



staying Healthy



**IN THE
WORKPLACE**

*By Alyssa Rothschild,
RDN*
Pages 8-9

Eating Healthy During the Holidays

By Tonja Werkman MS, RD
Page 2

Culinary Clinic

July's 2016 Event
Pages 10-11

What Makes an Opening So Successful?

By Edgar Roldan, District Manager
Pages 3-5

Industry News:

*The Impact of Smell & Taste
on Disease and Aging*
Pages 13-15

Dietary Spotlight & Pinnacle Buzz

Updates Within the Company!
Pages 6-7

Food For Thought...

*An Apple A Day By Rob Noble,
Dietary District Manager*
Pages 22-23

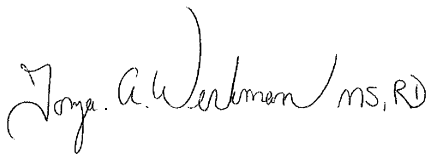


Eating Healthy During the Holidays:

By Tonja Werkman MS, RD

The holidays are right around the corner and like you, we at Pinnacle Dietary have a lot of fun up and coming events planned such as cooking demos, catering events and parties. To help us all prepare for the festivities, here are some tips to stay healthy while still enjoying the food and fun times with friends and family.

Apple Pie, Pumpkin pie, Egg Nog, Chocolate chip cookies, and holiday cocktails, these food items remind us of the holidays and good times. These same foods can also wreak havoc on our waistline from Thanksgiving to New Years Day. Here are some healthy tips to help keep your weight in control and still enjoy the holiday season.



Tonja Werkman MS, RD

- **Get Active** - Eat less and exercise. Making time for exercise especially during the holidays is extremely important. Stress is usually high during the holidays and exercise can help relieve stress and create a calorie deficit. Take a couple extra laps around the mall or shopping area while you are doing your holiday shopping. This is a great way to get extra steps in throughout the day.

- **Eat Breakfast** - Starting your day with a small but satisfying breakfast can give you more control over your appetite. Some examples of a good breakfast are: an egg with a slice of whole wheat bread or whole grain cereal with low fat milk.

- **Eat a Nutritious Snack or Meal Before a Holiday Party** - eating a meal or snack with protein and fiber can help take the edge off your appetite and allow you to be more discriminating in your food and beverage choices at holiday gatherings.

- **Lighten Up** - Whether you are hosting a holiday dinner or bringing a dish to share make your recipes healthier with less fat, sugar and calories. Some examples of how to make recipes healthier are: fat free chicken broth to make gravy, sugar substitutes in place of sugar, fruit purees in place of oil in baked goods, plain yogurt or fat free sour cream for dips, mashed potatoes and casseroles.

- **Portion Control** - Select reasonable size portions of foods when you are filling your plate at holiday meals. Don't waste calories on foods you can have all year long. Fill your plate with foods that are holiday traditions and foods that only come around once a year.

- **Be Realistic** - The holidays are a time to be with family and friends. Shift your focus from weight loss to weight maintenance during the holiday season and enjoy the quality time together.







What makes an opening successful?

By Edgar Roldan,
District Manager

Recently we opened at a new-to-us facility,
Harlem Center for Nursing and Rehabilitation.

Opening at a new facility is always an exciting and very busy time with many people working together to make the opening a success. There are many components that make for a successful opening.

When preparing to enter a new building, one of my personal priorities is first to get to know its people. It's important to understand the day to day operations unique to each facility and to be able to communicate with the team.

I have few prerequisites that I feel you need to meet in order to be successful:

1. You must love working with people;
2. Good open communication is key; I can't emphasize this enough;
3. You need to establish a rapport with the existing staff and gain their trust;
4. Let your staff know that you're there to support them all throughout the transition and beyond. Pinnacle is a team with an 'all-hands-on-deck' mentality;
5. Understand the operation from the ground up, gather information and learn what the client and residents like, which areas need improvement and form a plan to get you and your team there.

Opening new facilities is always a learning experience, there will always be something to improve. With each opening, you'll take away some new bit of information or skill that you can apply to the next. With the support of your team from beginning to end, discuss anything that didn't work or things that worked well, update your opening kit lists and enjoy greater success and teamwork with each new facility you open.



“...get to know the people.”

