

Nutrition News

January 2023

Happy New Year!

I wish you **GOOD HEALTH** and **HAPPINESS** in 2023! The new year is a time for resolutions and new beginnings. It is my hope that if you

make a resolution, you are **kind** to yourself and understand that setbacks do not equal failure. Successful resolutions have specific **goals** and **plans** and if you have questions or are unsure of how to begin, please contact myself and I will help you. There is no better time to improve your health than **now!**

January brings some changes for myself and how I will serve residents of the JSL community. I will be spending some time each week at each building in the community and hope this change allows for better access to my services at all locations. Please note that schedules are subject to change, and I am always reachable by e-mail at lmccauley@jslmi.org or cell phone at 248-228-5455.

Classes have resumed and boy has the turnout been **fantastic!** Thank you to all who have attended and especially those who have challenged me with some fantastic questions and suggestions for future classes. In January I will be discussing the nutrition facts panel, ingredients label, and claims made on packaging. **I hope to see you there!**

Lisa McCauley, RDN

Class Schedule:

Teitel January 10 at 12:00

Hechtman January 11 at 11:00

Prentis January 11 at 1:00

Meer January 18 at 2:30

January 19th is National Popcorn Day!

Popping your own popcorn and adding your own toppings keeps it interesting and healthier. Popcorn is a whole grain and provides many nutrients including fiber. Get creative with your toppings!

- * Salt and pepper
- * Chili powder and lime
- * Cinnamon and sugar
- * Freshly grated parmesan



Lisa McCauley, RDN
lmccauley@jslmi.org
248-228-5455



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Let's talk Vitamins and Minerals!

Vitamins and minerals are key nutrients that our bodies need to function optimally and stay healthy. They play a role in functions such as muscle contraction, blood pressure regulation, hormone transportation, immune function, nerve health, energy production and blood clotting.

There are 13 essential vitamins and many minerals and trace minerals.

- ✚ Fat soluble vitamins, A, D, E, and K, are stored in our bodies and if we get too much, can cause toxicity.
- ✚ Water soluble vitamins, C, thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid, vitamin B6, folic acid and vitamin B12, are not stored in our bodies. Our bodies take what is needed from daily intake and expel the rest.
- ✚ Mineral needs vary from larger recommended intake to very small recommended intake, and are stored in places like bones, blood, and muscles. Some key minerals are calcium, sodium, potassium, phosphorous, iron, magnesium, zinc, and iodine.

Consuming a **well-balanced** diet can provide the necessary amounts of all vitamins and minerals with the exception of vitamin D. Vitamin D is made by our bodies with the help of sunlight and the few food sources include fatty fish, fish liver oils, and fortified milk and milk products, fortified orange juice or fortified cereals. Studies show that those of us living in the colder northern part of the country benefit from supplementing this vitamin.

Medications and other health conditions can sometimes prohibit vitamin and mineral absorption or can have negative interactions. For example, aging may cause a drop in intrinsic factor, needed for absorption of vitamin B12, and can create a situation where supplementation of B12 is needed. Blood thinners interact with foods that have large quantities of vitamin K, like leafy greens, broccoli, and cabbage. Talking to a **registered dietitian** can help you navigate food interactions and tolerable levels of intake.

What is the takeaway for today? When possible, choosing a **well-balanced** diet that includes **vegetables**, **whole grains**, **fruit**, **dairy**, **fatty fish**, some **lean meats**, and **healthy fats** provides the nutrition we need to stay healthy.