

# Multi-Vitamins And You



is abundant, many of us don't get the recommended nutrients we need, and we tend to consume way too much added sugar, refined grains, sodium and saturated fat. More than 50 percent of Americans suffer from chronic diseases because of poor food choices.

Should everyone take a multivitamin for better health? Are vitamins and supplements needed? Which ones should you choose?

Many American diets are lacking in potassium, fiber, calcium and vitamin D. Potassium and fiber help with heart health. Fiber is important for health and digestion and helps prevent heart disease, diabetes, obesity and constipation. Calcium keeps our bones strong, and vitamin D helps our bodies absorb calcium and phosphorus. By consuming a diet rich in fruits, vegetables, whole grains, lean sources of protein and fat-free or low-fat milk and dairy, you can increase your intake of the nutrients lacking in the American diet and improve your health.

According to the Academy of Nutrition and Dietetics, the best way for you to reach optimal health and reduce your risk of chronic diseases is by eating a wide variety of nutrient-dense foods. The academy also says additional nutrients from supplements may help some individuals meet their dietary needs or treat a diagnosed nutrient deficiency.

Multivitamins and minerals can help fill dietary gaps, but if taken in excess, may result in the consumption of some nutrients above recommended levels.

You should always let your doctor or dietitian know the types of supplements you are taking and always remember that the best nutrition-based strategy for promoting optimal health and reducing the risk of chronic disease is to wisely choose a wide variety of nutrient-rich foods.

For more information and tips on getting more nutrients into your diet, check out the University of Kentucky Cooperative Extension publication FCS3-573 "Hungry for Change: Getting More Nutrients into the American Diet," available online at <http://www2.ca.uky.edu/age/pubs/FCS3/FCS3573/FCS3573.pdf> or through your local Extension office.

For more information about nutrition and health topics, contact the Estill County Extension Office, 76 Golden Court, Irvine (723-4557) of the UK Cooperative Extension Service.

**Source: Ingrid Adams, UK Assistant Extension Professor for Nutrition and Weight Management**

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Today, multivitamins and minerals marketing campaigns claiming to improve your health and reduce your risk of chronic disease constantly bombarded us. Just look around your supermarket. Chances are, multivitamins and mineral supplements have their own section.

Dietary supplements are a multibillion-dollar industry. In 2012, dietary supplement sales reached \$11.5 billion. In a 2013, the U.S. Government Accountability Office reported more than half of all U.S. adults have taken a dietary supplement in the past month. The 1999-2004 National Health and Nutrition Examination Survey showed 34 percent of children and adolescents take a vitamin or mineral supplement. While our food supply in America

## Kitchen Diva

# Eat Healthy All Day

by ANGELA SHELF MEDEARIS

The basis for a healthy eating plan should be fruits and vegetables; whole grains; low-fat or fat-free milk products; lean meats, poultry, fish; and beans, lentils and other legumes. Some foods stand out as superstars with many nutrients to enhance health and prevent disease. Here are some smart food choices to make every day.

- **Oats:** A bowl of oatmeal is a great start to the day. Oatmeal provides soluble fiber, which can help lower blood cholesterol. This whole grain provides protein for muscle recovery and repair, and contains some antioxidants, which may have cardiovascular benefits. Try adding oats to some of your recipes including casseroles, meatloaf, muffins, breads and cookies.

- **Blueberries:** This tasty fruit contains fiber and vitamin C, which is an antioxidant that aids in disease prevention, helps maintain bones and teeth, and helps the body absorb iron. Blueberries contain antioxidants called anthocyanidins, which give them their blue-red color. These antioxidants appear to help neutralize damage to cells that can lead to many negative health conditions and diseases. Blueberries also may play a role in brain health. Buy frozen blueberries when they are not in season and add them to cereal, desserts or oatmeal.

- **Yogurt:** Low-fat or fat-free yogurt can serve as a snack or even as part of dessert. Yogurt has live cultures and good bacteria that may promote health, boost immunity and increase bone health. Some of the nutrients in yogurt include calcium and potassium, which are important for good bone health. Plus, yogurt contains protein, which helps you stay full longer. Top yogurt with blueberries and walnuts for a nutritious snack or breakfast. Yogurt also can serve as the base for creamy dips or dressings.