-Edgar Roldan



Dietary Spotlight

Deficiency Free State Dietary & Clinical Surveys

Cornell Hall Care and
Rehabilitation Center

Dietary Regional Manager: Jerome Brown
Clinical Regional Manager: Jeannine Re McNamara
Director of Dining Services: Robert Eaves
Assistant Director of Dining Services: Lucy Arzadon
Registered Dietitians: Yasaman Souresrafil, Rosanna Abraham

Brookside Healthcare
& Rehabilitation
Center

Dietary Regional Manager: Lisa Coffee
Clinical Regional Manager: Kelly Murray
Director of Dining Services: Aaron Mitchell
Registered Dietitian: Julie Kimble

Adira at Riverside
Rehabilitation
& Nursing

Dietary District Manager: Robert Noble
Clinical Regional Manager: Jeannine Re McNamara
Director of Dining Services: Carmen Edwards
Chef Manager: William Durecut
Registered Dietitians: Rajpati Jagnandan, Kayla Jessop

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New Employees

Celina Bonilla

Celina Bonilla, RD joins Pinnacle as a Registered Dietitian at Harlem Center for Nursing and Rehabilitation.

Dorie 'Dru' Davis

Dru Davis, ServSafe Certified, joins the Pinnacle team as a Dietary Supervisor at Sprain Brook Manor Rehabilitation Center. She is a certified Nutritionist and holds degrees in Communications and Culinary Arts.

Gary Carter

Gary Carter, ServSafe Certified, has come on board as our Assistant Director of Dining Services at Harlem Center for Nursing & Rehabilitation. He adds over a decade of Food Service supervisory experience to our team.

Welcome Back

Randy Nardella

We welcome back to the team Randy Nardella. Randy rejoins us as the Director of Dining Services at Harlem Center for Nursing & Rehabilitation.

The proof is in our pudding.

- Locate in-depth information about the many services we provide.
- Keep up to date with Pinnacle newsletters.
- Learn more about our mission and our dedicated team.

Dining for Long Term Care Facilities

CLINICAL CORNER

Staying Healthy

**IN THE
WORKPLACE**

by Alyssa Rothschild, RDN

Obesity has become an epidemic in the United States. According to the CDC, **Nearly two-thirds of Americans are overweight or obese**, which increases the risk for Obesity-related conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

One contributing factor to the rise in obesity is a **decrease in physical activity**. Americans working full time spend more than one-third of their day, five days per week at the workplace, and 83% of the workforce spends that time in a sedentary job. In addition, a stressful work environment may contribute to unhealthy habits, which may affect energy levels and your ability to focus.

Here are a few tips to not improve your physical health and improve performance at work as well: [\(Continued On Next Page\)](#)

Stay hydrated.

It is important that everyone make sure their bodies are getting the fluids they need to stay healthy and avoid dehydration. Whether it's bottled or from the tap, water should be your go to fluid. Without any unnecessary calories, it helps your muscles and brain stay hydrated for optimal physical and mental performance. Add slices of citrus fruit, strawberries or cucumber to water to make the flavor more appealing, which may help you drink more.

Walk during your lunch break.

Try to get outside and walk during your lunch break. This will give you the opportunity to exercise, as well as recharge for the second half of your day. A walk as short as 10 minutes can increase your focus, blow off steam, burn calories and boost metabolism. Before you know it your mind and body will crave the fresh air and movement.

Make sure you are getting enough sleep at night.

According to the CDC it is recommended adults get at least 7-8 eight hours of sleep each night. If you are consistently hitting that "mid-afternoon slump," take a look at your sleep patterns, you may not be getting enough rest to keep you going throughout the work day.

Avoid Post Meal Crashing

Minimize intake of refined processed carbohydrates (e.g. chips and crackers, candy, white breads, pastas and rice). These foods cause blood sugar to rise quickly and result in a surge of insulin which causes blood sugar to drop back down, often resulting in "the post meal crash". It is important to eat foods combinations containing protein and fiber to help keep you full and focused. Some meal options include:

- Salad with 4oz lean meat or poultry with 2 tablespoons olive oil based dressing
- 1 cup homemade vegetarian chili with beans
- Choose sandwiches with 4 oz lean beef, ham, turkey or chicken on 100% whole wheat bread. Use mustard, salsa, guacamole or other low-fat spreads. And, don't forget the veggies!
- Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.

Encourage your colleagues!

You can turn your co-workers into your healthy support system, and healthy living is contagious! Have fun and you will discover that finding new ways to live healthier at work can be easy and rewarding! 🎧

Southwestern Salad with Black Beans*



Make Ahead Tip:

Cover and refrigerate leftover dressing for up to 3 days.

