

NUTRITION

Notes

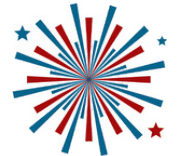


July 2022

Published monthly for the clients of Meals on Wheels.



HOLIDAY!



The Meals on Wheels kitchen and office will be closed for:

Independence Day - Monday, July 4th

Use the shelf stable meal package you received on June 30th.

DOG BITES / DOG ISSUES ON THE RISE



Make sure your animal has current rabies vaccinations. Since the recent article about our dog policy, we have received 5 more reports of dog bites/dog aggression. Once a volunteer is bitten we cannot restart meal delivery to that location. This is the reason it is important your dog(s)-even friendly dogs- are secured away from the door during meal delivery (10 am until your meal arrives). If your animal bites or scratches a delivery person, Wichita Animal Control will contact you to determine if the dog has a current rabies vaccination. If you need a copy of our animal policy, please call 267-0122 to request one.

Why are your meals arriving later than you expect? (11:30 - 1:00)

Meal on Wheels staff members deliver routes that are not picked up by volunteers. We start delivering at 11:30 after we have packed all the volunteers.

This also means that we are not in the office to answer your phone calls between 11:30 & 1:00. Please wait until 1 PM before checking on your delivery.

Please help your volunteers out by being at home to receive your meal.

Gas prices are extremely high and volunteers are using their own cars, gasoline, and time to deliver to you. We cannot afford to pay drivers so we do not want to lose volunteers because people are not home between 10 am and 1 pm for their meal. **Volunteers cannot leave a meal if you are not home. Additionally, meal staff then have to spend a great deal of time calling to make sure all the clients who don't answer are not in need of help.**

TO CANCEL MEAL DELIVERY - when you can't be home between 10 AM and 1 PM - just call 267-0122 to leave a message on the machine. If you're cancelling the same morning you'll be gone, please call by 9:00 AM so we can catch your route.



ASK OUR DIETITIAN

By LuAnn Soliah, Ph.D., R.D.



Please call Meals on Wheels at 267-0122 to submit your question.

QUESTION: Super Food in the Supermarket: What is super food?

Buying groceries is not as simple as it used to be. You almost need a food science textbook at your side when you grocery shop today. Many super foods are nutritious, but the claims can certainly be confusing. Protective substances in specific foods are the reason that foods can be credited with specific health claims. Here are a few common examples.

Blueberries - blueberries contain unique compounds that may protect cells from inflammation, blood clots, and possibly tumor formation.

Broccoli and cabbage - these vegetables are believed to be helpful as antioxidants that may reduce the risk for some cancers in some individuals. The immune system may also be enhanced by the plant compounds found in these foods.

Citrus fruit - vitamin C, fiber, flavonoids. These fruits may help lower blood pressure due to high potassium levels. They may also be helpful in neutralizing free radicals and in tumor formation.

Nuts - most nuts contain high amounts of vitamin E and some omega 3 fatty acids. These compounds may reduce heart disease, reduce inflammation, and improve elasticity of blood vessel walls.

Green tea - green tea may help with blood vessel relaxation which enhances heart health.

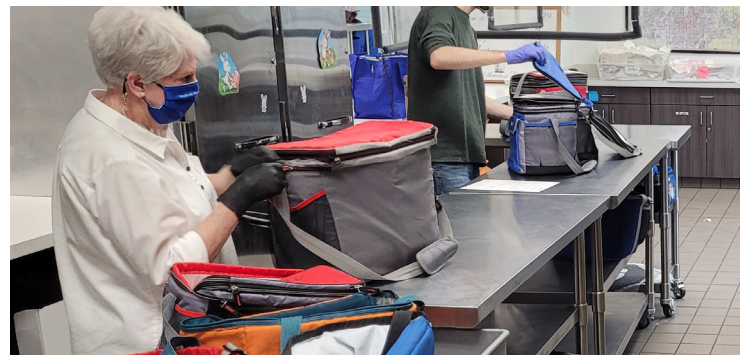
Soy - Soy is believed to be helpful in reducing heart disease and preventing blood clots. It may prove beneficial in enhancing bone density.

Whole grains - Several nutrients are contained in whole grains (fiber, trace minerals, vitamin E). These nutrients may protect cell membranes as well as decrease the risk for heart disease.

Many studies are underway to determine the health benefits of food. In the interim, while we wait for scientific proof, enjoy all foods in moderation and aim for a diverse and varied diet.

Have Thoughts About the Menu or Food?

We would love to hear what you think about your meal. If you have comments or suggestions about the food, food preparation or the menu, please call 267-0122 to let us know. We will share this information with our dietitian and kitchen manager to see if we can alter the food we serve and still meet the nutrient requirements needed.



SPECIAL OCCASION & MEMORIAL GIFTS

Donations given in memory or appreciation of someone special are a wonderful way to honor someone.

Memorials in June:

Gary Rikli

The Diverse Category of Carbohydrates

By LuAnn Soliah, Ph.D., R.D.

Carbohydrates are quite diverse. They are widely available in nature from grains, vegetables, beans, fruit, plants, and even milk. They are also available in the form of sugar and starch, and because of this feature - processed foods tend to be high in carbohydrates.

