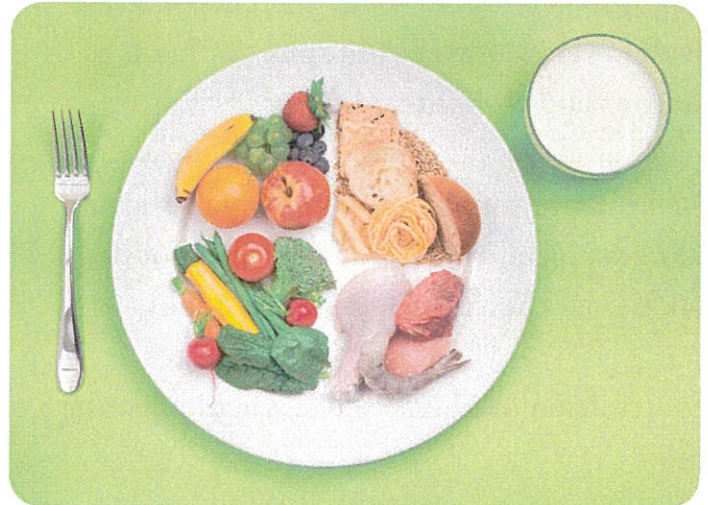


Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.



Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

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.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

Consult a registered dietitian nutritionist

if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Visit www.eatright.org to find a registered dietitian nutritionist near you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

Christmas Traditions Around the World – Trivia

Before you bite into your next Christmas cookie, learn a bit more about a few holiday food traditions in this Christmas food quiz.

1. **In England, "Stir-Up Sunday" refers to?**
 - a. Stirring a Sunday cocktail
 - b. Mixing cookie batter
 - c. Mixing and steaming traditional Christmas pudding
 - d. Stirring a pot of Christmas soup
2. **What type of protein is served at the big meal in some Italian-American households on Christmas Eve?**
 - a. Lamb
 - b. Turkey
 - c. Beef
 - d. Seafood/Fish
3. **What common holiday drink we enjoy today is descended from something called posset?**
 - a. Eggnog
 - b. Spiked cocoa
 - c. Champagne
 - d. Mimosa
4. **True or False: Sugarplums were named for the fruit they contained.**

True or False
5. **What cake-like holiday bread is shared by the cultures of Italy, Spain, France, and South America, among others?**
 - a. Fruit cake
 - b. Banana bread
 - c. Panettone
 - d. Monkey bread
6. **What Christmas beverage hails from the tradition of visiting other people's houses and drinking toasts?**
 - a. Wassail
 - b. Eggnog
 - c. Port wine
 - d. Peppermint tea

Christmas Traditions Around the World – Answers

1. C. Mixing and steaming traditional Christmas pudding

The last Sunday before Advent is known as "Stir-Up Sunday" in England, and is dedicated to mixing and steaming the traditional Christmas pudding so the dessert has time to age properly before Christmas Day. With its roots in medieval times and a resurgence traced to Victorian times, the round pudding is made with ingredients including flour, dried fruit, suet, sugar and spices, and is flamed with brandy before serving. While this tradition has gone by the wayside in homes that use boxed pudding mixes, on "Stir-Up Sunday," family members are supposed to take turns using a wooden spoon to mix the pudding ingredients (stirring from east to west, recalling the journey of the Three Kings), making a wish as they stir, and possibly putting a coin in the mix to bring luck to the diner who finds it in the finished pudding.

2. D. Seafood/Fish

Fish and other seafood. Depending on the household, the Feast of the Seven Fishes will consist of seven or more seafood dishes that might include cod, eel, calamari (squid), lobster, pasta with clams or other traditional Italian foods. The tradition seems to hail from southern Italy, and be connected with the Catholic tradition of abstinence from meat. There are many theories as to why the number seven was chosen: Some believe it represents the Seven Hills of Rome, or was adopted for its religious connotations: The world created in seven days, the seven deadly sins, the seven sacraments of the Catholic Church.

3. A. Eggnog.

Recipes for the drink as we know it today started appearing in the late 1700s and early 1800s. From the later Middle Ages until then, the English drank posset, which could be hot milk mixed with beer or sherry, sugar and spices, and sometimes whipped eggs. Americans eventually adapted recipes for posset and similar beverages into ones combining cream with whiskey, rum or brandy.

4. False.

Sugarplums, which we associate with Christmas through the Sugar Plum Fairy in Tchaikovsky's "The Nutcracker" ballet and "visions of sugar plums" from " 'Twas the Night Before Christmas," were originally a form of hard confection known as a comfit or a dragee. They were popular in the 17th through 19th centuries. While they might have been the size and shape of a plum, they were actually seeds — anise and caraway were popular — or nuts coated with many layers of boiled sugar.