Servings: 1 / Prep Time: 20 minutes

Ingredients:

- 1/2 ripe avocado
- 3/4 cup packed fresh cilantro
- 1/2 cup nonfat plain yogurt
- 2 scallions, chopped
- 1 clove garlic, quartered
- 1 tablespoon lime juice
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 3 cups mixed greens
- 1/2 cup black beans, canned (rinsed) or cooked
- 1/2 cup corn kernels, fresh or frozen (thawed)
- 1/2 cup grape tomatoes

Preparation

1. Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.
2. Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with black beans, corn and tomatoes.

Nutrition

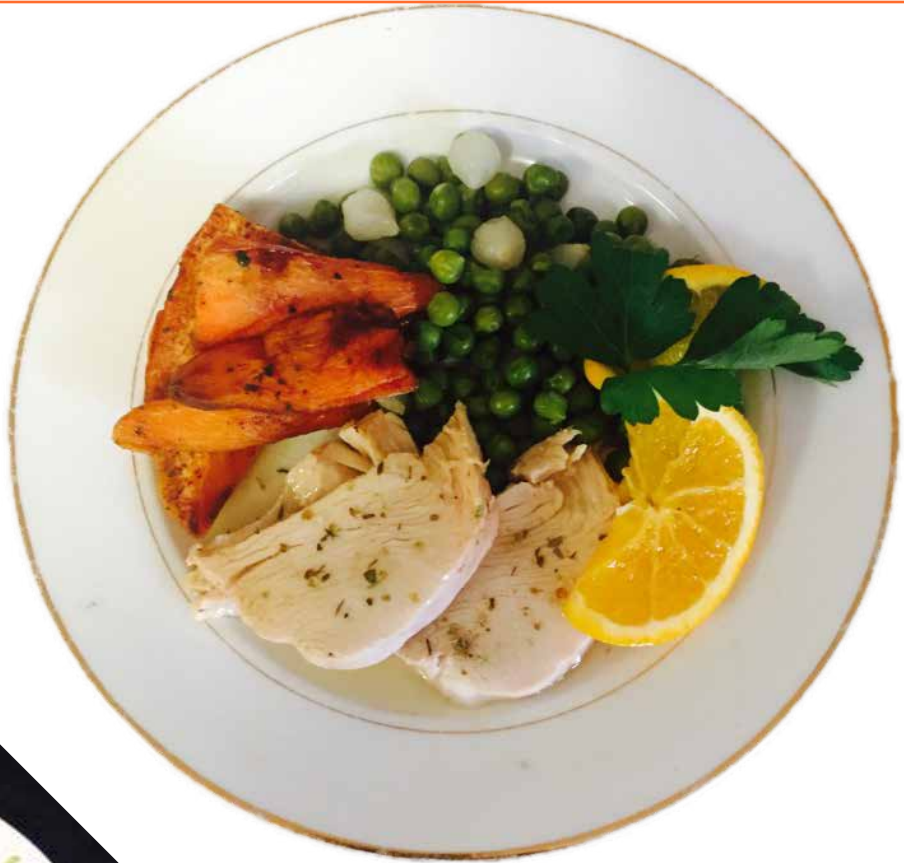
- Per serving : 235 Calories; 4g Fat; 1g Sat; 2g Mono; 0 mg Cholesterol; 43g Carbohydrates; 13 g Protein; 13g Fiber; 307mg Sodium; 1325mg Potassium 2 Carbohydrate Serving.
- Exchanges: 2 starch, 2 vegetable, 1 lean meat, 1/2 fat.

*Recipe adapted from "Eating Well"





WOW
FACTOR



INDUSTRY

NEWS



The Impact of Smell & Taste on Disease and Aging

by **Linda S. Eck Mills,**
MBA, RDN, LDN, FADA

We determine the smell and taste of food by using our nose and mouth. For some people, their genetic makeup plays a role in their food preferences. All of this affects food intake.

Smell and taste are both chemical senses that transfer information to the brain. As people age, the way information is given by the senses of hearing, sight, taste, smell, and touch changes. The senses become less sharp, and these changes can affect the lifestyle and enjoyment of activities such as eating.

