



Meals on Wheels Gazette

January 2020



“Put Your Best Fork Forward”

This year, as you work to “Put Your Best Foot Forward,” remember to include better eating habits in your New Year’s resolutions and “Put Your Best Fork Forward.” Making healthy food choices is important no matter your age. Your body goes through changes in your 60’s, 70’s, 80’s, and beyond. Food provides nutrients you need. Here are a few tips from the USDA’s *Center for Nutrition Policy and Promotion, Nutrition Education Series*:

- ✓ **Vary your vegetables.** Include a variety of different colored vegetables in your diet to brighten your plate. Most vegetables are low-calorie sources of nutrients and good sources of fiber.
- ✓ **Keep food safe.** Do not take a chance with your health. Food-related illnesses can be life threatening. Throw out food that may not be safe.
- ✓ **Drink plenty of liquids.** With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you to stay hydrated. Limit beverages that have added sugars or salt. Be sure to ask your doctor how much fluid it is safe for you to consume if you are on any fluid-restrictions.
- ✓ **Use herbs and spices.** Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook. Maybe your sense of smell, sense of taste, or both have changed. Medicines can also change how foods taste. Add flavor to your meals with herbs and spices.
- ✓ **Eat for your teeth and gums.** Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Do not miss out on necessary nutrients. Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna fish.
- ✓ **Read the Nutrition Facts label.** Make good choices when it comes to buying food. Pay attention to important nutrients as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients or nutrients you might need to limit or increase.
- ✓ **Ask your doctor about vitamins or supplements.** Food is the best way to get nutrients. Some people take vitamins, or other pills or powders with herbs and minerals called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your current medications or affect your medical conditions.

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.

Balance Exercise: Single Limb Stance

This exercise will help train your brain to become more aware of where your center of gravity is located. It will also strengthen your ankles and hips for improved stability.

Step 1: Stand with feet together and arms at sides.

Step 2: Lift one leg and balance on the other. Hold for 10 seconds, then repeat with the other leg.

Breathing: Keep breathing normally, in through the nose and out through the mouth. Use a chair to hold on to while standing. Hold on with your finger, one hand, or two hands. Do not close your eyes or hold your breath. Raise your arms out to the sides if you need more balance. To take it up a notch, lift your chest and look straight ahead to make standing more challenging. Try adding a one-pound ankle weight to one ankle.



Eldergym Senior Fitness

Food Insecurity

This month, Meals on Wheels will be providing participants with a cutting mat which doubles as a re-usable placement. These cutting mats are provided by the New York State Office for Aging and the Office of Temporary and Disability Assistance.

These two agencies are collaborating to promote nutrition education and obesity prevention interventions among older adults. Food insecurity and a poor diet can have detrimental effects on older adults. Those with food insecurity can face poor health outcomes, worsened health conditions, and more frequent visits to the hospital. The goals of this collaboration are to influence healthy eating choices and behaviors, increase nutrition knowledge, and to increase access to SNAP benefits (food stamps) to those who need them.

For more information on resources available to you to help combat food insecurity, or for information on how to obtain SNAP (food stamps) call the Office for Aging at 778-2411.

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