

NUTRITION

Notes



September 2022

Published monthly for the clients of Meals on Wheels.



HOLIDAY!



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

Labor Day - Monday, September 5th

We will send a nonperishable food package the week of August 29th for September 5th. Please keep this package and use it for your meal on the 5th.

Many meal routes will be delivered between 11:30am to 1:00pm.

Due to the high volume of volunteers who travel in the fall, meal staff members have too many routes to deliver which will cause your meal to arrive later.

Returning to regular milk in September!

The hot summer months are coming to an end so we will begin the delivery of regular refrigerated milk in September.

Please call us at 267-0122 to let us know if you enjoyed the way we alternated shelf stable milk and fruit juice this past summer. Your opinions will help us determine what to send next summer.

National Centenarian's Day September 22nd

National Centenarian's Day celebrates those who are 100 years of age or older! Meals on Wheels serves several people who are 100 or older. Our staff would like to wish them a happy Centenarian's Day. Please take a few moments on September 22nd to honor anyone you know who has reached 100!

REMINDER: Watch the front page of your monthly newsletter and the menu for holidays or dates that we will not deliver meals.

We received a large number of calls from clients wondering why Meal on Wheels did not deliver meals on August 22nd. The information regarding this situation was on the front page of the August newsletter as well as on the menu. In addition, the "Emergency Meal" we sent out on August 19th also indicated that we would not deliver on the 22nd. In an effort to reduce equipment malfunctions, we had several new pieces of kitchen equipment installed that day (ovens and a new dish sink) so we were unable to prepare the meal. Hopefully, since our meal sealer has also been repaired, we should be good to go this fall!



ASK OUR DIETITIAN

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



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

QUESTION: Why are there so many crazy/fad diets?

This is an age-old question and a problem that dietitians have encountered for several decades! Here are five reasons why crazy/fad diets are popular and common.

1. Everyone eats and as a result everyone has an opinion based on their personal experience with food. Sometimes, if you speak loud and bold enough, opinions start to sound like facts.
2. Nutrition is a relatively “new” science and because of this, dietary recommendations have been fluctuating/evolving for several years. The change in the diet recommendations is both confusing and frustrating to people.
3. Many allied health professionals claim to “know” nutrition information, but they are really not nutrition professionals. They may be giving partially correct advice, but they could be incorrect as well. Sometimes, the information is too general, and not proper for the situation.
4. Profit motives. Believe it or not, fad diets, pills, etc. can be profitable for the person providing these services. Bold claims are sometimes made for the purpose of client recruitment.
5. Emotional appeals. An attention grabbing statement can be very powerful. We can fall prey to

thinking with our emotions, instead of logic. When this happens, we become vulnerable.

So, in general, be careful what diet you decide to follow and check out the source of the information. There are so many partially correct/partially incorrect claims made about nutrition. Be cautious and slow to follow a new diet plan, unless the diet advice is coming from a reputable source.

It's time to start thinking about flu vaccinations.

Flu is a highly contagious viral infection. People over age 65 with certain health conditions can experience a higher risk of serious flu complications. Consequently, the best way to prevent the flu is by getting vaccinated each year with a flu shot. An annual flu vaccination is recommended for most seniors since influenza (flu) viruses are constantly changing. A new flu shot, containing the strains of the virus that are expected to occur, is produced every year. According to Walgreens, these shots contain a dead or killed version of the virus which enables your system to form antibodies to fight off the flu. So, if you get the flu, it should be a milder case with less risks of serious health complications. The vaccine takes effect approximately two weeks after it has been administered. If you have questions about the vaccination check with your doctor.

COVID Cases Are On The Rise Again.

If you test positive for covid, please call the meal department at 267-0122. We cannot risk it spreading to volunteers & other seniors.



Surprising Longevity Clues Related to Nutrition

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

Have you ever wondered about the link between our eating habits and longevity? Many nutrition researchers have dedicated their professional careers to study this subject. Here are some of their published recommendations.

Lifestyle interventions for longer life.

Drink coffee: Coffee is considered an excellent antioxidant source. It has several helpful compounds which suggest coffee may help prevent some cancers, diabetes, some forms of heart disease & Parkinson's disease. Of course, moderation (2-3 cups/day) is always good advice.