There is increased interest in the bitter taste, its association with dietary phytonutrients, and the sweet taste in relation to food consumption and health. Taste

Continued on pg.14

thresholds and food dislikes are not new concepts. Research in this area has been going on for more than 50 years. Nutrigenetics is helping understand the complexities of taste and unravel the mysteries concerning our food habits.

SMELL

Smell is detected by specialized receptors in the nose. Taste is perceived by specialized receptor cells on the tongue. The combination of smell and taste determines flavor, but not all flavors affect people in the same manner.

An individual's sense of smell may diminish, especially after age 70. This may be related to loss of nerve endings in the nose. Smell and memory may be connected. Loss of smell is one of the initial symptoms in both Alzheimer's disease and Parkinson's disease. The nose may serve as the entry point for toxins and viruses getting into the brain and damaging it. Losing your sense of smell can be devastating. Food no longer tastes as good, and these individuals miss many scent-related emotional connections as well.

TASTE

Individuals have about 9,000 taste buds. The taste buds sense sweet, salty, sour, bitter, and umami flavors.

Umami is a taste linked with foods containing glutamate, such as the seasoning monosodium glutamate (MSG). The number of taste buds decreases beginning at about age 40 to 50 in women. For men, that decrease begins at age 50 to 60. Each remaining taste bud also begins to lose mass. The sensitivity to the taste sensations does not seem to decrease until after age 60, if at all. If taste sensation is lost, usually salty and sweet tastes are lost first, with bitter and sour tastes lasting slightly longer. In addition, the mouth produces less saliva as you age. This can cause dry mouth, which can affect your sense of taste.

GENETIC INFLUENCE

The study of genetic influences on what we eat, and how much we eat, has branched into nutrigenetics. This is

known as the influence of genes on diet. Nutrigenomics refers to the influence of diet on genes, mainly related to health and disease states such as obesity, cancer, and heart disease. Genotypes determine how individuals taste foods and perceive flavors.

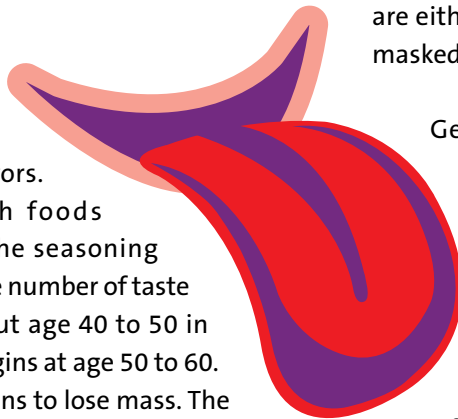
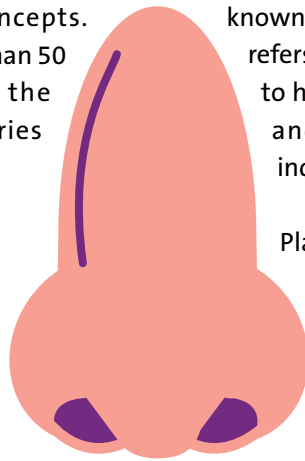
Plants create bitter-tasting compounds to protect themselves from insects and pathogens. They release a bitter taste when they are chewed. The genotypes of taste receptors means that some people don't mind the bitter taste of vegetables, while others find vegetables extremely distasteful. In particular, cruciferous vegetables are quite bitter to some people, so they may avoid consuming these vegetables as well as other vegetables, making for a lower quality diet and perhaps poor weight management.

Individuals can learn to override their innate taste aversions and preferences. As a consequence, they do not always eat what they like, but can develop a tolerance for what they dislike. For example, many individuals eat vegetables not because they think vegetables taste good, but because they know that veggies are good for them. Not all vegetables are bitter. Yellow, red, and orange vegetables are either less bitter or not bitter at all. Bitterness can be masked by both salt and sugar.

Genetic differences in taste could hold the key to predicting what an individual eats, how well metabolism works, and even whether or not they are overweight. Some experts blame sugar for the increased incidence of overweight and obesity. Many foods that are sweetened with sugar such as ice cream, cakes, pies, pastries, and chocolate are also high-fat energy-dense foods. However, there is no scientific evidence that indicates a direct causative effect between increased consumption of sugar and increased incidence of obesity.

APPLICATIONS

What can foodservice professionals do to improve intake in clients if their sense of taste and smell have diminished? Smell and taste play a pivotal role in food enjoyment. A delicious meal or pleasant aroma can improve social interaction and enjoyment of life.



