NUTRITION Notes

Senior Services OF WICHITA

July 2026

Published monthly for the clients of Meals on Wheels.

UPCOMING HOLIDAY

Meals on Wheels will be closed and not delivering meals on:

Friday, July 3rd in observance of Independence Day

A shelf stable meal will be sent out prior to the holiday to be used on this day.

Taste the Goodness – How to Boost Flavor While Limiting Salt

(Costco Connection – May 2026)

Can low-salt recipes taste appealing? The short answer is yes! Salt is a naturally occurring mineral found in most foods and is essential for our bodies. In cooking and baking, salt's scientific properties boost flavor, balance bitterness and sweetness, and support nutrient retention and preservation.

Many recipes will not work without the addition of salt. However, most of us consume more than is considered healthy, increasing the risk of cardiovascular and kidney disease, and osteoporosis.

Various flavor-building cooking techniques can lessen the need for added salt. Incorporate these strategies and let your taste buds adapt to lower-salt dishes.

- **Create a flavorful base.** Sauté' aromatics such as onions, carrots, celery, leeks, fennel, peppers, ginger and garlic at the beginning of cooking to create a strong flavor foundation.
- **Heighten with herbs and spices.** Incorporate fresh or dried herbs and spices such as rosemary, thyme, basil, cumin, curry and chili powder. To maximize flavor, add them to liquids, fats and oils during cooking.
- **Add acids.** Brighten flavors by adding a small amount of citrus juice or zest, vinegar, cider, wine or spirits during cooking or before serving.
- **Intensify flavors.** Brown, pan-sear, sauté' or roast vegetables and proteins. Simmer to reduce sauces, stock, wine, juice or balsamic vinegar. Toast spices, nuts, seeds, whole grains or legumes.
- **Deglaze the pan.** Add ¼ to 1/3 cup of wine, spirit, cider, water, stock, diced tomatoes or tomato sauce, or 1 to 2 Tbsp of tomato paste, to loosen the browned bits on the bottom of the pan after searing or sautéing ingredients.
- **Use condiments.** Add a dollop of mustard, salsa, pesto, Worcestershire, gochujang, kimchi or red pepper spread to jazz up soups, stews, beans, sauces, casseroles, vegetables, pasta and proteins during cooking or as a garnish.

Although salt is a key ingredient in cooking, more does not equal better. Using flavor-building cooking techniques helps to create enticing dishes without excess salt.

Produce Spotlight: Blackberries

By Isabelle Meyer, M.S., R.D

Nutrition Notes

Blackberries are at their peak flavor in the summer months. They are an excellent source of fiber, providing about 8 grams per cup, which can support digestive health and help you feel full longer. Blackberries are also rich in vitamin C, which supports immune function. Their deep purple color comes from antioxidants called anthocyanins, which may help protect cells from damage and support overall health.

Recipe: Blackberry Yogurt Parfait

Ingredients:

- 1/2 cup fresh blackberries
- 1 tsp chia seeds
- 1 tsp honey or maple syrup

Directions:

- Place the blackberries in a small bowl and mash with a fork until mostly smooth.
- Stir in the chia seeds and honey or maple syrup.
- Let the mixture sit for 10–15 minutes, stirring once or twice, until it thickens.
- Enjoy on toast, oatmeal, yogurt, or whole grain crackers.

Oral Side Effects of Medications

(webmd.com/oral-health/oral-side-effects-of- medications)

The next time you pop a pill, ask yourself this question: What will this medicine do to my mouth and teeth? Generally speaking, medicines are designed to make you feel better. But all drugs, whether taken by mouth or injected, come with a risk of side effects, and hundreds of drugs are known to cause mouth (oral) problems. Medicines used to treat cancer, high blood pressure, severe pain, depression, allergies, and even the common cold, can have a negative impact on your dental health. That's why your dentist, not just your doctor, should always know about all the medications you are taking, including over-the-counter products, vitamins, and supplements.