Drink tea: Tea is another source of antioxidants and it may also protect the heart. Primarily, green tea is receiving all the praise, but black tea and even decaf tea may be helpful. Keep in mind, that some research studies indicate that high volumes of tea intake are needed to see these benefits.

Eat nuts: All types of nuts may be helpful for a long life. They contain protein, vitamins and several forms of good fats. Try new types of nuts - not just your favorite type. Add nuts to salads and serve them as snacks. They may be an especially healthful substitute for salty snacks. Plus, you won't be tempted to add a dip to your snack of nuts.

Add vegetables to your diet: You don't have to become a total vegetarian to get benefits from produce. Even though the daily goal is high: 7-10 vegetables and fruits/day, just begin with a few more servings/day. Increase the quantity as time goes by.

Be choosy about your fat selections: Include fatty fish, olive oil, some full-fat dairy foods in your food selection. Just be wise about portion size and food selection frequency. The tide is turning regarding fat condemnation. Americans

need a wide variety of foods for a balanced diet.

Limit alcohol, sweets, and high salt foods: The recommendation is to limit these choices because they do not provide nutritional merit. Additionally, it is easy to desire large quantities of these selections.

There is still a lot of mystery and unknown facts surrounding aging and food choice. Some research would indicate it is of major importance and some research suggests secondary importance. Nevertheless, nutrition is bound to play a role in longevity. Like the old expression, *take care of yourself because nobody else will.*

Tips For Healthy Aging Month

Healthy Aging Magazine created "***September is Healthy Aging Month***", to focus national attention on the positive aspects of growing older.

- Be positive in your conversations and actions every day. When you catch yourself complaining, check yourself right then and change the conversation to something positive. (Tip: You might need to stop watching some of the stories on the local news.)
- Stand up straight! It will change your appearance!
- Smile. Research shows people who smile more often are happier. Also, good oral health is important to your overall well-being.
- Lonely? Do something about it instead of feeling abandoned or complaining about having no friends or family. Pick up the phone to invite someone over.
- Keep up with your annual physical and other health screenings. Then, hopefully, you can stop worrying about ailments for a while.

<https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
New menu items are underlined.			1 BBQ Beef on Bun Macaroni & Cheese Buttered Peas Mandarin Oranges	2 Fish Sticks with Tartar Scalloped Potatoes Green Beans Wheat Roll Sliced Peaches
5 Closed For Labor Day Use Meal Provided	6 Tuna Salad on a Croissant Pickled Beets Goldfish Crackers Pineapple Chunks	7 Spaghetti with Meat Sauce Steamed Broccoli Garlic Breadstick Mixed Fruit	8 Pork Tamales with Salsa Refried Beans Spanish Rice Diced Mango & Papaya	9 Chicken Fried Chicken over Mashed Potatoes Buttered Corn Wheat Roll Fruit Jello Salad
12 Salisbury Steak Garlic Mashed Potatoes Green Beans Fruit Compote	13 <u>Creamy Veggie Lasagna</u> Carrots Garlic Bread Cherry Craisins	14 Beef & Cabbage Bake Rice Pilaf Garlic Biscuit Peaches	15 <u>COLD MEAL</u> Chicken Salad on a Croissant Three Bean Salad Baby Carrots Fresh Seasonal Fruit	16 Battered Cod Wedge with Tartar Potato Wedges Zucchini Wheat Roll Blushing Pears
19 Beef Lasagna Casserole Broccoli Garlic Bread Strawberry Applesauce	20 Glazed Pork Chops Scalloped Potatoes Peas Wheat Roll Fruit Yogurt	21 Chicken Tetrazzini Italian Green Beans Garlic Buttered Roll Pineapple Chunks	22 Beef Tips over Rice Buttered Carrots Cracker Jacks Warm Spiced Pears	23 Tuna Salad on Pita Green Pea Salad Animal Crackers Seasonal Fresh Fruit
26 Spaghetti with Meatballs Seasoned Corn Garlic Breadstick Emerald Pears	27 Ham & Beans Turnip Greens Cornbread Mixed Fruit	28 Chicken & Broccoli Stir Fry Seasoned Carrots Wheat Crackers Hot Spiced Applesauce	29 Chicken Soft Taco Lettuce/Tomato Refried Beans Fiesta Corn Fruit Craisins	30 Hamburger on a Bun with Ketchup Baked Beans Sun Chips Fruit Cobbler

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

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