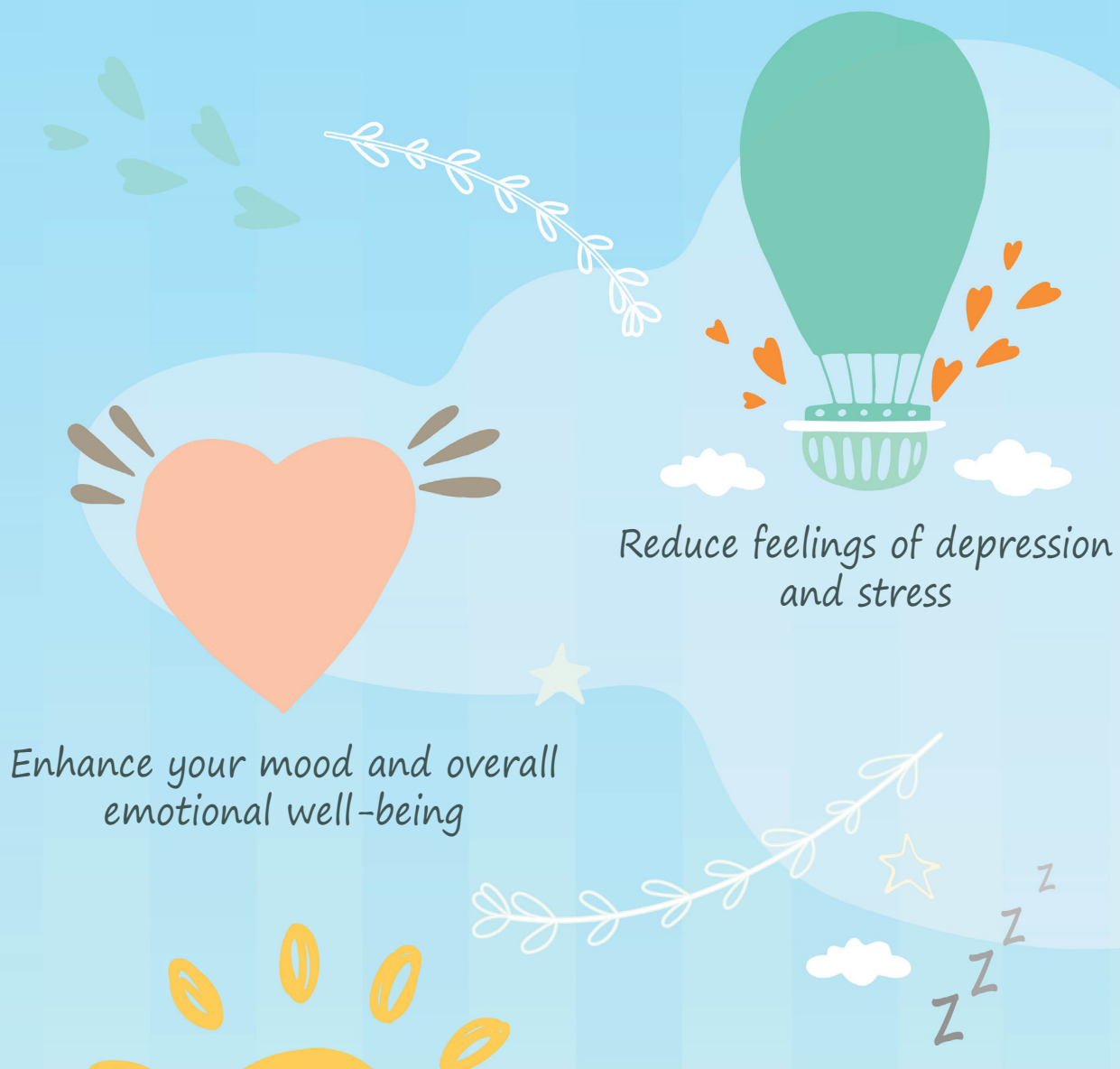
5. C. Panettone.

It's a round, dome-shaped, sweet yeast bread that contains dried fruit and candied citrus peel. It is thought to have originated in the area around Milan, Italy, but has spread throughout Europe, South America, the United States, Britain and elsewhere.

