



Healthy Hibernation

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**Volunteers of
America
Seniors' Nutrition**

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Special points of interest:

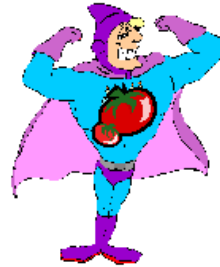
- * Frozen vegetables are frozen when they are ripe and are low in sodium
- * Canned vegetables contain a high amount of sodium



Superheroes Fighting Disease

*by Leighanna Grupp,
Community Nutritionist*

In the summer and fall it seems like fruits and vegetables are all around us at farmer's markets or roadside stands. In the winter months they are just as plentiful, but you have to look in your local supermarkets and grocery stores to find them. Fruits and vegetables are nutrition powerhouses, packed with nutrients that decrease your risk for cancer and heart disease. Eating 5-9 servings of fruits and vegetables each day helps keep



your immune system strong. With flu season in full swing, winter is a great time of year to eat a lot of fruits and vegetables.

Fruits and vegetables are jam packed with vitamins A and C, iron, fiber, potassium and magnesium. These vitamins and minerals are superheroes our body needs to knock out illness, keeping us healthy and strong. Look for tips inside this newsletter on eating and buying healthy fruits and vegetables all year long.

Shopping Tips

- Comparison shop and read the sales flyers for great fruit and vegetable buys in your community
- Buy fresh fruits and vegetables when they are in season
- Buy juices that are 100% fruit juice
- Buy canned fruits in their own juice, not in syrup
- Buy whole fruits and vegetables and cut/wash them yourself to save money



Quick Fix Recipe of the Month

Graham Pudding Sandwiches

Yield: 32 sandwiches

Serving Size: 1 sandwich

Ingredients:

- 1 Package, sugar free chocolate instant pudding.
- 1/2 Cup natural peanut butter
- 1/2 Cup non-fat powdered milk
- 64 Graham cracker squares
- Dash of cinnamon

Method:

1. Prepare pudding according to package directions, using low-fat or fat free milk. Mix in 1/2 cup natural peanut butter and 1/2 cup non-fat powdered milk and dash of cinnamon.
2. Spread 1 tbsp mixture on 1 graham cracker square and top with another graham cracker square.
3. Place on foil lined cookie sheet and freeze.

Nutrition Facts

Serving Size (35g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Food Safety Tip of the Month—Wash Your Hands Often

Did you know that the most important thing you can do to stop the spread of germs is to wash your hands? Research has shown that washing your hands frequently, and when cooking foods, reduces the spread of germs significantly.



With colds and flu being spread from person to person, washing your hands can help you to stay healthy. Wash your hands each time you use the bathroom, before and after you handle food and after you blow your nose or sneeze.

**Volunteers of America
Seniors' Nutrition**

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Volunteers of America®
Colorado Branch

There are no limits to caring®

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved—please call us at 303-297-0408.

Ask for Meals on Wheels.

Let Color be your Guide

Fruits and vegetables are nutrition superheroes, and a rainbow of colors. Each color comes from different phytochemicals, pronounced “fight-chemicals” found in fruits and vegetables. Phytochemicals fight to keep our body healthy and strong. A fun and easy way to eat your 5-9 servings of fruits and vegetables each day is to eat a variety based on color. Eat as many different colors as you can. Use the following color chart as your guide.



Red: Apples, Cherries, Tomatoes, Red Peppers, Strawberries, Watermelon.

Orange: Cantaloupe, Carrots, Orange Juice, Peaches, Sweet Potatoes, Squash.

Yellow: Bananas, Corn, Pineapple, Yellow Peppers, Pears, Pumpkin, Mango.

Green: Asparagus, Broccoli, Spinach, Lettuce, Green Peppers, Honeydew Melon, Green Beans, Celery.

Blue: Blackberries, Blueberries.

Purple: Eggplant, Plums, Prunes, Purple Cabbage.

White: Cauliflower, Potatoes, Mushrooms.