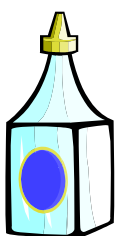


Spice Up Your Life



Did you know?

- As we age, it's normal to experience decreases in taste and smell?
- The senses of taste and smell are important to health?
- You can add flavor to your food without adding salt?



Use the following flavorful ways to add spice:

1. Use butter-flavored seasonings like Mrs. Dash with potato dishes, pasta and green vegetables
2. Cheese-flavored seasoning pairs well with cauliflower, broccoli and potatoes
3. Use fruit extracts in gelatins and desserts
4. Bouillon cubes can be used to make sauces and gravies "meatier" and also add extra flavor to soups, rice and mixed meat dishes
5. Lime and lemon juices can be used on any meat, fish, salad or rice dish to add a little pizzazz

Look for great flavor-full recipes on the other side of this flyer.

For additional information or questions please call the Nutrition office at 303-297-0408. Information taken from the American Dietetics website at www.eatright.org



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