Dry Mouth (Xerostomia)

Some drugs can reduce the amount of saliva in your mouth, causing an uncomfortably dry mouth. Without enough saliva, the tissues in the mouth can become irritated and inflamed. This increases your risk for infection, tooth decay, and gum disease. There are more than 400 medications known to cause dry mouth. Dry mouth is also a side effect of certain chemotherapy medicines. Some medications that have dry mouth as a side effect.

- Antihistamines
- Antidepressants
- Antipsychotics
- Parkinson's disease medications
- Alzheimer's disease medications
- Lung inhalers
- Seizure medications
- Anti-anxiety medications

Fungal Infection

Certain inhaler medications used for asthma may lead to a yeast infection in the mouth called oral candidiasis. Rinsing your mouth out with water after using an inhaler can help prevent this side effect.

Gum Swelling (Gingival Overgrowth)

Some medications can cause a buildup of gum tissue, a condition called "gingival overgrowth." Gum tissue becomes so swollen that it begins to grow over the teeth. Gingival overgrowth increases your risk of periodontal disease. Swollen gum tissues creates a favorable environment for bacteria, which can damage surrounding tooth structures. Some medications that can cause gum swelling and overgrowth include:

- Phenytoin, a seizure medication
- Cyclosporine, and immunosuppressant drug often used to prevent transplant rejection.
- Blood pressure medications called calcium channel blockers, which include amlodipine, diltiazem, nifedipine, and verapamil.

Tooth Decay

Long-term use of sweetened medications can lead to tooth decay. Sugar is an added ingredient in many types of drug products, from vitamins and cough drops to antacids and syrup-based medications. Rinse your mouth out after using such products, or ask your doctor or pharmacist if there is a sugar-free alternative.

Fiber: A Key Nutrient for Better Health

By Isabelle Meyer, M.S., R.D

Fiber can help reduce the risk of heart disease, type 2 diabetes, and colorectal cancer while supporting digestive health. Despite these benefits, most Americans do not get enough fiber. Learning where to find fiber can help you make choices that support your health.

What Is Fiber?

Fiber is a type of carbohydrate found in plant foods. Unlike other carbohydrates, fiber is not fully broken down and absorbed by the body. Instead, it moves through the digestive system and helps support many important body functions.

There are two main types of fiber:

Soluble Fiber

Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract. It can help lower cholesterol levels and support blood sugar control. It is found in foods such as oats, beans, lentils, apples, berries, and chia seeds.

Insoluble Fiber

Insoluble fiber does not dissolve in water and helps keep bowel movements regular. It is found in whole grains, nuts, seeds, carrots, and cauliflower.

Most plant foods contain a mix of both types of fiber, so eating a variety of fruits, vegetables, whole grains, beans, nuts, and seeds can help you get enough.

Benefits of Fiber

Supports Digestive Health

Fiber helps prevent constipation by adding bulk to stool and helping it move through the intestines. Regular bowel movements can help you feel more comfortable and reduce digestive problems.

Helps Control Blood Sugar

Soluble fiber slows digestion and the absorption of sugar. This can help prevent large spikes in blood sugar levels in people with diabetes. And a balanced diet that includes both soluble and insoluble fiber can reduce risk of type 2 diabetes.

Promotes Heart Health

Fiber can help lower LDL (“bad”) cholesterol levels. Lower cholesterol levels may reduce the risk of heart disease and stroke.

Supports Satiety

High-fiber foods often help people feel full longer after eating. This can make it easier to avoid excessive snacking and support healthy eating habits.

How Much Fiber Do You Need?

- Most women need 25-28 grams of fiber per day.
- Most men need 28-34 grams of fiber per day.

Many adults only eat about half of the fiber they need. Increasing fiber slowly and drinking plenty of water can help prevent bloating or discomfort.

