

# SENIOR NUTRITION NEWS



FEBRUARY 2019

Volunteers of America®

COLORADO BRANCH



## Winter Nutrition for Seniors



Keeping a healthy diet in the winter can be a challenge, especially if you are an older adult. With age, the body naturally starts to become less efficient in absorbing essential nutrients. Add in wintertime's decreased activity, and many seniors opt for comfort foods loaded with empty calories. Recommendations for healthful chilly weather nutrition include:

- ◆ Dark, leafy green vegetables. Choose antioxidant-rich dark greens such as spinach, broccoli, kale, and chard, and select yellow and orange vegetables including yams, carrots, and squash.
- ◆ Citrus fruits. Oranges, lemons, grapefruit and limes are popular vitamin C-packed citrus fruits also rich in flavonoids that promote good HDL cholesterol.
- ◆ Protein. Eating protein sources at meals and snacks throughout the day helps with blood sugar and energy levels. Beyond red meat, seniors can vary protein sources with eggs, fish, dairy, and nuts.
- ◆ Soups and stews. Adding vegetables, beans and lentils to stews and soups is an easy, inexpensive way to increase fiber and nutrients. Cook a larger pot of a recipe and divide into smaller portions to freeze.
- ◆ Vitamin D. With less sunshine in winter, the body needs other sources of vitamin D to help absorb calcium and strengthen muscles. Foods naturally higher in vitamin D include egg yolks, seafood, grains and fortified milk.

### Trinity Soup

Serves 8

#### *Ingredients:*

1 cup pinto beans	6 cups spring water
5 cloves garlic, chopped	1/2 red onion, chopped
1 1/2 cups fresh corn kernels	2 cups fresh string beans
4 cups zucchini (thick slices)	1/2 sprig cilantro or parsley

#### *Directions:*

Cook beans in water until tender; add garlic and onion during the last 15 minutes of cooking. Add all other ingredients and simmer slowly until the string beans are tender. Refrigerates well and can be frozen. Nutrient Analysis: Calories: 303, Protein: 19 g, Carbs: 56 g, Total Fat: 1 g, Sat Fat: 0 g, Cholesterol: 0 mg, Sodium: 21 mg, Fiber: 14 g

*For nutrition questions or to request a nutritional analysis of the meals call our*

*Ashley Vairin Community Nutritionist at 720-264-3314*

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.

# TRIVIA

## Congratulations to December Winners:

Paul Frith  
Mary Butler  
Patricia Hughey

### The question was:

What Christmas Ballet is the most famous of all?

The correct answer was: D. Nutcracker

### This month's question:

*Brrrrr....*What is THE coldest place on Earth?

- A. Alaska
- B. Antarctica
- C. Yukon Territory
- D. Australia

Mail Answers to  
*Volunteers of America Meals on Wheels*  
*2660 Larimer St., Denver, CO 80205*  
*Please include your name and phone number.*

## Food Safety Tip

### Refrigerator

- ◆ Keep your refrigerator between **40°F** and **32°F**, and your freezer at **0°F** or below.
- ◆ Refrigerate fruits, vegetables, milk, eggs, and meats within **2 hours**. (Refrigerate within **1 hour** if the temperature outside is above **90°F**.)
- ◆ Divide warm foods into several clean, shallow containers so they will chill faster.
- ◆ Store raw meat on the bottom shelf away from fresh produce and ready-to-eat food.
- ◆ Throw out foods left unrefrigerated for over **2 hours**.
- ◆ Thaw or marinate foods in the refrigerator.

A reminder that volunteers must be able to deliver meals to you in person. They cannot leave meals outside, even if it's in a cooler or if you leave a note. If you know you will not be home, please call your local office at least 24 hours beforehand! Thanks!



## 211 Telephone Service

In the search for community resources, one of the smartest strategies is to pick up the phone and dial 211. Information resource specialists can connect you to up-to-date information about senior resources like home health care, Meals on Wheels, and income support programs.

## Aging Life Care Professionals

Another good way to find community resources (especially if you have a long-distance caregiver) is to hire someone who can help manage your care and come up with a long-term plan. Aging life care professionals, who often have a background in gerontology, social work or nursing, are typically connected to a whole host of relevant professionals like real estate agents, senior move managers and elder law attorneys. These experts are sure to connect you to the services you need.

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