



SENIOR NUTRITION NEWS



February

American Heart Association's Life's Essential 8:

Health behaviors and health factors that lead to a healthier life.

1. Health Behavior: Eat Better	5. Health Factor: Manage Weight
2. Health Behavior: Be More Active	6. Health Factor: Control Cholesterol
3. Health Behavior: Quit Tobacco	7. Health Factor: Manage Blood Sugar
4. Health Behavior: Get Healthy Sleep	8. Health Factor: Manage Blood Pressure

1



- Consume fruits, vegetables, whole grains, legumes, lean protein, seafood, nuts and seeds
- Limit trans and saturated fats, sodium and added sugar
- Avoid alcohol and processed foods

2



- 150 minutes of moderate activity a week
- Include muscle building activity
- Avoid sitting for long periods

3



4

- 8 hours of sleep per night
- Limit screen time before bed

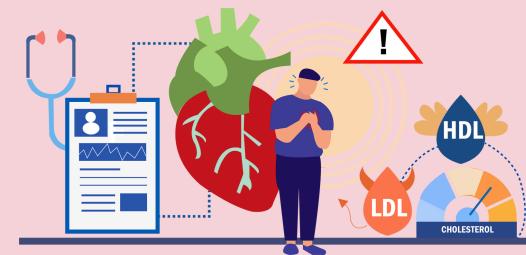
5

Consult your doctor about a healthy weight goal based off your height, weight, age and medical history

6

LDL: low density lipoprotein “bad cholesterol” should be low

HDL: high density lipoprotein “good cholesterol” should be high



7

- Manage blood sugar by balancing carbohydrates with a protein and healthy fat.
- Limit simple carbohydrates, eat more complex carbohydrates from whole grains.

8

Blood pressure goals is 120/80 or less. Consult with your doctor if your blood pressure is too high or too low.

Heart Healthy Snacks

• Edamame with sesame seeds and oil	• Veggies and hummus
• Smoked Salmon with whole grain crackers and low-sodium cheese	• Cottage Cheese with Berries
• Fruit with Greek yogurt dip	• Nuts and Seeds mix
	• Chia Seed Pudding

MEALS ON WHEELS NEWS



February Word Search

... — — ...
Candy
Hearts
Cupid
Flowers
Party
Love
Leap
Valentines

VOA Handyman Program

Looking for help in the home? Look no further! VOA's Handyman Program assists seniors in the home with basic repair and safety needs such as, lightbulb replacements, grab-bar installations, and much more!

Program Requirements:

- Client must be 60 years of age or older.
- Client must be a homeowner.
- Client must live within service area.

For more information or to fill out an application, please contact Justin Conrad at jconrad@voacolorado.org or call **720-246-3366**.



Trivia

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What is the name of the groundhog who famously predicts the weather at the beginning of each February?

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Write your answer below.



Contact Info

For questions, concerns, or cancellations please contact:

303-294-0111