

Start Today for a
Healthy Tomorrow

Nutrition Guide



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Prepared by the New York City Department for the Aging,
Nutrition Unit, in conjunction with OppenheimerFunds.

A Message from the Commissioner

Edwin Méndez-Santiago
New York City Department
for the Aging

The New York City Department for the Aging has been in the food business for many years. In fact, New York City senior centers were part of an early national nutrition study in the 1960s. The research findings received national attention and helped shape federal legislation that established nutritional programs for older people in 1972 under the Older Americans Act of 1965.

The Department oversees the food programs of the city's more than 340 senior centers, serving 14 million meals to the homebound elderly each year, more than any other city program in the nation. Our nutritionists review menus and monitor the quality of all the food the centers serve, to ensure they are compliant with national nutrition standards. We also emphasize the ethnic diversity of meals. Typical daily meals are built around traditional foods for the culturally diverse people our senior centers serve.

In our newest publication *Start Today for a Healthy Tomorrow*, thanks to the hard work of the nutritionists from the New York City Department for the Aging, you'll learn about current nutrition trends, that good nutrition means better health and you'll read about the latest nutrition news for older Americans.

We would like to thank OppenheimerFunds for underwriting the printing cost of this special edition of *Start Today for a Healthy Tomorrow* and for their longstanding commitment to bettering the lives of older New Yorkers. Enjoy!

How's Your Nutritional Health?

Good health starts with good nutrition—particularly for older people.

The following checklist is based on the Nutrition Screening Initiative, national health project, and dietetic and aging organizations. Use this checklist to learn if you or someone you know is at nutritional risk. Check "Yes" or "No." Then add up the number of checked "Yes" boxes for your nutritional score.



I have an illness/condition that changed the kind or amount of food I eat.

Any illness or chronic condition that changes the way you eat or makes it hard for you to eat can put your nutritional health at risk. Sadness or depression can also affect your appetite, digestion, energy, weight and well-being. Talk to your doctor about taking a nutritional supplement.

YES NO

I eat fewer than two meals a day.

Eating too little or too much leads to poor health.

YES NO

I do not eat many fruits, vegetables or milk products.

You need to eat these foods daily for good nutritional health, because they provide you with vital vitamins, minerals and fiber.

YES NO

I have at least three drinks of beer, whiskey or wine almost every day.

Drinking more than one or two alcoholic beverages a day can produce side effects with your medications and affect your appetite, immune system and balance.

YES NO

I have tooth or mouth problems that make it hard for me to eat.

Get treatment because dental problems or ill-fitting dentures that cause mouth sores can affect your health.

YES NO

I take three or more different prescription or over-the-counter drugs a day.

The more medicines you take, the greater the chance for increased or decreased appetite, change in taste and other side effects. Large doses of vitamins and minerals can also be harmful. Alert your doctor about everything you take.

YES NO

Without wanting to, I have lost or gained 10 pounds in the last six months.

Involuntary weight loss or gain can be a warning sign. Be sure to tell your doctor.

YES NO

If Your Nutritional Score Is:**0 Good!**

Recheck in six months.

1 You're at moderate nutritional risk.

The following pages describe ways to improve your eating habits. Recheck in three months.

2–3 You're at high nutritional risk.

Bring this checklist to your doctor, nutritionist or other health or social service professional. Ask for help to improve your nutritional health. Remember, warning signs suggest risk, but are not a diagnosis of any condition.

4 or more Very high risk. Seek physician's advice.

No matter what your score is, you'll find information in the following pages to help improve your score.



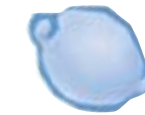
Staying Healthy

Why Eat Right?

Recently there have been important new scientific studies that make connections between the healthful functioning of our bodies and what we consume to make them run successfully—especially our hearts. Eating a balanced diet is critical, particularly as we grow older.

