

## March is National Nutrition Month- Let's Get Healthier Together!



The saying "an apple a day keeps the doctor away" is rooted in truth to some extent, though it's a bit of an exaggeration. Apples are packed with fiber, vitamins, and antioxidants that contribute to good health, particularly heart health and digestive health.

### No Matter Your Age, Aging is Easier When You're Healthy.

The top nutritional tip for senior citizens is to prioritize protein intake while maintaining a balanced diet.

As people age, they naturally lose muscle mass, which can lead to weakness and frailty. **Eating high-quality protein sources** like lean meats, fish, eggs, dairy, beans, and nuts helps preserve muscle strength and overall health.

Additionally, seniors should focus on:

- Staying hydrated (dehydration is common with age)
- Eating fiber-rich foods for digestive health
- Getting enough calcium and vitamin D for bone health

- Limiting processed foods and added sugars to prevent inflammation and disease

## UNHEALTHY SNACKS AND SOME ALTERNATIVES THAT ARE BETTER CHOICES...

### NOT- Granola & Granola Bars

Try: Soft homemade granola with oats, flaxseeds, chopped nuts, cinnamon, and a bit of honey. Soaking it in milk or yogurt makes it easier to chew.

### NOT- Flavored Yogurt

Try: Plain Greek yogurt with mashed bananas, berries, or a drizzle of honey for natural sweetness. Greek yogurt is higher in protein, which is great for muscle maintenance.

### NOT Protein Bars

Try: Homemade soft protein bites with oats, peanut butter, mashed dates, and protein powder. Store-bought bars can be hard to chew, so these are a gentler option.

### NOT Veggie Chips & Crackers

Try: Baked sweet potato slices or roasted chickpeas—they provide fiber and are easy to chew. You can also opt for soft whole-grain crackers with hummus.

### NOT Trail Mix

Try: A softer mix with unsalted walnuts, cashews, dried unsweetened apricots, and dark chocolate. Walnuts are excellent for brain health, and dried apricots provide iron.

## THE ART OF HEALTHY SNACKING (OPTIONS BEYOND FRUIT)



## **SUPER EASY No-Bake Peanut Butter Energy Balls**

### **Ingredients:**

- 1 cup rolled oats
- ½ cup peanut butter (or almond butter)
- ⅓ cup honey (or maple syrup)
- ½ cup ground flaxseeds (or chia seeds)
- ½ cup mini chocolate chips (or dried fruit)
- 1 teaspoon vanilla extract
- Optional: 1 scoop protein powder

### **Instructions:**

1. In a large bowl, mix all the ingredients together until well combined.
2. Roll the mixture into small bite-sized balls (about 1 inch in diameter).
3. Place them on a baking sheet or plate and refrigerate for at least 30 minutes to firm up.
4. Store in an airtight container in the fridge for up to a week or freeze for longer storage.

### **Variations:**

- Add shredded coconut or chopped nuts for

## **Dairy-Based Snacks**

- Greek yogurt with honey or fruit (double the protein of regular yogurt)
- Cottage cheese with berries or nuts
- Cheese cubes or string cheese

## **Nut & Seed-Based Snacks**

- Peanut butter or almond butter on apple slices or whole-grain crackers
- Trail mix with nuts, seeds, and a bit of dark chocolate
- Roasted chickpeas or edamame
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## **Meat & Egg-Based Snacks**

- Hard-boiled eggs (plain or deviled with Greek yogurt instead of mayo)
- Turkey or chicken roll-ups with cheese
- Tuna salad on cucumber slices

## **Legume & Whole-Grain Snacks**

- Hummus with whole-grain pita chips or veggies
- Lentil or black bean dip with tortilla chips

## **Protein-Rich Sweet Treats**

- Protein smoothies with milk, yogurt, or protein powder
- Homemade energy balls (oats, nut butter, honey, protein powder, and dark chocolate)

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## **Best Antioxidant-Rich Drinks**

**Green Tea** The plant compounds in green tea, especially catechins, are well-studied and have been found to reduce blood sugar, protect the nervous system and have anti-cancer properties."

Whether you prefer it hot or cold, don't forget to squeeze a little lemon into your cup.

**Research suggests that adding citrus juice, like lemon, to green tea can help your body absorb its antioxidants better**

**Cocoa** is packed with antioxidants, and the higher the percentage of cocoa you choose, the more antioxidants you will consume. -BUT, skip the pre-packaged kind, here's an easy healthy version anyone can make.

- 1 tablespoon natural, unsweetened cocoa powder



extra crunch.

- Swap chocolate chips for dried cranberries or raisins.

- 1 tablespoon sugar
- 1 cup low-fat milk, warmed to steaming
- Getting Fancy- add-ins like orange zest and ground cloves; ground cardamom and vanilla extract; or chili powder and ground cinnamon

### Prefer Your Meals Pre-Made and Microwave Ready?

Grocery store pick-  
Healthy Choice Power Bowls in frozen food aisle of most stores

Prepared Meal Delivery picks from Forbes magazine Mom's Meals,  
<https://www.momsmeals.com>

Full list here.  
<https://www.forbes.com/health//best-meal-delivery-services>

**Coffee** is an excellent source of chlorogenic acid, a plant compound that has anti-diabetes, anti-cancer, anti-inflammatory and anti-obesity effects.



### FROZEN OR FRESH?

Research from the University of Georgia found that frozen fruits and veggies are just as nutritious as their fresh counterparts and some even retained more nutrients, especially Vitamin A.

Researchers at the University of California Davis found that **vitamin content was higher in some frozen foods, including broccoli, corn, green beans and blueberries.**

**WHY?** The freezing process typically keeps the nutrients of freshly picked produce intact, while fresh produce may sit in transport or grocery stores for days, losing nutrients along the way.

EVENTS COMING UP FOR YOU IN



## MARCH & BEYOND!

**Meet Me at WAC**, an art program for those with early to mid-stage dementia and their family members or care partners.

A 90-minute program includes a stimulating discussion focusing on the art in our galleries followed by a simple, hands-on art project. Each session is led by an art instructor skilled in working with dementia patients.

The group tour and art activity are \$15 per person (excluding caregivers) for materials and space is limited to 8 participants plus 8 caregivers per group. Each session runs from 1-2:30 pm and the following dates are still available:

**Wednesday, March 5**  
**Wednesday, March 12**  
**Wednesday, April 2**  
**Wednesday, April 9**  
**Wednesday, April 16**  
**Wednesday, April 23**  
**Wednesday, May 14**  
**Wednesday, May 21**  
**Wednesday, May 28**  
**Wednesday, June 4**

**It's time for the Philadelphia Flower Show, March 1-9, 2025, at the Pennsylvania Convention Center. This year's theme is "Gardens of Tomorrow,"**

Tickets are available for purchase online, with weekday adult tickets priced at \$39.99 and weekend tickets at \$49.99. Discounts are offered for students, children, and groups.

For more details and to buy tickets, visit the official Flower Show website. [phsonline.org](http://phsonline.org)

We hope you will consider joining **Meet Me at WAC** in the upcoming months. For more information, please contact Shawn Bellwoar ([shawn@wayneart.org](mailto:shawn@wayneart.org)) or call 610-688-6553.



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