

SENIOR NUTRITION NEWS

Meals on Wheels
2660 Larimer Street
Denver, CO 80205
(303) 294-0111



Volunteers of America®
Colorado Branch

SEPTEMBER
2016

An Apple a Day....



keeps the doctor away”?

Are you familiar with the old expression “An apple a day
Since September is commonly associated with ‘back to school’ month, apples are a prevalent symbol of school time. But, where did this expression originate? And, is it a myth or is there any accuracy to it?

In 1866, this saying was first introduced in “Notes and Queries.” The original printing states “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” Nearly 150 years later, we still quote a variation of this.

Here are a few components of apples that may be the key to this saying:

Pectin – Pectin is a soluble fiber that can help in lowering both blood pressure & blood sugar. It can help to lower the ‘bad’ cholesterol (LDL) and help maintain health of the digestive system.

Boron – a mineral found in abundance in apples. Boron helps support a healthy brain & strong bones.

Quercetin – a flavonoid (type of antioxidant,) that could reduce the risk of various cancers including lung & breast.

Vitamin C – helps boost immunity which helps maintain overall health.

Phytonutrients – Phytonutrients are chemical compounds, that fight damage from free radicals which may cause a cell to be damaged or mutate –potentially leading to cancer. These compounds can also have an effect on reducing the risk of diabetes, heart disease, and asthma.



Can eating an apple a day really help to avoid the doctor?

Although apples provide amazing health benefits, most other fruits that provide similar benefits are nutritional powerhouses! So how did the saying originate? At the time this phrase emerged, apples were easy to grow and could be stored for nearly a year. While an apple a day will go a long way, it’s best to consume a variety of several servings of fruits & vegetables each day.

For nutrition questions or to request a nutritional analysis of the meals, call our dietitian, Margaret, at 303-294-0111, ext. 13124.

Volunteers of America Nutrition Services are funded in part by the Denver Regional Council of Governments’ Area Agency on Aging under the Title III of the Comprehensive Older Americans Act. No person shall be excluded from program participation on the basis of race, color, national origin, sex, age, or disability.



Congratulations to July Winners: Clem Bisant, Arlene Day, and Carolyn Birch

The question was:

The summit of what mountain is the highest point of elevation in Colorado?

The correct answer is:

Mount Elbert

This month's question:

When the Beatles first came to the U.S. in 1964, we all watched them on what television show?



Mail Answers by September 20th to:

Volunteers of America

2660 Larimer St., Denver, CO 80205

Please include your name and phone number.

If you have a good trivia question, send it our way! It could be used in an upcoming month.

Send your question and the answer to the address above.



Colorado Consumer Line



AARP Foundation Elder Watch Colorado is a program with the Colorado attorney general and AARP Foundation whose mission is to ensure that no older adults are left to suffer, alone and in silence, at the hands of those who exploit them. The program fights the financial exploitation of older Coloradans through education and outreach, data collection, and the providing of assistance.

- ⇒ Report suspected fraud, scams, identity theft or financial elder abuse
- ⇒ Seek consumer information and provide personalized referrals and assistance
- ⇒ Obtain information about consumer fraud issues and trends
- ⇒ Locate local BBBs

Recognize, Refuse & Report!

1-800-222-4444 or Denver Metro 303-222-4444

www.aarpelderwatch.org

Volunteers of America thanks you for your generous contributions to our programs!