Food makes our bodies work and good nutrition makes our bodies work better. Eating right reduces risk for disease and increases your ability to manage them—we truly have a better quality of life, just by eating right.

Start at the Heart of Good Health



Keeping your cardiovascular system—the heart and blood vessels—in prime condition is the key to good health. Your heart is the engine that drives your body by pumping blood through your veins and arteries, nourishing every cell, bone and organ. A low-fat diet and a healthy lifestyle can add up to a healthier heart and general well-being.

Eat Lean

- Cut the cholesterol and saturated fats found in butter, lard and animal fat
- Eat more fish and poultry (take off the skin)
- For meals with meat, use only lean cuts of meat and trim all visible fat
- Cook with *monounsaturated* (canola, olive) oils, *polyunsaturated* (corn, safflower, soybean, sunflower) oils and tub margarines. Avoid hard vegetable shortenings as well as coconut, palm and palm kernel oils
- Choose skim or low-fat milk instead of whole milk
- Avoid egg yolks and limit eggs to three a week
- Drink plenty of water and eat a variety of fruits and vegetables—they're cholesterol free
- Reduce salt intake. Also avoid soy sauce, MSG (monosodium glutamate), Worcestershire sauce, meat tenderizers, garlic salt and other flavored salts. Try lemon, herbs or spices as substitutes