6. A. Wassail. The tradition of wassailing, of people visiting other homes — from the richest to the poorest — to sing songs and drink toasts to each other's health during the holiday season, goes back at least as far as Tudor England and probably back to the Middle Ages. These visits were accompanied by drinks from a Wassail Bowl, which, over the centuries, has contained beverages that could include mead (fermented honey and water), beer, wine, spices and even eggs. One version of wassailing in England had people visiting orchards to drink a cider toast to a good harvest. Here's a contemporary wassail recipe from the Benigna's Creek Vineyard and Winery in Klingerstown, Schuylkill County.

The Emotional Benefits of Exercise— **Feel Good with Go4Life®**

Research shows the benefits of exercise go beyond just physical well-being. Physical activities—like walking, biking, dancing, yoga, or tai chi—can help:





Increase your energy level



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So, the next time you're feeling down, anxious,
or stressed, start moving!

Get exercise ideas,
motivational tips,
and more from
Go4Life[®], an exercise
and physical activity
campaign for older
adults from the
National Institute on
Aging at NIH.



Go4Life[®]

go4life.nia.nih.gov

Emergency Preparedness for Older Adults

Older adults are among the most vulnerable when disaster strikes.

That's why it's critical that older people, and those who care for them, prepare for emergencies. If you're an older adult, or care for an older person, follow the steps below to prepare for and respond in an emergency.

Step 1: Create an Emergency Plan

Have an emergency communications plan

- Create a group text or a phone call chain (a plan in which you make an initial call to one person, who then calls the next person, and so on).
- This will make sure that all relatives and friends know what is happening in case of an emergency.

Keep contact information complete and up to date

- Have the current numbers of people you'll need to contact in an emergency. Make sure these people have your phone number, and the numbers of nearby friends or neighbors. Put an extra copy in a travel wallet, purse, or suitcase.

Make travel arrangements in case of evacuation. Talk to family members (or the directors of the facility where you live) about what you would do in the event of an evacuation. Will you be able to drive or will you need someone to pick you up? If so, who, and at what meeting place? Who can provide a back-up ride, and how will that person be contacted? You may also want to ask the director to designate staff who will stay with a very elderly adult during an evacuation.

Choose a meeting place in case of evacuation

- Pick two meeting places - one near home and the other outside the neighborhood - where you can wait and relatives can find you. Make sure everyone has the address and phone number of the meeting location.
- If you are caring for an older adult who lives in a facility, find out where he or she will be taken in case of evacuation.

Get local emergency information in advance

- Get a community disaster/emergency plan for your area.
- Learn where evacuees go for medical care or emergency supplies of medications. Get a map of evacuation zones to keep in your car.

Exercise mock disaster scenarios

- Go over your emergency plan with family and friends and practice to make sure it is ready to be executed if needed.

Consider getting a medical ID bracelet or pendant for people with chronic health problems.

Information on medical conditions, allergies, medications, and emergency contacts can be engraved on the surface. For very elderly or disabled adults, put the identification information, list of diagnoses, and medications in a traveler's wallet that can be worn in an emergency.

Step 2: Stock an Emergency Medical Kit

An emergency medical kit should include:

- **Medications.** A 3-6 day supply of your medications along with an up-to-date medication list that includes the names (brand and generic) of any drugs you're taking and the doses. An insulated bag big enough to hold a two-week supply of any medications that require refrigeration, such as insulin. Keep ice packs in the freezer for the emergency medical kit.
- **Medical equipment and necessities.** Include items such as blood sugar monitoring equipment, a blood pressure cuff, hearing aids/hearing aid batteries, and an extra pair of eyeglasses and/or dentures.
- **Written information about treatment.** Ask your healthcare provider for copies of your medical records and lists of all active medical problems you have and how they're being treated. Carry extra copies of Medicare, Medicaid or other insurance information with you.

Step 3: Make a Disaster Supplies Kit

A disaster supplies kit should include your medical kit equipment and:

- **Water.** At least 1 gallon per person per day, and at least a 3-day supply.
- **Food.** At least a 3-day supply of canned and dried foods that won't spoil. Juices, soups, and high-protein shakes may be particularly helpful.
- **Basic supplies.** A manual can opener, flashlight, battery-powered or hand-cranked radio, batteries, waterproof matches, knife, resealable plastic bags, tin foil, disposable cups, plates, utensils, basic cooking utensils, emergency whistle, and cell phone with chargers, battery bank, or solar charger.
- **Maps.** Local and regional maps in case roads are blocked and you need to take detours.
- **Basic hygiene products.** Soap, toothpaste, toothbrushes, sunscreen, hand sanitizer, toilet paper, baby wipes, and a few trash bags for garbage.
- **Change of clothing and blankets.** A complete set of clothing per person: a long-sleeved shirt, long pants, shoes, a coat, and weather appropriate outerwear. Also include one blanket per person.
- **Contact info and key papers.** Have the phone numbers and addresses of friends and relatives you might need to contact, your healthcare provider, and any specialists you see. Also include copies of your credit and identification cards.
- **Cash.** Keep at least \$50 on hand. If that's not possible, include as much as you can.
- **First aid kit.** See the Red Cross's comprehensive list of what to pack in your first aid kit (<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>). The Red Cross also sells pre-packaged first aid kits.



