



Bon Appetite!

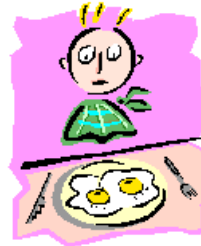
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“Just Not Hungry?”

by Leighanna Konetski,
Community Nutritionist

A small natural decline in appetite is a normal part of aging, but when it turns into a regular feeling and nothing sounds or tastes good then it can become a larger problem. The outcome of many chronic diseases and the effectiveness of some medications are directly related to your diet. Not eating enough may cause some medications to upset your stomach, or may cause them to simply not work as well. Not only can poor eating habits affect your medications but often times it will leave you feeling like you don't have the energy to do the things you enjoy most. However, forcing yourself to sit down to large meals isn't always the answer and may cause you to feel overwhelmed. Instead, try the following suggestions and if nothing seems to work, talk



with your doctor- it could be a sign of something more serious.

- Get enough rest so you aren't too tired to eat.
- Keep easy-to-fix items on hand (fruits, milk, butter-milk, soups, yogurt, cereals, peanut butter or cheese and crackers).
- Try new and different foods.
- Don't skip meals.
- Try not to fill up on liquids while eating your meals.
- Eat meals and snacks at regular times each day.
- Try to eat the same amount of food each day.
- Add spices and seasonings to foods to give them more flavor.
- Eat in a cheerful environment.

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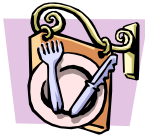
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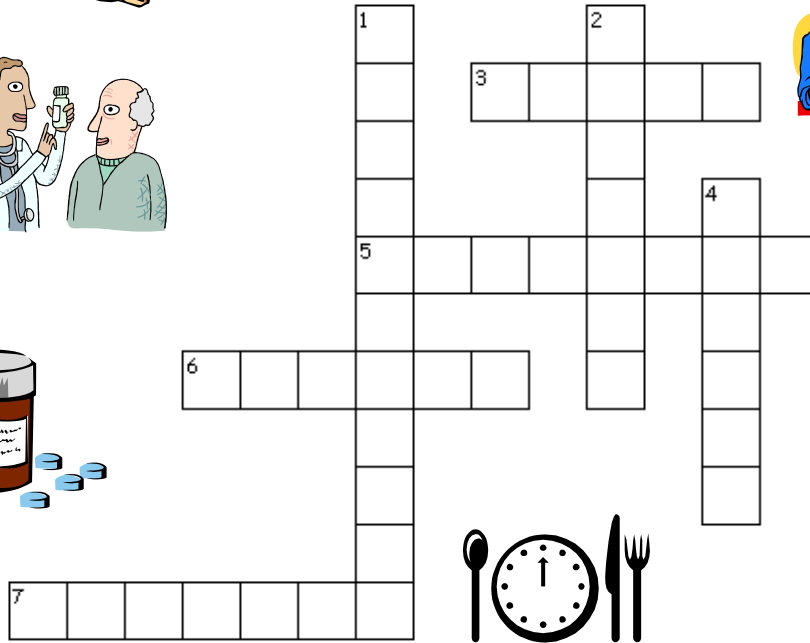
Keep in Mind:

- * A *natural* decline in appetite is a normal part of aging
- * If your appetite doesn't improve, talk with your doctor





Bon Appetite Crossword



Solve the above cross word using this newsletter.

Across

- 3. Don't skip _____.
- 5. Eat in a _____ environment.
- 6. If your appetite doesn't improve, talk with your _____.
- 7. Ask if the medication has any side _____.

Down

- 1. Always keep a current record of the _____ you take.
- 2. A _____ decline in appetite is a normal part of aging.
- 4. Never buy bulging, swollen, damaged, dented or _____ cans.



Happy New Year!



Quick Fix Recipe of the Month

Veggie Rice

Yield: 6 servings
Serving size: 1/2 cup



Ingredients:

- 3 cups **cooked** brown rice
- 1 (9 ounce) can peas, drained
- 2 tablespoons parsley
- 2 tablespoons low-fat margarine

Method:

1. Combine all ingredients in medium saucepan over medium heat.
2. Stir until the mixture is heated through.

*Recipe from, 'Low Fat & Light
Four Ingredient Cookbook.'*



Lou's

Food Safety Tip of the Month: 'Can Good' Safety

Canned foods are an easy way to get good nutrition. They are shelf-stable for months, allowing them to be purchased at the lowest price and then used when needed. But be careful; there can be more than just food in those cans. Dented, bulging, rusted, swollen or damaged cans can har-



bor the bacteria that causes botulism, a serious and sometimes deadly food-borne illness. When buying canned goods practice 'can good' safety and **don't buy any cans that are bulging, swollen, damaged, dented or rusted.** These cans may contain the bacteria that causes botulism.

Nutrition Facts

Serving Size 1/2 cup (131g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 4g

Vitamin A 8% • Vitamin C 6%

Calcium 2% • Iron 6%

*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



Volunteers of America
2660 Larimer Street
Denver, CO 80205

Phone: 303-297-0408
Fax: 720-264-3306
Leighanna Konetski,
Community Nutritionist
Dawn Hasebrook, RD
Email:

lkonetski@voacolorado.org
dhasebrook@voacolorado.org



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.

Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging.

Manage Your Medications

The average number of medications an older person takes is five prescription and three over-the-counter drugs. Not knowing the facts about medications can be a dangerous situation, because being informed about your medications is one way to ensure they are used safely. You should know the name of each medication you take (brand and generic) and for what condition it is prescribed. Always ask your doctor or pharmacist if you have any questions about the medications you are taking.

Keep in mind the following suggestions to help you manage your medications and prevent prescription problems.



- Keep all of your prescriptions at one pharmacy.
- Ask about all prescriptions the doctor prescribes for you.
- Learn all there is to know about a new medication, and also ask about old ones if you are unfamiliar with them.
- Ask when you are supposed to take the medication.
- Ask whether or not it should be taken with food.
- Ask if the medication has any side effects.
- Always keep a current record of the medications you take.

Information for the above article taken from, 'Nutrition News, Information for Senior Citizens', Colorado State University Cooperative Extension.