



# Senior Nutrition News

## Mediterranean Diet Month

The *Mediterranean diet* is a diet consisting of traditional eating patterns of countries bordering the Mediterranean Sea like Italy, Spain, and Greece. This diet emphasizes the importance of plant-based foods, grains, and healthy fats. The Mediterranean diet has been shown to slow signs of cognitive decline and reduce risk for Alzheimer's disease. Follow these guidelines for the Mediterranean and MIND diets (Mediterranean-DASH Intervention for Neurodegenerative Delay) to improve your heart and brain health.

### Foods to eat more of:

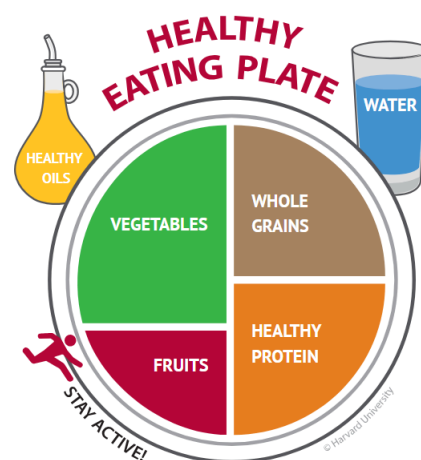
- Leafy green vegetables
- Berries
- Nuts and Seeds
- Whole Grains
- Fish
- Poultry
- Beans
- Olive Oil
- Nutrient dense vegetables



### Foods to eat less of:

- Butter and margarine
- Cheese
- Red meats
- Fried foods
- Pastries and sweets

By consuming more of the Mediterranean foods into your diet, this can decrease any neurodegenerative delays like memory loss, reduce risk of heart disease, lower blood pressure and cholesterol, and provide anti-inflammatory effects. Add in exercise and your health will be greatly increased. Build a plate full of leafy green vegetables, lean protein, healthy fats, and whole grains. This could look like a piece of salmon with brussel sprouts, brown rice, and berries. Another idea is chicken breast with arugula, tomatoes, cucumber and feta cheese into a salad with lemon vinaigrette dressing. For breakfast, try the recipe below.



### Easy Mediterranean Recipe: Berry Chia Pudding

#### Ingredients

- 1  $\frac{3}{4}$  cups blackberries, raspberries and/or diced mango (fresh or frozen), divided
- 1 cup unsweetened almond milk or milk of choice
- $\frac{1}{4}$  cup chia seeds
- 1 tablespoon pure maple syrup
- $\frac{3}{4}$  teaspoon vanilla extract
- $\frac{1}{2}$  cup whole-milk plain Greek yogurt
- $\frac{1}{4}$  cup granola

#### Directions

1. Puree 1  $\frac{1}{4}$  cups fruit and milk in a blender or food processor until smooth. Scrape into a medium bowl; mix in chia, syrup and vanilla. Cover and refrigerate for at least 8 hours and up to 3 days.
2. Divide the pudding between 2 bowls, layering each serving with  $\frac{1}{4}$  cup of the remaining fruit,  $\frac{1}{4}$  cup yogurt and 2 tablespoons granola.



# Meals on Wheels

May News

## Food Safety

It is important to practice food safety in order to keep yourself and others safe. Here are some tips and tricks to ensure safe and healthy eating!

### Never Leave Cooked Food Out for More Than 2 Hours.

Cooked food should not be left at room temperature for more than two hours. To ensure your food stays fresh, it is best to place any cooked meal in the fridge if it will not be eaten within 2 hours.

### Do Not Wash Raw Meat.

It is a common misconception that raw meat must be washed before it is prepared. Washing raw meat can spread bacteria and contaminate other surfaces.

## Spring Word Scramble

Instructions: Unscramble the letters to find the words from the list below.

essed	_ _ _ _ _
oiwrabn	_ _ _ _ _
blmoo	_ _ _ _ _
nipgrs	_ _ _ _ _
otacrain	_ _ _ _ _
felrsow	_ _ _ _ _
malebrul	_ _ _ _ _
woesrsh	_ _ _ _ _
ahhct	_ _ _ _ _
kickh	_ _ _ _ _



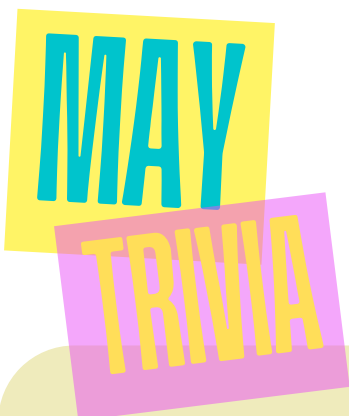
### Words to Find

bloom	raincoat
chick	seeds
flowers	showers
hatch	spring
rainbow	umbrella



## Resource Highlight

The Senior Resource Center in Denver provides a variety of different cleaning services to clients in these counties: Adams, Arapahoe, Broomfield, Denver, Douglas, and Jefferson. Services include minor upkeep such as: Dusting, vacuuming, replacing light bulbs, changing batteries and mopping floors. They also provide deep cleaning and clutter removal like packing, downsizing, or de-cluttering, carpet cleaning, and deep cleaning of hard-to-reach places. For more information, please call 303-238-8151



May 1st, 1931 saw the opening of which iconic building?

1. Eiffel Tower
2. Big Ben
3. CN Tower
4. Empire State Building