- **Black beans:** All beans can promote health, but black beans contain anthocyanidins, the same antioxidant in blueberries. Black beans contain soluble fiber, which can help lower cholesterol. Beans contain protein as well, making them a good substitute for other protein foods that may be high in fat. Beans also are low in calories, low in fat and inexpensive.

- **Walnuts:** These nuts contain the most omega-3 fatty acids of all the tree nuts and peanuts. Omega-3 fatty acids help boost cardiovascular health, help decrease inflammation related to diseases and might improve cognitive function. Walnuts also have monounsaturated fat, a heart-healthy fat that can help lower cholesterol.

- **Tomatoes:** Fresh tomatoes may not be available year-round, but processed tomato products such as stewed tomatoes, tomato sauce and tomato juice can be found any time of year. The red color of tomatoes comes from lycopene, a phytochemical that the body absorbs better from processed tomato products. Lycopene can help prevent prostate cancer and might improve bone health. Tomatoes also contain vitamins A and C, both of which are antioxidants.

- **Carrots:** Bugs Bunny probably has great eyesight, thanks to the beta carotene that gives carrots their orange color. Beta carotene helps protect against some cancers and cardiovascular (heart) disease. This compound also can help protect your lungs, especially if you smoke. In addition, carrots contain vitamin C, vitamin K, fiber and potassium.

- **Spinach:** We all know that spinach makes Popeye stronger, probably because this dark green veggie is full of vital nutrients. Spinach provides us with vitamin K to help with blood clotting. It also contains vitamin A for healthy skin and vision, folate for red blood cell formation and proper cell division, and iron for oxygen transport within the body. Spinach also contains some calcium, potassium (which can help lower blood pressure) and fiber.

It's easy to add all of these foods to your daily diet by having oatmeal topped with blueberries for breakfast, and my recipe for Power-Packed Spinach Salad with Greek Yogurt Dressing for lunch or dinner. The black beans act as a protein in this delicious salad. You also can top the salad with an additional protein such as lean chicken or beef, turkey, fish or tofu, for a heartier meal. Add these foods to your menu and enjoy the many health benefits from these nutritional all-stars!



**POWER-PACKED SPINACH SALAD**

- 4 ounces (2/3 of 6 ounce carton) plain Greek yogurt
- 1 1/2 teaspoons lemon juice
- 1 1/2 teaspoons fresh or dried chopped mint, basil or parsley
- 3/4 teaspoons honey or agave syrup
- 1 teaspoon salt
- 1 teaspoon black pepper
- 5 cups baby spinach
- 1 (15-ounce) can black beans, drained and rinsed
- 4 ounces feta cheese, crumbled
- 12 grape or cherry tomatoes, halved
- 1/4 small red onion, thinly sliced
- 1/2 cup shredded carrots
- 10 walnut halves, toasted

In a small bowl combine yogurt, lemon juice, herbs, honey or agave syrup, salt and pepper and mix well. In a large bowl, combine spinach, black beans, cheese, tomatoes, onions, carrots and walnuts. Pour desired amount of dressing over salad and toss until well-combined. Serves 4.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <[News@EstillTribune.Com](mailto:News@EstillTribune.Com)>

Thursdays @ 7:00pm

### Estill Chorus Spring Rehearsals

Thursday, January 9, rehearsals begin for Spring Semester! The Estill Chorus is open to any singer who desires a high level of choral experience. There is no audition. Rehearsals are held Thursday evenings from 7:00 to 8:30 at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and High Schoolers are also welcome. Please, join us. For more information, e-mail <[estillchorus@gmail.com](mailto:estillchorus@gmail.com)>.