The following strategies may help:

- Prepare foods in the dining area so the aroma stimulates the sense of smell.
- Use different spices or change the way you prepare food.
- Suggest yellow and orange vegetables as alternatives to clients who categorically reject green vegetables.
- Consider adding salt or sugar in moderation to mask bitterness.
- Use caramelization in cooking to add sweetness without adding sugar.
- If the medicine you take is affecting your ability to smell and taste, suggest the physician change the medication.

IF SENSE OF TASTE OR SMELL IS
DIMINISHED
 use different spices or change the way
 you prepare food.



Photo: Joe mon bkk (commons.wikimedia.org/wiki/File:Indian_Spices.jpg)

The sensitivity to taste does not seem to decrease until after age 60, if at all. If taste sensation is lost, usually salty and sweet tastes are lost first.

Inborn differences in genes explain in part why people differ in their perception of certain tastes, which in turn may affect their liking of an item, and ultimately food consumption. Understanding how individual differences in taste perception potentially influence food preferences and food choice is key. Dietitians may be better able to tailor dietary recommendations by understanding why people differ genetically. 🗣️

(Reprinted with permission from Nutrition & Food service Edge magazine, published by the Association of Nutrition & Food service Professionals.)

SOURCES :

1. How Our Senses Impact Chronic Disease and Weight (Session at FNCE, Food and Nutrition Conference and Expo, October 2015, Nashville)
2. <https://www.nlm.nih.gov/medlineplus/ency/article/004013.htm>
3. <http://www.nytimes.com/health/guides/specialtopic/aging-changes-in-the-senses/overview.html>

WOW

FACTOR

Merwick Cantonese Event - Festival of the Moon





1. Vegetable Fried Rice

2. Green Tea Cake with Coconut & Strawberry Coulis, and Honey Greek Yogurt Parfait

3. Honey Sesame Chicken

4. Homemade Spring Rolls with, Thai Curry Peanut Sauce & Hoisin Soy Glaze

5. Stuffed Eggplant with Tofu

6. Green Tea Cake w Coconut & Strawberry Coulis

7. Char Sui Pork



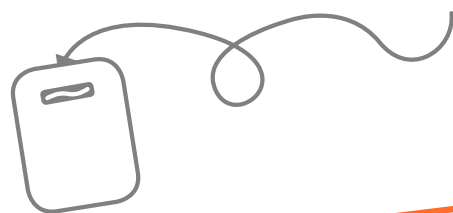
Tip 1

You can test the freshness of a shell egg by placing it in a container of water. If the egg floats toss it, which normally begins around day 13.



Tip 2

You can use unscented dental floss to cut cakes, soft cheeses, and other soft solids perfectly and no mess like using a knife.



Tip 3

You can juice citrus items more easily if you roll them and put some pressure on a countertop.



Tip 4

If you put a wooden spoon across the top of a cooking pot, it will prevent the water from boiling over.



Tip 5

If you boil your water and then let cool before filling an ice tray, you will get clearer ice cubs than if just filling from the faucet.



Tip 6

To get fluffy rice - Add a tbsp of fresh lemon juice when cooking rice to get fluffy and whiter grains.



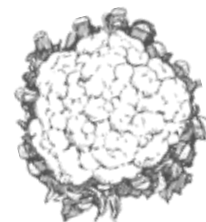
Tip 7

To retain the nice green color of peas, add a pinch of sugar when boiling them.



Tip 8

To retain the bright white color of cauliflower, add a tbsp of milk while cooking it.



