



NUTRITION NEWS

Nutrition and Education Programs

May 2024

Healthier YOU

As we age our nutritional needs change and calorie needs may decrease. You may have a harder time absorbing Vitamin B12 and may need to talk to your doctor about a supplement to increase these levels. Calcium and Vitamin D are important in continued bone health. Dietary fiber is not only needed for regularity of the digestive system but can also help in reducing heart disease and Type 2 diabetes. Continue to eat lean protein which helps to maintain muscle mass. Don't forget to drink water regularly. Dehydration can make you feel tired and can affect your concentration. Socialization can benefit both mental and physical health.



Tips to get started on a healthier you.

- 1- Get at least three servings of low fat dairy options per day. Milk, cheese, and yogurt are great choices and will give you calcium, Vitamin D, and protein with each serving.
- 2- Find a place to socialize. Senior Centers, churches, and Community Centers are a great place to find people that have your same interests.
- 3- Find time to exercise at least 30 minutes per day and have a water bottle handy to encourage drinking more water.
- 4- Use herbs and spices to flavor your food instead of salt.
- 5- Choose unsaturated fats when cooking, such as Canola, olive, or vegetable oils.
- 6- Appetites can decrease as we age. Try eating smaller, nutrient dense meals throughout the day.
- 7- Some foods that are higher in potassium and lower in sodium are: bananas, salmon, spinach, beets, white beans, and avocados.

RICE PUDDING

By: Aubrey

Serves: 4

Ingredients

2 cups cooked rice
2 cups milk
3 Tbsp. butter
1/3-1/2 cup of sugar
1 tsp. vanilla
1/2 tsp. cinnamon



Instructions

- 1- In a medium saucepan add all ingredients and stir.
 - 2- Bring to a low boil over medium heat and stir to prevent burning for about 15-20 minutes until thickened.
 - 3- Serve hot or cold with a sprinkling of cinnamon or nutmeg.
- Note- Add 1/2 cup of raisin if desired.

Recipe can be found at <https://realhousemoms.com/rice-pudding/#recipe>.