

# HEALTH SERVICES PROTECTION PLAN

March 2018

## A Johns Hopkins nutritionist sets the records straight on common misconceptions about nutrition for healthy aging.

When it comes to healthy aging and your diet, there are plenty of mixed up “facts” that need to be unraveled, says Johns Hopkins nutritionist Joshua Nachman, M.S., C.N.S., L.D.N. Here, he separates nutrition fact from fiction.

**Myth:** You should avoid dairy as you get older.

**Truth:** Only if it aggravates your stomach or digestive system.

Our bodies often become less tolerant of certain foods as we get older, says Nachman. Dairy is one of them because production of the enzyme lactase, which aids in the digestion of dairy, decreases as we age.

But unless you're not feeling well after having dairy products (symptoms such as gas and bloating), there's no need to start shunning dairy as part of your nutrition for healthy aging.

**Myth:** You can only get calcium from dairy.

**Truth:** It's better to follow a well-balanced eating plan that helps you maintain a healthy weight.

Protein does help build muscle mass—something our body naturally loses after the age of 50 (thus the importance of resistance training). However, Nachman says, what's most important for those over 50 is achieving and maintaining a healthy weight.

For that goal, he says, “Eat a plant-based diet of whole foods with occasional animal products while practicing sustainable calorie restriction.” One eating plan that most medical experts support for healthy aging is the Mediterranean diet.

**Myth:** You should avoid saturated fats.

**Truth:** Some can be good for you. Instead, focus on eating more healthy fats.

“There is good nutrition science supporting the benefits of good saturated fats like coconut oil or avocado oil,” says Nachman. Monounsaturated and polyunsaturated fats (found in foods like nuts and fatty fish) are also nutritional allies.

“Just don't make fats—of any type—half of your diet,” he says. Bear in mind that fats help our bodies absorb many key vitamins and minerals for healthy aging.

### Q&A

#### Which Berry is the Most Nutritious?

They're all healthy choices, but the “best” distinction may well go to black raspberries, says Johns Hopkins nutritionist Joshua Nachman, M.S., C.N.S., L.D.N. A raspberry cousin with a deeper color, they provide very high antioxidant levels along with fiber and relatively little natural sugar. “They're the most nutrient dense of all the berries,” he says. Tied for a close second, he says, are blackberries and their cousins, Marionberries.

### Consultant of the Month Debra Carrasquillo



Debra has been in the Hearing Aid business for 8 years. She started as a PCC and really wanted to do something in the medical field. After being a PCC few years she decided she wanted to move to the next level. “My favorite part of my job is helping people realize what they are missing. Also helping people thru the miracle ear foundation.” In her spare time she likes to exercise, read, go boating, and explore weekend getaways.

### PCC of the Month Beth Drivon



Beth has been in the Hearing Aid business for 5 years. She has always worked in the medical field doing back office medical assisting, saw an opportunity at Miracle-Ear and thought it would be a very rewarding job. “I'm a wife to my amazing husband and I'm also a mom to 3 brilliant kids, 25, 18, 14. In my free time I enjoy spending time with my family and dog, camping and traveling.”



# Beef and Guinness Stew



**Prep Time**  
10 mins

**Cook Time**  
3 hrs

**Total Time**  
3 hrs 10 mins

## Ingredients:

- 6 oz bacon diced
- 2 lb beef chuck, brisket or any other slow cooking beef (no bone)
- 3 Tbsp plain flour
- 2 medium-large yellow onions, chopped
- 3 garlic cloves, minced
- 4 medium firm potatoes cut 1-inch pieces
- 2 large carrots, chopped in 1/2 inch pieces
- 2 stalks celery, chopped in 1/2 inch pieces
- 1 large parsnip, chopped in 1/2 inch pieces
- 1 bottle (1 pint 16oz) Guinness Extra Stout
- 1 cup strong beef broth
- 2 Tsp Worcestershire sauce
- 1/4 cup tomato paste
- 1 Tbsp dried and ground porcini mushrooms (optional)
- 1 tsp dried thyme
- 1 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 2 bay leaves
- Salt and pepper to taste



## Instructions:

1. Cut the beef across the grain into 1-inch pieces. Sprinkle with salt, pepper and the flour and toss to coat the pieces. Set aside.
2. Fry the bacon in a Dutch Oven or heavy pot until done, then remove the meat with a slotted spoon, leaving the bacon dripping in the pan.
3. Working in batches and being careful not to overcrowd the pieces, generously brown the beef on all sides.
4. Transfer the beef to a plate and repeat until all the beef is browned.
5. Add the onions and fry them, adding more oil if necessary, until lightly browned, about 10 minutes. Add the Vegetables and cook for another 5 minutes. (\*At this point you can transfer everything to a slow cooker if you prefer. Follow the remaining steps and then cook on LOW for 6-8 hours or HIGH for 3-4 hours.)
6. Add the Guinness and bring it to a rapid boil, deglazing the bottom of the pot (scraping up the browned bits on the bottom). Boil for 2 minutes.
7. Return the beef and bacon to the pot along with the remaining ingredients. Stir to combine and bring to a boil.
8. Reduce the heat to low, cover and simmer for 2 hours. Add salt and pepper to taste.

<https://recipetineats.com/irish-beef-and-guinness-stew/>

## Riddle of the Month

**When you need me, you throw me away. But  
when you're done with me, you bring me back.  
What am I?**

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our April's Newsletter

**Answer to February's Riddle:** You use the knife to cut the orange in half. Half plus half equals a whole and you escape through the hole.

## A Little Laughter

"Well, how do you like your new hearing aids?" asked the doctor.

"I like it great. I've heard sounds in the last few weeks that I didn't know existed."

"Well, how does your family like your hearing aids?"

"Oh, nobody in my family knows I have it yet. I am having a great time! I've changed my will three times in the last month!"