



Senior Nutrition News



August Smart Shopping

Shopping the grocery store can be overwhelming. There are so many products and labels that try and convince you to purchase their products. Plus, everything is so expensive! Try these tips for easier and more affordable shopping:

- **Start by looking at the weekly ad and clipping coupons** for items you usually buy. Use the weekly ad to help plan what meals you can make for that week.
- **Plan your meals, snacks, and necessities** needed for the week.
- **Make a list!** Build your grocery list based off of what you are planning to cook that week. Stick to your list.
- **Eat before you go shopping!** This will help avoid impulse purchases.

1. **Shop produce first:** fill up on fresh fruits and vegetables. Shop in-season for fresher and more affordable options.
2. **Shop the perimeter:** the perimeter of the grocery store contains more whole foods, and less processed foods. Shop for lean proteins, nuts, seeds and oats in the bulk section, and breads in the bakery next. Lastly, get dairy products like milk, yogurt, cheese and cottage cheese. Buy frozen what items usually go bad.
3. **Shop the aisles last:** fill up on other items last. Look at food labels and ingredients lists to make your selections.



Health claims on food and what they mean:



- Low sodium: <140mg sodium
- Organic: at least 95% ingredients are organic
- “Good source of”: provides at least 10% daily value
- Natural: no added or artificial ingredients
- “Light or Lite”: ⅓ fewer calories than the usual food
- “Reduced”: <25% of specified nutrient or calories than the usual product



Tips:

- **Canned goods:** choose fruits in 100% juice and vegetables in water that are reduced sodium. Rinse all canned items to remove more sodium.
- **Breads:** choose whole wheat or whole grain. Look at the label for at least 3g fiber per serving and whole wheat in the ingredients. Make sure sodium and sugar are low.
- **Condiments:** look for items without high-fructose corn syrup and that are lower in sodium and sugar.
- **Treats:** it is all about balance. When purchasing a treat, try buying individual servings so you are less tempted to eat it all at one time.



Meals on Wheels

Summertime brings busy schedules and plans. Please let us know if you are going to miss your delivery. Call Mainline at 303-294-0111



TRIVIA

Which significant U.S. law promoting equal voting rights was signed in August 1965?

- A. Civil Rights Act
- B. Voting Rights Act
- C. Fair Housing Act
- D. Equal Pay Act



SUMMER

Word Scramble



Unscramble the ten summer themed words below.

1. SLCOPEIP _____
2. NCAOE _____
3. NUNYS _____
4. SWRRBAITSREE _____
5. SNSLSSAGUE _____
6. GRNSUIF _____
7. TWMISUSI _____
8. CMNAPGI _____
9. OTORODSU _____
10. ASELBBAL _____

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How to read your Meals on Wheels menu:

- Carbohydrates are in parenthesis () on the front next to each item
- Sodium is in the brackets { } on the front next to each item
- On the back of the menu, there is more nutrition information: macronutrients, sodium, saturated fat, and fiber.
- If it is considered a *heart healthy* meal, it will have a heart icon.
- If it is considered *diabetic friendly*, it will have an apple icon.
- If you have questions about more nutrition information, call our Registered Dietitian, Andrea, at 720-264-3354

For questions, concerns, or comments,
please reach out:

 303-294-0111

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