WOW

FACTOR



Orange and Dill Poached Salmon
with Confetti Rice and Sliced Carrots



Baked Lemon Pepper Tilapia with
Baked Potato and Roasted Vegetables



Coconut Curry Chicken



Summer Olympics Cake



Viking Ship Fruit Platter



Roast Beef, Roasted Potatoes and Spinach



Baked Tilapia, Herb Roasted Red Bliss Potatoes and Steamed Carrots

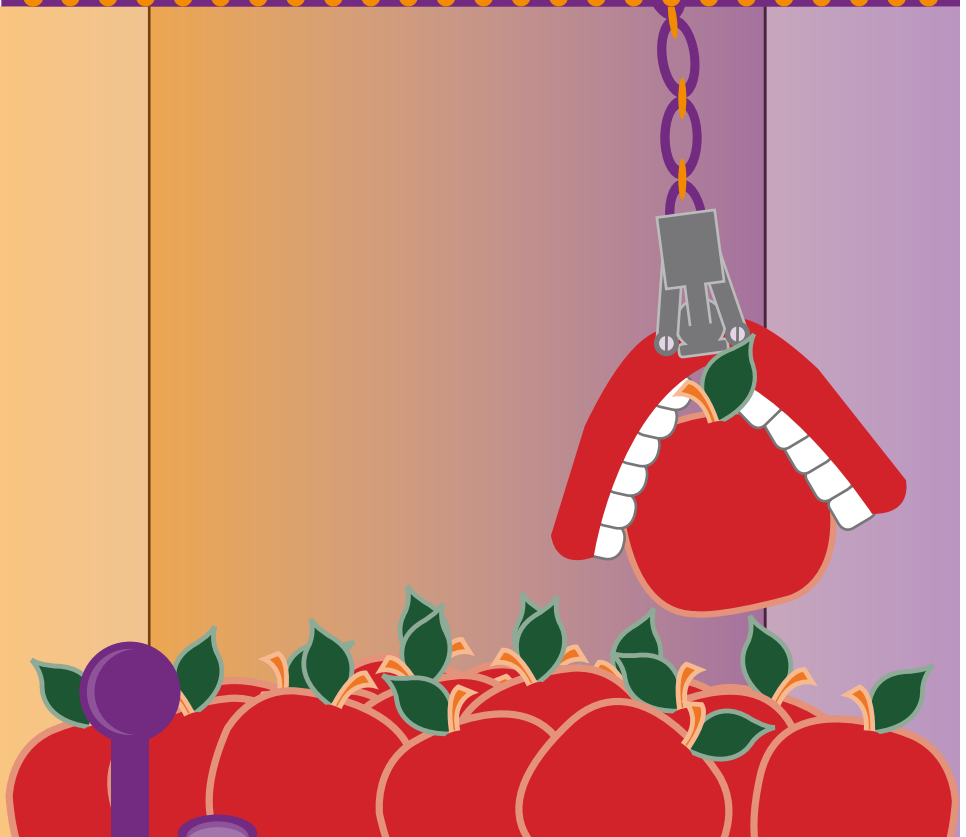


Apple facts

- Americans eat approximately 19.6 pounds of fresh apples annually, less than half of the amount consumed annually by our European counterparts.
- Apples are a member of the rose family.
- Apples are available year round.
- The most popular variety in the US is Red Delicious.
- Fresh apples float because 25% of their volume is air.
- About 50% of apples grown in the US are sold fresh, and 50% are processed into apple juice, applesauce or dehydrated apple products.
- There are more than 7,000 varieties of apples grown in the world.
- 61% of apples eaten as fresh fruit, 21% used for juice and cider, 12% canned, 3% dried and 2% frozen.

Food For Thought...

An Apple A Day



By Rob Noble, Dietary District Manager

Apple Nutrition

Apples are one of the “hottest” phytochemical - rich foods that it’s recommended to consume more of.

Phytochemicals are found in fruits, vegetables, grains, legumes, seeds, licorice root, soy, and teas.

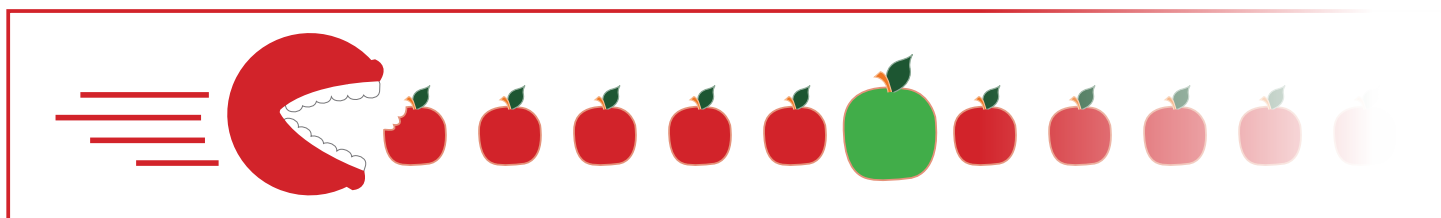
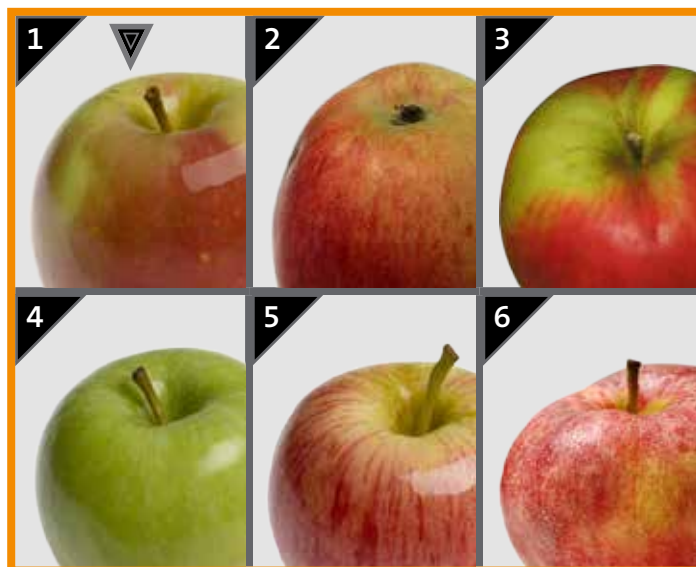
Remember, these phytochemicals, which give plants their color, flavor, and smell have significant health benefits, including the reduced risk of heart disease and cancer.

