

EAT RIGHT



BITE BY BITE

National Nutrition Month®  
March 2020

eat right Academy of Nutrition  
and Dietetics

Broome County  
Office for Aging 

# Meals on Wheels Gazette

March 2020

## National Nutrition Month



March is National Nutrition Month and we're ready to start the month out right! Did you know that eating the right foods doesn't have to be complicated? Healthy eating can be easy AND taste great! Eating a variety of nutritious foods every day is important at every age. Get creative with your healthy choices, so you can **"Eat Right, Bite by Bite!"**.

### Tips to "Eat Right, Bite by Bite":

- ✚ Make half of your plate fruits and veggies.
  - Dark green, orange, and red veggies, as well as beans and peas are great choices. Don't forget that canned and frozen vegetables are a great alternative if fresh veggies are not available. Go for the "no salt added" and "reduced sodium" options when it comes to canned veggies. Fruit is always a good option to satisfy that sweet tooth! Choose fresh, frozen, canned, or dried fruits to add to any meal or snack. Be sure to always choose the fruits canned in water or 100% fruit juice.
- ✚ Make half of your grains WHOLE grains.
  - Choose whole-grain breads, crackers, and pasta, and use brown rice instead of white rice. Lean towards cereals that are rich in fiber to help you stay regular.
- ✚ Switch your dairy choices to low-fat or fat free options.
  - It is important that older adults get enough calcium and vitamin D in their diet to help keep their bones strong and healthy. Try to incorporate two to three servings of low-fat or fat free milk, yogurt, or cheese a day. If you are lactose intolerant, there are plenty of calcium enriched lactose free options available, such as lactose free milk, soymilk and soy yogurt, almond milk and almond yogurt, and coconut milk and coconut yogurt.
- ✚ Alternate your protein choices from week to week.
  - Different options for protein include seafood, poultry, eggs, nuts, lean meat, beans and peas.
- ✚ Try to limit added sugars, solid fats, and sodium.
  - Be cautious of salt or sodium in the food you buy. Choose low-sodium or reduced-sodium options. Add herbs and spices to add flavor instead of adding salt.
  - Limit the amount of saturated fats you eat. Examples of items high in saturated fat include pizza, sausage, hot dogs, full fat cheese, and baked goods. Moderation is key for these types of foods.
  - Use oils such as olive oil, coconut oil, and avocado oil instead of solid fats to prepare foods.

[www.eatright.org](http://www.eatright.org)

The Meals on Wheels Gazette is a monthly publication of the Broome County Office for Aging. If you have any questions, please call 607-778-6205. The nutrition program is sponsored by the U.S Administration on Aging, New York State Office for Aging, and Broome County Office for Aging.

## Winter Fruit Salad:

- ✚ 2 red apples cored and diced
- ✚ 2 pears cored and diced
- ✚ 4 clementine oranges peeled and separated into segments
- ✚ 3 kiwi fruit peeled and sliced into thin rounds and then slice rounds into quarters
- ✚ 1/2 cup dried cranberries
- ✚ 1 cup pomegranate seeds

## Maple Lime Dressing:

- ✚ 2 tablespoons maple syrup
- ✚ 1 tablespoon lime juice freshly squeezed

## Instructions:

1. Combine all salad ingredients (except the dressing ingredients) in a large bowl.
2. In a separate small bowl, whisk together the dressing ingredients (maple syrup and lime juice).
3. Pour the dressing over the salad and gently toss to coat.
4. Serve immediately.

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## Nutrition Facts:

*Winter Fruit Salad with Maple-Lime Dressing*

### Amount Per Serving

**Calories** 196 **Calories from Fat** 9

**% Daily Value\***

**Fat** 1g **2%**

**Sodium** 5mg **0%**

**Potassium** 452mg **13%**

**Carbohydrates** 50g **17%**

**Fiber** 7g **29%**

**Sugar** 36g **40%**

\*Percent Daily Values are based on a 2000 calorie diet.

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## 2020 Census – Help Broome County get an accurate count!

Every 10 years the United States counts everyone who lives in the country. Your participation in the 2020 Census is very important as it will impact community funding and congressional representation for Broome County for the next decade. Broome County's population is aging, and adequate funding will be needed to provide programs and services that support the needs of older adults. The Office for Aging encourages all older adults in Broome County to complete the census and help Broome County receive an accurate and complete count.

Participation in the census is mandatory, and all information is kept confidential. Beginning in the middle of March 2020 all households will receive an invitation asking them to respond to the census online. A phone number will be listed for those who would like to answer the census over the phone. After the initial invitation all households will receive several reminders to complete the census online and eventually should receive a paper questionnaire by the middle of April 2020. Residents who do not respond to the census will receive a visit from a Census Bureau representative. Here are some ways you can verify an individual is a Census Bureau employee:

- Census representatives will present an ID badge that includes their name, photograph, a Department of Commerce watermark and expiration date.
- The representative will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo.
- Census representatives will conduct their work between the hours of 9am and 9pm, local time.

**Help Broome County get an accurate count!**

**For more information you can call the Census Call Center at 1-800-923-8282.**