While most people benefit from eating more fiber, those with digestive conditions such as IBS, IBD, diverticulitis, or gastroparesis may need to adjust the amount or type of fiber they eat. Talk with your healthcare before making major changes to your fiber intake.

What Does a High-Fiber Day Look Like?

Breakfast
- Oatmeal topped with blueberries and chia seeds
- Greek yogurt

Morning Snack
- Apple
- Handful of almonds

Lunch
- Turkey sandwich on whole wheat bread
- Lettuce and tomato
- Baby carrots
- Orange

Afternoon Snack
- Hummus with bell pepper strips and whole grain crackers

Dinner
- Grilled chicken
- Brown rice
- Roasted broccoli

Daily Total

This day of eating provides about **34 grams of fiber,** which meets the daily needs of most adults. This is an estimate, and the actual amount of fiber may vary depending on portion sizes.

Key Takeaways

Fiber supports digestive health and may help reduce the risk of chronic disease. Choosing more fruits, vegetables, whole grains, beans, nuts, and seeds is a simple way to increase your fiber intake and support your health.

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 2026 - NOON MEALS ARE NOT LATE UNTIL 1:00 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is Served with Every Meal		1 Beef Hotdog on Whole Grain Wheat Bun Macaroni & Cheese Baked Beans Mandarin Oranges	2 Pork Caritas w/ Corn Tortillas Spanish Rice Fajita Blend Vegetable Salsa Pears	3 **Closed For Independence Day** Use the Shelf Stable Meal Provided
6 Turkey A La King Harvest Beets Whole Grain Roll Cinnamon Apples	7 ***(Cold Meal)*** Chicken Salad w/ Whole Wheat Tortilla Potato Salad Cottage Cheese Fruit Medley	8 Breaded Catfish Fillet Vegetable Blend Corn & Pepper Seasoned French Fries Fruit Crisp	9 ***(Cold Meal)*** Sliced Roast Beef & Swiss Sandwich on Wheat Bread Macaroni Salad Broccoli Salad Mixed Fruit	10 Ham & Fried Cabbage Casserole Steamed Carrots Garlic Knot Pineapple Chunks
13 Roasted Turkey Mash Potatoes w/ Turkey Gravy Buttered Peas Whole Grain Roll Fruit Yogurt	14 Beer Battered Cod Quinoa Pilaf Corn & Green Beans Hush Puppies Applesauce	15 Taco Salad w/ Shredded Cheese Tortilla Chips Pico De Gallo Red Beans & Wild Rice Papaya Mango	16 Breaded Chicken Tenderloin Fritter Scalloped Potato Wheat Roll Fruit Cocktail	17 Ham & Beans Mixed Vegetable Cornbread Pears
20 Tuna Noodle Casserole Capri Blend Vegetables Whole Grain Roll Tropical Fruit	21 Chicken Fried Steak Mash Potatoes w/ Cream Gravy Green Beans Wheat Roll Peaches	22 Polish Sausage Fried Sliced Potatoes Scandinavian Vegetables Corn Bread Mandarin Oranges	23 BBQ Chopped Beef on Whole Wheat Bun Potato Wedges Buttered Corn Blushing Pears	24 Turkey Salad on Croissant 3-Bean Salad Pea Salad Apricot
27 Country Sliced Ham Sweet Potatoes w/ Brown Sugar Broccoli Whole Grain Roll Peach & Cream Parfait	28 Breaded Chicken Leg Chicken Fried Wild Rice Oriental Vegetable Apple Cobbler	29 Beef Tips & Brown Gravy over Noodles Green Beans w/ Sauté Onions Whole Grain Roll Pineapple	30 ***(Cold Meal)*** Turkey & Swiss Deli Sandwich on Whole Wheat Bread Garden Pasta Salad Fruit Cup	31 Lemon Pepper Fish Fillet Buttered Rice Capri Vegetable Blend Whole Wheat Roll Fruit Gelatin

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

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