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DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. Sept 2019

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Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ **Prescription medications and glasses**
- ☐ **Infant formula and diapers**
- ☐ **Pet food and extra water for your pet**
- ☐ **Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container**
- ☐ **Cash or traveler's checks and change**
- ☐ **Emergency reference material such as a first aid book or information from www.ready.gov**
- ☐ **Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.**
- ☐ **Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.**
- ☐ **Household chlorine bleach and medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ **Fire Extinguisher**
- ☐ **Matches in a waterproof container**
- ☐ **Feminine supplies and personal hygiene items**
- ☐ **Mess kits, paper cups, plates and plastic utensils, paper towels**
- ☐ **Paper and pencil**
- ☐ **Books, games, puzzles or other activities for children**



Ready

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Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- Food, at least a three-day supply of non-perishable food**
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Wrench or pliers to turn off utilities**
- Can opener for food (if kit contains canned food)**
- Local maps**

Through its **Ready Campaign**, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



FEMA

Federal Emergency Management Agency
Washington, DC 20472

Lasagna Soup

Preparation/Cook Time: 40 minutes **Number of Servings:** 4

Ingredients:

- 8oz ricotta cheese, part skim milk
- 1 tablespoon olive oil
- 1 pound Italian-style turkey sausage
- ½ teaspoon garlic powder
- 1 onion, diced
- 2 teaspoons oregano
- 1/8 teaspoon dried basil
- ½ teaspoon crushed red pepper flakes (optional)
- 2 tablespoons tomato paste
- 6 cups unsalted chicken stock
- 28oz canned fire roasted diced tomatoes
- 2 bay leaves
- 8oz elbow pasta or ready-to-bake lasagna noodles
- ½ cup mozzarella cheese, shredded



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Lasagna Soup

Directions:

1. In a small bowl, combine ricotta cheese and mozzarella cheese.
2. Heat oil in a large pot or Dutch oven. Add Italian sausage and cook until lightly browned (crumble the sausage as you cook it).
3. Add garlic powder, onion, oregano, basil, and red pepper flakes (if using) and cook 2-3 minutes or until onions are tender.
4. Stir in tomato paste until well combined then add the chicken stock, diced tomatoes, and bay leaves.
5. Bring to a boil and add pasta, reduce heat to a simmer and cook for 25-30 minutes or until slightly thickened.
6. Serve with a spoonful of the ricotta mixture.

Tips:

- Leftovers freeze well and can be reheated for a future meal.
- Swap the fire roasted tomatoes for no-salt-added diced tomatoes to further reduce the sodium in the recipe.

Nutrition Facts (per serving):

Calories: 440 Protein: 32gm Total Carbohydrates: 40gm
Fiber: 4gm Total Fat: 16gm Cholesterol: 75mg Sodium: 1178mg

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Taco Soup

Preparation/Cook Time: 35 minutes **Number of Servings:** 2

Ingredients:

- ½ pound lean ground turkey breast (or 90% lean ground beef)
- ½ diced red onion
- ½ tablespoon cumin
- 1 teaspoon chili powder
- 1 ½ teaspoons garlic powder
- ½ teaspoon paprika
- ½ teaspoon dried parsley
- 1 can of Rotel
- 1 can no-salt-added black beans, rinsed and drained
- 6 cups unsalted chicken broth
- *Optional Garnishments:* shredded cheese, tortilla chips, sliced avocado, plain Greek yogurt or low-fat sour cream, or cilantro



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Taco Soup

Directions:

1. Brown lean ground turkey (or beef) in a large soup pot over medium heat with the diced red onion. Add cumin, chili powder, garlic powder, paprika, and parsley and cook until meat is cooked through.
2. Add the Rotel, black beans, and chicken broth to the soup pot and bring to a boil. Stir ingredients and simmer for 20-25 minutes.
3. Taste and adjust cumin, chili powder, or any other seasonings as needed.
4. Top with garnishments of your choice such as shredded cheese, cilantro, Greek yogurt, avocado and crushed tortilla chips.

Nutrition Facts (per serving & does not include garnishments):

Calories: 445 Protein: 49gm Total Carbohydrates: 41gm
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