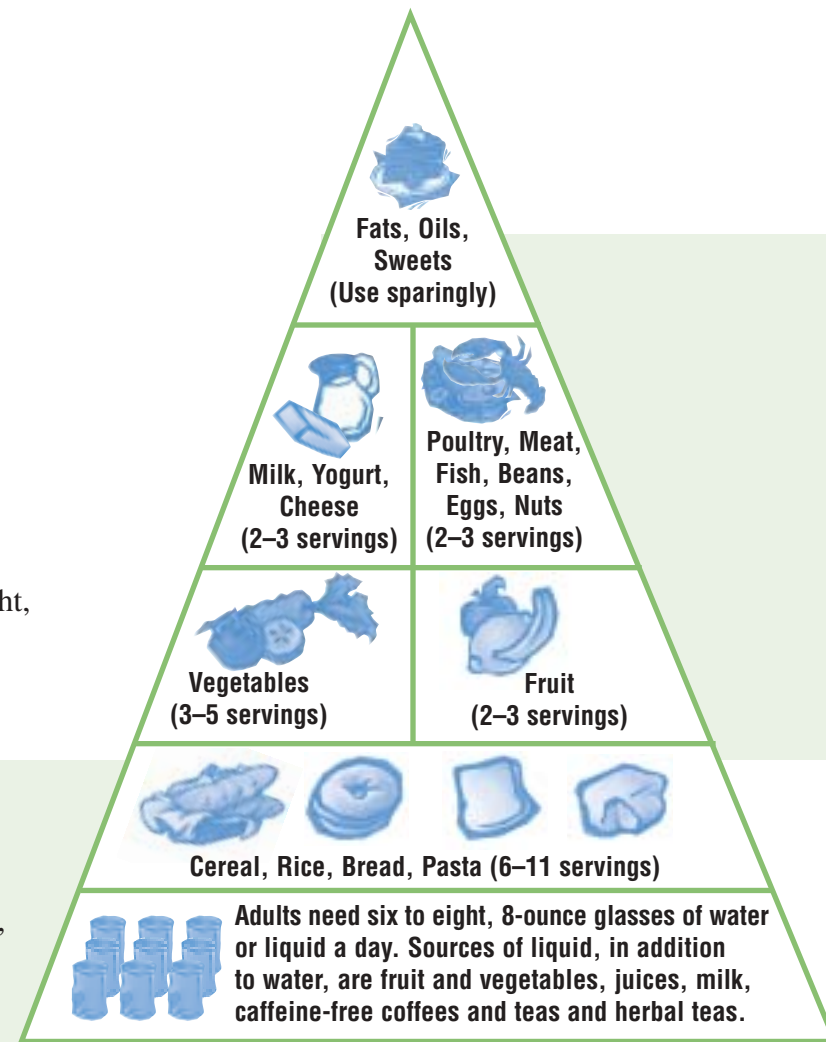
Seven Steps to Fitness

1. Don't smoke.
2. Limit alcohol consumption to no more than two drinks a day—if your doctor permits.
1 drink = 12 ounces of beer *or* 1½ ounces of 80 proof *or* 1 ounce of 100 proof distilled spirits *or* 5 ounces of wine
3. Maintain a healthy weight. If you're overweight, speak to your doctor or a nutritionist about a healthy diet to reduce calories and fat.
4. Have your blood pressure checked regularly. Cooperate with your doctor to keep it under control.
5. Get tested for diabetes. If you have symptoms, follow your doctor's recommendations.
6. Exercise regularly. Check with your doctor before beginning an exercise program.
7. Be sure to get regular medical checkups.

New Thinking About the Food Pyramid for People over 70

The Department of Agriculture's Human Nutrition Research Center recommends this restructured pyramid for people age 70:

- The grain-based food level emphasizes fiber-rich choices



- Eight 8-ounce glasses of water ensures hydration of the system
- Deeply colored fruits and vegetables—these are the richest in essential nutrients and phytochemicals
- The dairy group places greater emphasis on low-fat choices
- The meat group features fish, dried beans, lean cuts of meat and poultry
- B-12, vitamin D and calcium, may be needed in supplemental form to achieve the recommended intake. It may be helpful to take a daily multivitamin

Nutrition Specifics

Why Should You Care About the Food You Eat?

You are what you eat! Nutrients nurture. The six key nutrients are:

1. Protein
2. Carbohydrates
3. Fats
4. Vitamins
5. Minerals
6. Water

Protein promotes tissue growth, carbohydrates give you energy, fats provide essential fatty acids and carry fat-soluble vitamins to cells, vitamins and minerals work interactively to support all the body processes. Discover the right foods.



What Do the Key Nutrients Do for Your Body?

Protein promotes the growth and repair of all body tissues and becomes part of the antibodies that help the body fight infection.

Good sources are: eggs, fish, lean beef, poultry, shell fish, veal, low-fat milk and cheese, almonds, cashews, peanut butter, baked beans, dry beans and peas, lentils and tofu.

Carbohydrates provide the main source of energy and fiber (roughage) for the body.

Good sources are: wholegrain breads, oatmeal, wheat flakes and other hot and cold cereals, rice, fruits, vegetables, wild rice, corn, lentils, other dry beans and peas and white and sweet potatoes.

Fats provide a concentrated source of energy, as well as essential fatty acids, and carry the fat-soluble vitamins, A, D, E and K to the cells that need them.

Good sources are: oils such as canola, cottonseed, olive, peanut, safflower, soybean, as well as tub margarine. (Don't use stick margarine. It contains unsaturated fat that is known to be bad for you.)

Vitamins and Minerals are critical to all body processes. They assist with the creation of new proteins and keep the body functioning normally.

Vitamin A (Beta-carotene) protects you from infections, keeps skin and tissues throughout the body healthy, helps maintain normal eye functioning in the dark and helps in wound healing and growth. Good sources are deep yellow and dark green leafy vegetables (carrots, sweet potato, yellow squash, kale, spinach, collards), apricots, cantaloupe, mango and fortified ready-to-eat cereals.

Vitamin B1 (Thiamin) helps cells make energy, keeps appetite normal and the nervous and digestive systems working properly. Good sources are pork, baked beans, lentils, peas, liver, eggs, fish, enriched and whole grain bread, wheat flakes, fortified ready-to-eat cereals, brewer’s yeast and legumes.

