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Extension

Senior Health Line

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Benefits of Orange Juice

There is some good news for those who start the day with a glass of orange juice. In a study done in France, an antioxidant specific to orange juice known as hesperidin, has been associated with lowering the diastolic blood pressure of those consuming it regularly. The diastolic blood pressure is the bottom number of a blood pressure reading. It measures the pressure against the vessels when the heart is at rest. Consuming hesperidin has also been associated with improved blood vessel function. While drinking orange juice alone will not combat high blood pressure, orange juice combined with a healthy diet, exercise and weight control might help to keep blood pressure under control.



New Government Dietary Guidelines

The United States Department of Agriculture and the Department of Health and Human Services have released changes in the recommendations for American's diets. A revised Food Pyramid will soon follow to help put

these changes in place. There were 23 key changes recommended for a healthier diet. The main message was to enjoy your food, but eat less. Americans need to balance calories with physical activity and consume healthy foods such as fruits, vegetables, whole grains, low fat and fat free dairy products. The recommendations also included consuming less sodium, saturated fats, trans fats, added sugars and refined grains.

Heart Healthy ABC's

The Johns Hopkins Ciccarone Center for the Prevention of Heart Disease has developed some specifics for managing heart disease.

Aspirin - 81 milligrams of aspirin each day is recommended to prevent heart attacks as long as the benefit outweighs the risk of gastrointestinal bleeding. Check with your health professional before beginning an aspirin regimen.

Blood Pressure - Blood pressure should be maintained below 140/90 mm Hg.

Cholesterol - Cholesterol levels should be below 200 mg/dL for total cholesterol. Low density lipoproteins or bad cholesterol should be no higher than 130 mg/dL and high density lipoproteins or good cholesterol should be above

40mg/dL for men and 50mg/dL for women. Triglycerides should be kept below 150mg/dL

Diet - Everyone needs to watch their weight and eat a diet rich in fruits, vegetables, whole grains, low fat dairy, fish, legumes, lean poultry and meats. Reduce saturated fats to below 7% of total calories. Avoid all trans fats and maintain a body mass index (BMI) below 25.

Exercise - Everyone should get at least 30 minutes of moderate level exercise at least five times each week. A good example of moderate level exercise would be brisk walking.



Can You Smell It?

Approximately one quarter of all Americans over the age of 55 have a reduced sense of smell and this figure rises as we age. While the sense of smell diminishes with age, sometimes there are other causes for a loss of smell that can be treated or are temporary. Certain medications can interfere with smell, such as estrogen, amphetamines, nasal decongestants and zinc based medications. Sometimes an adjustment in the dosage may help. Medical conditions such as allergies, colds and sinus infections can also decrease the sense of smell. Rarely, a loss of smell can be a symptom of a more serious disease, if you are experiencing decreased sense of smell, talk to your health care professional about it.

Roasted Asparagus with Cheese Sauce

- 1 pound asparagus spears, rinsed and trimmed
- 2 teaspoons vegetable oil
- 4 teaspoons unbleached flour
- $\frac{3}{4}$ cup skim milk
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons grated Parmesan cheese

Steam the asparagus in a saucepan with some water for 4 minutes or until tender. In another saucepan, mix the vegetable oil with the flour using a wire whisk. Slowly add the skim milk, whisking continuously. Heat over medium heat, stirring constantly. Add the onion powder, salt and pepper. Continue cooking and stirring for about 7 minutes or until thickened. Whisk in the Parmesan cheese. Pour over the steamed asparagus and serve hot. Makes 4 servings.

Nutritional Information per serving:

Calories	87
Fat	3 grams
Carbohydrates	9 grams
Protein	5 grams
Fiber	3 grams
Sodium	62 milligrams

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