Now Available

### Pet Spay & Neuter Assistance

The Humane Society's Angels of Estill County has acquired a grant to help reduce our pet overpopulation. If you have a cat or dog needing to be altered, please email Ellen Frederick at <[ellenfrederick@windstream.net](mailto:ellenfrederick@windstream.net)> to get a copy of the form. Funds are limited and available to residents of Estill, Lee, Wolfe, Owsley and Jackson counties. These funds were made possible from the KY spay/neuter licensing program. Funds are independent of the Estill County Animal Shelter. Please do not call the Shelter about this program.

First Monday of the Month

### Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

Fridays, 6:00 to 8:00pm

### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine. Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Saturday, January 25th @ 9am-4pm

### New Volunteer Hospice Training

Hospice Care Plus will host a training for new volunteers on Saturday, January 25, 9-4, at the Compassionate Care Center in Richmond. Julie Hatfield, volunteer coordinator, along with other staff, will be on-hand to take participants through all aspects of the care provided by the organization, including hospice, palliative, and bereavement care. Hatfield says patient care volunteers are especially needed at this time. Patient care volunteers sit with patients to give caregivers a break, provide transportation to doctor's appointments, read or do other activities with a patient, prepare a meal, or offer support by phone. "Our patient care volunteers fill a crucial role," says Hatfield. "They are part of our care team and help make it possible to give compassion-

Applications due by January 27th

### Leadership LEAP Class of 2014

Applications are now being accepted to participate in the 2014 class of Leadership LEAP. LEAP is a combined effort among Estill, Jackson, Lee & Powell Counties to develop the leadership skills and networks of our region's people. The program runs from February through October, with participants meeting once a month. Goals are to develop participants' personal and professional networks, enhance their knowledge of how our communities operate, introduce them to current community leaders, foster their understanding of local issues and needs, and develop their leadership and team building skills. If you are interested or you know of someone who is interested in participating, please visit [www.EstillCountyKY.net](http://www.EstillCountyKY.net) to download an application. But hurry! Applications are due January 27! Contact Estill Development Alliance Executive Director Joe Crawford at (606) 723-2450 or [JCrawford@EstillCountyKY.net](mailto:JCrawford@EstillCountyKY.net) with any questions. LEAP is a non-profit and equal opportunity program operating under Estill County 21st Century, Inc.

### BODY FITNESS CLASSES

The **BODY FITNESS EXERCISE CLASSES** led by **Sister Loretta Spotila, RN** will begin the **Winter/Spring Sessions on Monday, January 27, 2014**. Classes are on **Mondays and Wednesdays, 9:30 a.m. to 10:30 a.m. at the Central Office Building gym**. For more information, call 723-8505.

Tuesday, January 28th @ 7:00pm

### Community Theatre Group Meeting

Would you like to become involved in Performance Art? Are you interested in seeing The Mack Theater become a Welcome/Community Center and Movie Enthusiast Museum? Please attend the River City Players community theater group meeting at the Estill County Library on Tuesday, January 28th at 7:00 p.m. We plan to fill 2014 with plays, creative activities, and fun filled fund raisers.

### UK COOPERATIVE EXTENSION SERVICE

### EXTENSION NOTES

### Family And Consumer Sciences

### Tuesday, January 28th @ 12:00 Noon Quick Breads Workshop

The Estill County Extension Service and the Clark County Extension Service is co-sponsoring a workshop on "Quick Breads." This free workshop will be taught by Jennifer Howard, Clark County FCS Extension Agent, on Tuesday, January 28th, at Noon at the Estill County Extension Office located at 76 Golden Court, Irvine. Everyone is welcome. For more information on this workshop or any UK Extension program, contact the UK Estill County Cooperative Extension Service at 723-4557. *Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

### Food Court Applications

Food Court applications for the 2014 Mountain Mushroom Festival are now available at Irvine City Hall located at 101 Chestnut St. Food vendors must carry vendor liability insurance. Application, fees and proof of liability insurance must be submitted by deadline date of Friday, January 31, 2014 at 4:00 p.m. Mailed applications must be post-marked by the deadline date. No late entries will be accepted. The application fee is \$150 per food booth space plus a \$75.00 Early Departure/Closing fee if applicable. For more information, you may call Kim Williams at 723-4235. The 2014 festival dates are Saturday, April 26th & Sunday, April 27th.