Vitamin B2 (Riboflavin) also helps cells make energy and keeps skin and eyes healthy. Good sources are low-fat and skim milk, cheese, yogurt, green leafy vegetables, spinach, broccoli, kale, collards, eggs, enriched breads and fortified, ready-to-eat cereals and organ meats, such as liver.

Vitamin B3 (Niacin) helps your body use sugar and fats. Good sources are poultry, fish, beef, peanut butter and legumes.

Vitamin B6 (Pyridoxine) helps produce body chemicals like insulin, hemoglobin and antibodies that fight infection. Good sources are chicken, fish, pork, liver and kidney. Whole grains, nuts and legumes also provide reasonable amounts.

Vitamin B12 (Cobalamin) is a vital part of many body chemicals and occurs in every body cell. Good sources are animal products (meat, poultry, eggs, low-fat milk and other dairy foods) as well as some fortified foods.

Vitamin C helps produce collagen that holds muscles, bones and other tissue together; helps keep the immune system healthy to fight infection and heal wounds, build bones and keep gums healthy. Good sources are oranges, grapefruits, lemons, melons, guavas, strawberries, cantaloupes, mangos, kiwis, red and green peppers, Brussels sprouts, broccoli, cauliflower, kale, tomatoes and sweet potatoes.

Vitamin D, the sunshine vitamin, promotes the absorption of calcium and phosphorus and deposits them in the bones and teeth to make them stronger and healthier. Good sources are sunshine, low-fat cheese, fortified low-fat milk, eggs, fish with bones like sardines and salmon, fortified cereals and margarine.

Vitamin E works as an antioxidant to reduce the risk of heart disease and cancer. Good sources are vegetable oils, nuts, seeds and wheat germ. Leafy green vegetables also provide small amounts.

Calcium builds bones and helps them remain strong, helps muscles contract and the heart beat. Good sources are low-fat milk and other low-fat dairy products such as yogurt and most cheeses; dark green leafy vegetables like kale, bok choy and broccoli; and calcium-fortified soy milk, tofu and orange juice.

Folic Acid plays an essential role in making new body cells, in helping produce DNA and RNA, the cells’ master plan for cell reproduction. Good sources are leafy vegetables, peanuts, oranges, avocados, milk, orange juice, legumes, liver, yeast breads, wheat germ and some fortified cereals. NOTE: A new law mandates that most enriched grain products must now be fortified with folic acid.

Iron is an essential part of hemoglobin, which carries oxygen from the lungs in your blood to each and every body cell. Good sources are liver and some other red meats, fortified breakfast cereals, bran, molasses, spinach, lima beans, soy bean nuts and pumpkin seeds.

Potassium helps regulate fluids and mineral balance in and out of body cells and maintains normal blood pressure. Good sources are melons, grapefruits, oranges, bananas, apricots, milk, potatoes, tomatoes, spinach, beans, peas and salt substitutes containing potassium.

Reading Food Labels

The “Nutrition Facts” label can be your trusted guide to a well-balanced diet. It tells you how much fat, cholesterol, sodium, carbohydrate and protein are in one serving. The label also lists what percentages of your daily nutritional requirements are contained in a serving.

The Truth About Those Other Claims

Food producers must abide by strict government definitions concerning the statements they put on food packages. Be aware that a product that is fat free or high in calcium may still contain large amounts of sugar and salt. So take a close look at the “Nutrition Facts” label.

Health Claims

Government standards permit certain health claims. A health claim label links a nutrient to a disease or health condition. The claim may read: “Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors.”

- 1 This is based on what people eat, although it is not necessarily the recommended amount.
- 2 Choose food with a large difference between **Calories and Calories from Fat**. Food for a healthy heart has no more than 30 calories from **fat** for every 100 calories.
- 3 **Saturated fat**, part of the total fat in food, is listed separately because it is the key player in raising cholesterol and the risk of heart disease.

