

# Roving Pantry

*Shopping and Delivery  
From Our Hearts  
to Your Home*



## Vital Nutrition Tips for Aging Adults

As people age, their diets may need to change, especially if their diets are not well-balanced. Generally, doctors will recommend a well-balanced diet for older adults, meaning that they should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health. According to Ruth Frechman, registered dietitian and spokesperson for the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things to incorporate into one's diet to boost his or her health.

### Prepare meals rich in these nutrients

#### •Omega 3 fatty acids

The acids have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. You should have foods rich in this nutrient twice per week. If this is impossible, check with your doctor to see if an Omega 3 supplement would be beneficial.

#### •Calcium

The need for calcium increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at least 1200 milligrams per day of calcium - equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. Many people find it challenging to consume this much calcium per day by eating and drinking,

so check with your doctor to see if you should take a calcium supplement.

### Limit sodium content

For those with hypertension (high blood pressure) one of the most important things caregivers can do to help reduce a loved one's hypertension is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. Frozen, processed and restaurant foods are typically extremely high in sodium, and should be avoided or only be a very small part of the

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## Pantry Protocol

To speed up our service to you, please **have your grocery orders ready on your assigned day**. Our goal is to deliver quality service to all our clients. If you ever have a problem with your order or suggestions to improve our service, please **call us at 267-4378**. Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises AFTER you have placed your order, and you know you will not be home to receive your order, please call Dillons at 681-6830 and leave me a message the day or night BEFORE your scheduled delivery day.

Thank you for your assistance.

-Opal Smith

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## Recipe of the Month: Sausage Mac

3/4 cup elbow macaroni  
1/2 pound bulk pork sausage  
1/4 cup chopped onion  
1/2 cup canned whole kernel corn  
1 tablespoon snipped parsley  
1 3-ounce package cream cheese, softened  
2/3 cup milk

Cook macaroni in boiling salted water about eight minutes, or until just tender; drain. Cook meat and onion until meat is browned; drain fat. Add corn, parsley, 1/4 teaspoon salt, and 1/8 teaspoon pepper; stir in cream cheese and milk. Stir in macaroni and heat through. Makes two servings. (Adaptable for one.)



## Nutrition Tips

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diet. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium, so try and incorporate them as much as possible in their diet.

### Hydrate

As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. If you notice that your loved one is not drinking liquids very often, make sure that you provide them with it. If they do not feel thirsty, chances are they may not think about drinking a glass of water.

Urine is the surest sign of hydration or lack of it. If urine is clear and light, then you are most likely properly hydrated. If, however, your urine is dark and/or cloudy, you will need to start drinking more liquids.

For more information on healthy eating habits for older persons, visit the American Dietetic Association website.

## Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during June. May we suggest you consider these items when placing your grocery order?

Apples	Garlic	Peaches	Salad (pre-bagged)
Apricots	Grapefruit	Peppers	Squash
Artichoke	Green Beans	Pineapple	Strawberries
Asparagus	Green Onions	Plums	Tangerines
Beans	Honeydews	Potatoes	Tomatoes
Berries	Kale	Radishes	Watermelons
Broccoli	Kiwi	Rhubarb	
Cabbage	Leaf Lettuce		
Cantaloupes	Lemons		
Carrots	Lettuce		
Cauliflower	Limes		
Celery	Mangoes		
Cherries	Mushrooms		
Corn on the cob	Okra		
Cucumbers	Onions		
Dry Onions	Oranges		