The phytochemical in apples and apple juice is called Quercetin. In a study in Finland, they found that the more apples consumed, the less the risk of lung cancer and other malignancies, including skin and colon cancer.


Apple Tasting

SELECT YOUR APPLE!

1. **Fuji** - Japanese, but has American parents - Red Delicious and Ralls Janet. Very sweet, crisp, juicy.
2. **Cortland** - A combination of Ben Davis and Macintosh. Can be used for everything. Sweet, slightly tart, white flesh.
3. **Jonathan** - Juicy, sweet, tart. Not to be used for baking, loses shape
4. **Granny Smith** - New Zealand and Australia, but now grown in Arizona and California. Very tart, crisp. Any use.
5. **Gala** - New Zealand. Crisp, sweet tangy, tastes good raw.
6. **Rome** - Tender to mealy. Can be tart to sweet and bland. White flesh. Holds shape well when baked (Baked Apples).

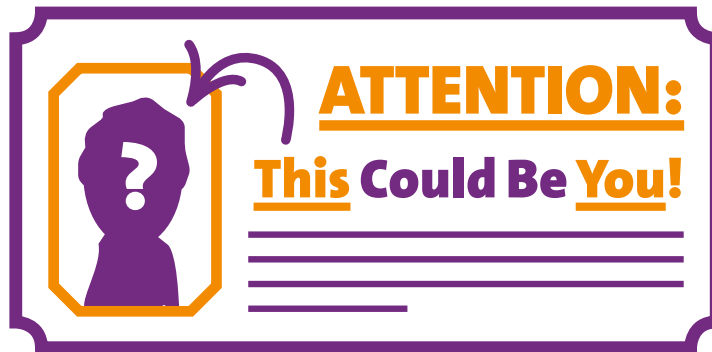


10 Reasons to Eat an Apple A Day

1. A medium apple has only 60-100 calories and virtually no fat, and no sodium.
2. An apple's 5 grams of fiber and 20 grams of carbs make it a filling snack. Apples have as much fiber as a bowl of bran cereal; that's 1/5 of the daily recommended fiber intake
3. The fiber, pectin, antioxidants and other compounds found in apples can lower bad LDL cholesterol and help raise good HDL cholesterol and helps to prevent cholesterol buildup in blood vessel walls.
4. The flavonoids and other phytochemicals in apples help protect against lung and colon cancer.
5. Apples contain boron, a mineral that helps maintain bone density and protect against heart disease.
6. The tannins prevent tooth decay, gum disease, and urinary tract infections.
7. Eating an apple a day (with skin) can help to guard against stroke.
8. The vitamins and antioxidants in apples may help prevent age-related vision loss. It is good to eat the skin because ½ of an apple's Vitamin C is just underneath the skin. Also, most of an apples' fragrance cells are concentrated in the skin.
9. The quercetin (a flavonoid) may fight cancer better than vitamin C does.
10. Apples are a good source of folic acid, a B vitamin that helps prevent serious birth defects as well as heart disease. 



Exchange



ATTENTION:
This Could Be You!

Please feel free to contribute pictures, recipes, favorite dishes (with pictures), stories, Etc. to
morganl@pinnaclediety.com