

The theme for **National Nutrition Month 2016** is “Savor the Flavor of Eating Right,” which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.



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 stay hydrated. Limit beverages that have lots of added sugars or salt; learn which liquids are better choices.

Make eating a social event — Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. Senior nutrition programs offer meals that are shared with others.

Know how much to eat — Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

Vary your vegetables — Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients and a good source of fiber.

Eat for your teeth and gums — People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Try eating softer foods: cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna are good options.

Use herbs and spices — Do your favorite dishes taste different? Maybe your sense of smell, sense of taste, or both have changed. Medicines can change how foods taste. Add flavor with herbs and spices.

Keep food safe — A food-related illness can be life threatening. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

Read the Nutrition Facts label — Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Ask your doctor about vitamins or supplements — Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Be physically active your way — Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

Source: National Institute on Aging and USDA Choose MyPlate Eating Tips, July 2015

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

“Mindful” eating is about awareness of internal and external cues that trigger eating. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious flavorful foods.

Reflect. Then choose if you want to eat, what you want to eat, and how you want to eat.

Sit down. You’re less likely to appreciate your food when you are multi-tasking.

Turn off the TV (and everything else with a screen). Distractions make us less aware of what and how much we are eating.

Serve out your portions. Resist eating straight from the bag or the box to fully appreciate your food.

Pick the smaller plate. You might crave less if you see less, especially at all-you-can-eat buffets.

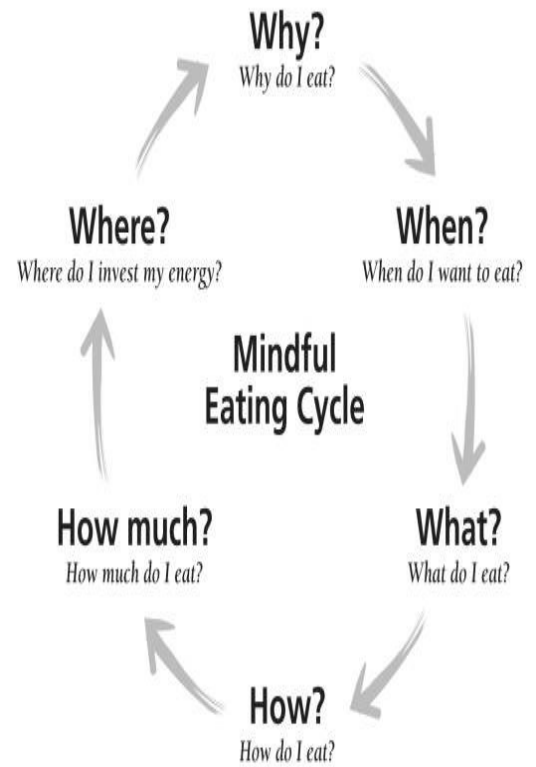
Give gratitude. Pause and acknowledge the labor that went into providing your meal.

Chew 30 times. Take time to enjoy the flavors and textures in your \mouth before you swallow.

Put down your utensils. Try putting down your utensils after each bite.

Resign from the Clean Plate Club. Consider packing for later or just leaving the last few bites.

Silence. Be conscious of the food’s consistency, flavor, tastes, and smells, and fully appreciate the moment.



Savor the Flavor Word Search

T M R R O I W H M S B R E H E B I W I K P S O M L
 R A J E B T L A C A X Q N C P L I Q Z K P D A R P
 U J H T W L A O L A N L S W U U S R A I A L G E U
 G I K T P K A T C N N G P J O E Q L C C M A T G M
 O F T U O C Q C O C U I O W L B E E O O R M N T Q
 Y G R B B Z G I K P O T P F A E S V N L Q O N A H
 R J C T B A S I L B T R S S T R A D I G M V G E Y
 N Y I U S A L M O N E E B T N R S C K A M I Y H J
 I U Y N A P P L E S O A E L A I U D N K T O V W Q
 K W L A D E E S X A L F N W C E M N Z Y D D G N K
 L B E E O A T M E A L J V S S S I O L I V E O I L
 K Z U P N X D Q A I H A T R Q C Z D D S V R N A U

ALMONDS
 APPLES
 AVOCADO
 BASIL
 BLACKBEANS
 BLUEBERRIES
 BROCCOLI
 CANTALOUPE
 CINNAMON
 FLAXSEED
 GARLIC
 HERBS
 KALE

KIWI
 MANGO
 OATMEAL
 SPINACH
 SWEETPOTATO
 WALNUTS
 WHEATGERM
 YOGURT
 OLIVEOIL
 PEANUTBUTTER
 SALMON
 SPICES



ATTENTION SENIOR CITIZENS: Have a nutritional question or concern? If you are participating in a senior meal program, you are eligible to have a free consultation with a Registered Dietitian.

Call 372-1622, extension 269, for more information.

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