For some reason, carbohydrates have developed a “bad reputation” in the press as well as several weight loss circles. Let’s look at a few examples: apples vs. apple pie, baked potatoes vs. french fries, milk vs. double creamy milk shakes, whole grains vs. doughnuts, etc. As you can see, carbohydrates can be quickly distorted if you remove the natural fiber, deep fat fry the food, and vastly change the original state of the food. Additionally, processed carbohydrates like cotton candy, jelly beans, chips, sodas, etc. are very tasty but are quite different from nature’s original carbohydrate product.

Conscientious Americans should be more concerned about their carbohydrate selections, rather than carbohydrate reduction. In a well-balanced diet, consuming carbohydrates in a healthy manner is an excellent plan. The U.S. Food and Nutrition Board suggests approximately half of our calories should come from carbohydrates. This means fruits, vegetables, grains, beans, breads, plants, and milk should be included in our diet every day at every meal.

The focus of our nutritional well-being should be on food selection, sensible amounts, and wholesome menu planning. Nature has provided numerous healthy carbohydrate choices. We just need to embrace them in the original form. Make it your goal to eat fruit instead of fruit juice or fruit sauce. Drink milk instead of milk shakes or rich ice creams. Try to include whole grains in your diet rather than low-fiber breads, etc.

Also, consider carbohydrates as a key

part of the plant-based diet movement. Carbs are (generally) plants and plants are carbs. Do you remember when everyone planted large gardens? Or, had potato and tomato patches? There was a time when large portions of vegetables and fruit and berries were canned & frozen for winter provision. Most Americans will not be canning and freezing their garden produce, but we can still enjoy eating plant-based foods all year long. Give it a try.

SUMMERTIME LEADS TO DEHYDRATION

Dehydration is one of the most frequent causes of hospitalization for seniors. Around 60% of the human body is made up of water so staying hydrated is important to keep our bodies functioning properly. As we age, our bodies tend to hold less and less water so older individuals can dehydrate rapidly. Combine this with a decreased perception of thirst and seniors may not even feel thirsty. This situation is further complicated when seniors have difficulty getting water due to physical impairments or when they try to limit fluids to prevent frequent trips to the bathroom or urinary incontinence.

The early signs of dehydration include dry mouth, persistent fatigue/sleepiness, muscle weakness or cramps and headaches. The situation can progress to include these symptoms: dizziness, nausea, confusion, rapid breathing/pulse or even unconsciousness.

Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits like melons, berries, grapes, apples, oranges, pineapple, pears and peaches. High water content vegetables include lettuce, tomatoes, cucumbers, celery, asparagus, cabbage and cauliflower.

LET US KNOW WHAT YOU THINK! PLEASE MARK YOUR MENU AT THE END OF THE MONTH AND SEND IT BACK TO US:

Cross through items you don't like.

Circle items you do like.

Put a star in front of items you want to see more often.

Suggested Donation
\$10 Monthly

July 2022 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.				1 Battered Cod Wedge Au Gratin Potatoes Fruit Cobbler Coleslaw
4 Closed For Independence Day Use Meal Provided	5 Herb Roasted Chicken Garden Blend Rice Green Beans Wheat Roll Fruit Craisins	6 Grilled Beef Hot Dog on a Bun with Relish BBQ Baked Beans Macaroni & Cheese Fruit Cup	7 <u>Monterey Chicken</u> Baby Bakers Roasted Carrots Wheat Roll Blushing Pears	8 <u>COLD MEAL</u> Chef's Salad with Dressing Hard-Boiled Eggs Pasta Salad Fresh Fruit Cup
11 Chicken Enchiladas Spanish Rice Fiesta Corn Club Crackers Diced Mango	12 Salisbury Steak Garlic Mashed Potatoes Seasoned Spinach Biscuit w/ Honey Mandarin Oranges	13 <u>COLD MEAL</u> Chicken Salad on a Croissant Pea Salad with Pimento Chunky Fruit Medley Brownie	14 BBQ Pulled Pork on Bun Au Gratin Potatoes Roasted Zucchini Fruited Gelatin	15 Battered Cod Wedge Lemon Rice Glazed Carrots Wheat Roll Tapioca Pudding
18 <u>COLD MEAL</u> Chipotle Chicken Salad Sandwich Carrot & Raisin Salad Potato Salad Pineapple Chunks	19 Beef Lasagna Green Beans Garlic Breadstick Strawberry Yogurt	20 Chicken Taco Salad Spanish Rice Lettuce/Tomato Warm Fruit Compote	21 Beef Tips in Gravy over Rice Peas & Carrots Wheat Roll Strawberries & Blueberries	22 Sliced Ham Sweet Potato Casserole Turnip Greens Dinner Roll Cinnamon Applesauce
25 Chicken Pasta Primavera Broccoli Garlic Bread Mandarin Oranges	26 Shepherd's Pie Buttered Carrots Bread Pudding Raisins	27 Sweet & Sour Pork over Rice Roasted Squash Wheat Roll Dark Sweet Cherries	28 Chicken Tamale Pie Fiesta Style Corn Spinach Angel Food Cake with Strawberries	29 Beef Patty with Mushroom Sauce Broccoli Garlic Mashed Potatoes Wheat Roll Fruit Cup

IF YOU DO NOT EAT YOUR MEAL WHEN IT ARRIVES - REFRIGERATE IMMEDIATELY!

Published monthly by: Senior Services, Inc. of Wichita | 200 S. Walnut St, Wichita, KS 67213