Nutrition Facts

| | | |
|---|---|---------------------|
| 1 | Serving Size 1/2 cup (114g) Servings per container 4 | |
| 2 | Calories | 90 |
| | Calories from Fat | 27 |
| | 30% of calories | |
| | Amount Per Serving | %Daily Value |
| 3 | Total Fat 3g | 5% |
| | Saturated Fat 0g | 0% |
| 4 | Cholesterol 0mg | 0% |
| 5 | Sodium 300mg | 13% |
| 6 | Total Carbohydrate 13g | 4% |
| | Dietary Fiber 3g | 12% |
| | Sugars 3g | |
| | Protein 5g | |
| 7 | Vitamin A 80% ■ Vitamin C 60% Calcium 4% ■ Iron 4% | |

- 4 Too much **cholesterol** can lead to heart disease. Eat less than 300mg daily.
- 5 **Sodium**, also know as “salt” may contribute to high blood pressure. Best to keep it between 2,400 to 3,000mg a day. A “low sodium” food has less than 140mg of sodium.
- 6 When you cut down on fat, you can eat more **carbohydrates**: bread, potatoes, fruit and vegetables 25 to 35 grams of fiber are recommended daily. Select food with fewer than 3 to 5 grams of **sugar** per serving. Twelve to 17 grams per serving is acceptable for fruit products and yogurt. Eat a combination of foods to give you the 100% you need.
- 7 These four vitamins and minerals must be on the label. Others may also be listed.

Better Safe than Sorry

Food can contain bacteria that can make you sick. To keep your food free of harmful bacteria, follow a few simple safety measures. Rule number one: Always wash your hands with soap and warm water before handling food. Rule number two: Always refrigerate perishables and leftovers promptly. Rule number three: Never taste food that is moldy or that looks or smells strange. When in doubt, just throw it out!



Neat Tricks with Nutrients

- Leave edible skins on vegetables and fruits, as most vitamins and minerals are in the outer leaves, skin and just below the skin
- Save the liquid from cooking vegetables to add to soups, stews and sauces. DO NOT ADD BAKING SODA to maintain greenness since it destroys vitamins
- Keep milk in opaque containers in the refrigerator. Leaving milk in clear containers on the table allows riboflavin to be destroyed by sunlight



The New York City Department for the Aging

The New York City Department for the Aging is the place for older New Yorkers to turn for help. We provide a comprehensive array of services and fund nonprofit community agencies that deliver a range of services to New York City's elderly. These include care management, transportation, crime prevention, victim services and legal services. In addition, homecare services and home-delivered meals are available to homebound seniors who are eligible. For complete information, contact the Department's help line at **1.212.442.1000**.

OppenheimerFunds, Inc.

Citymeals-on-Wheels is one of OppenheimerFunds' five key philanthropic partners.

In remembrance of the tragic events of 9/11/01, OppenheimerFunds sponsored all Citymeals-on-Wheels meal deliveries in Manhattan on 9/14/02 in addition to underwriting this brochure.

Our Charitable Giving program is an integral part of OppenheimerFunds' mission to be *The Right Way to Invest*. At the program's core is our dedication to creating rewarding opportunities for employee participation with our partner charities. We take particular pride in the fact that more than 60% of our employees are actively involved with one or more of our partner charities. To us, that's *The Right Way to Invest* in our community.

Citymeals-on-Wheels

Working in conjunction with the New York City Department for the Aging, Citymeals-on-Wheels is a not-for-profit organization that raises private funds to provide weekend, holiday and emergency meals to supplement the government's weekday home-delivered meals program. Citymeals contracts with more than 100 community based meals-on-wheels programs operating out of churches, synagogues, senior centers and community agencies throughout the five boroughs.

This year, more than two million home-delivered meals will be provided to over 17,500 homebound elderly. We are striving to meet the nutritional needs of New York City's seniors by ensuring that every homebound elderly resident gets at least one balanced meal and a friendly visit every day of the year. For more information about Citymeals-on-Wheels, please call **1.212.687.1234**.