors over 60 is just \$5. The fee for those under 60 is \$12.



Swiss Chard Orange Salad with Cumin Vinaigrette

Ingredients:

Salad:

- 1 bunch (about 3 cups chopped) baby Swiss chard (or other green, such as spinach or kale)
- 2 medium oranges, peeled and chopped
- ¼ cup pumpkin seeds (or other nut or seed, such as chopped almonds or sunflower seeds)

Cumin Vinaigrette:

- 2 Tbsp extra virgin olive oil
- ½ orange, juiced (about 2–3 Tbsp)
- ¼ tsp cumin
- Salt and pepper (as desired, optional)

Steps:

Refrigerate fresh greens until ready to use. Unless pre-washed and bagged or frozen, rinse before use.

Wash chard leaves and dry. Chop them fairly fine and place in a large salad bowl. Add oranges (plus other half of the orange not juiced for the vinaigrette, if desired), and pumpkin seeds.

To make vinaigrette: Whisk together oil, juice, cumin, and salt and pepper (optional) in a small dish.

Toss dressing into salad, combining well. Chill for 30 minutes to 1 hour to allow dressing to tenderize leaves. Toss again to distribute ingredients and serve.

Per serving: Calories: 107; Total Fat: 7 g; Saturated Fat: 1 g; Total Carbohydrate: 9 g; Total Sugars: 7 g (Added, 0 g); Dietary Fiber: 2 g; Protein: 2 g; Sodium: 40 mg; Potassium: 241 mg; Calcium: 36 mg; Vitamin D: 0 mcg; Iron: 1 mg.

