



Menu Planning Tips:

These food meet both high vitamin A and high vitamin C recommendations so including them on your daily menus often or on your salad bar everyday will have you covered!

Apricots
Cantaloupe
Kale
Grapefruit
Tomatoes

Cabbage
Collard Greens
Spinach
Sweet Potatoes
Watermelon

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Budget Friendly:

3/4 cup Ham and White Beans
1 cup spinach salad
2" x 2" Cornbread
1 cup Milk



WASH HANDS AFTER ANY ACTIVITY THAT CAN CONTAMINATE THEM

- Using the restroom
- Handling raw meat, poultry, fish, etc.
 - Changing tasks
 - Taking out trash
- Handling dirty dishes
- Sneezing or coughing, touching wounds, etc.

Be sure to cover cuts on hands with clean bandages and wear a single-use glove. Wear gloves over artificial nails and fingernail polish.

Change gloves each time you move onto a new task.

Always wash and dry hands before putting on a new pair of gloves.

Do not prepare food if you are ill

Vitamin D

Choose vegetables rich in color:

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

Your body needs vitamin D so that it can absorb calcium to promote bone growth and maintain strong bones and teeth. Older adults need 800 IU each day. Most people get some level of vitamin D through exposure to sunlight. However, using sunscreen will decrease your exposure to vitamin D.

It is also difficult to get enough vitamin D through diet alone because there are not a lot of food choices rich in vitamin D. In fact, some primary food sources of vitamin D come from foods that have added vitamin D (called fortified foods).

Sunlight is your best option for Vitamin D but can be hard to get, especially in the winter. These foods also provide vitamin D:

Salmon
Swordfish
Canned tuna
Fortified milk
Fortified orange juice
Fortified cereal
Fortified yogurt
Swiss Cheese

Heart Health Tip

Get plenty of fiber. A fiber-rich diet has been linked to a lower risk of heart disease and diabetes as well as lower blood pressure, lower bad cholesterol, lower blood sugar, and a healthy weight. Most adults need 20-30 grams a day. Great sources are whole fruits and vegetables, whole grains, and beans. If you can't get enough from food, a fiber supplement might help. Check with your doctor about the type you should try.