

Eat Well As You Get Older

Senior Bulletin



For more healthy tips and recipes, call
1-800-695-3335 or visit www.EatWellBeWell.org



Eat More Arizona Grown Food with Family and Friends

Brighten mealtime with family and friends. If you find it difficult to cook for yourself, consider having meals at locations that host group meals for older adults, such as senior centers or places of worship.

Having Problems with Food?

- As you grow older, your sense of taste and smell may change. Foods may seem to have lost flavor. Try extra herbs or other seasonings on your foods to add flavor.
- Is it harder to chew your food? Maybe your dentures don't fit quite right or your gums are sore. If so, a dentist can help you. Until then, you might want to eat softer foods that are easier to chew. Try adding these soft foods to your plate for breakfast, lunch or dinner:
 - All cooked tender vegetables.
 - Soft, peeled fresh fruit such as nectarines, peaches, watermelon (without seeds) and small berries with small seeds such as strawberries.
 - Thinly sliced, tender, or ground meat, chicken, or fish with gravy or sauce.

You Don't Feel Hungry?

If you often don't feel like eating, talk with your health care provider. Simple changes can help make sure that you get the nutrients and calories you need for healthy, active living.



Do You Find it Difficult to Shop for Food? Where Can You Get Help?

- Ask family or friends, your place of worship or a local volunteer center for help with shopping.
- Home-delivered meals are also available for people who can't get out.
- Meals on Wheels and other home delivery food programs are available for older adults who cannot go out to buy food for themselves.
- To contact your *Area Agency on Aging* for information about programs in your community, call the *Eldercare Locator* toll-free at 1-800-677-1116.

Healthy Eating on a Budget

It might take some planning to be able to pay for the foods that are better for you.

- First, buy only the foods you need. A shopping list will help with that. Buy only as much food as you will use before it spoils.
- Store brands often cost less than name brands.
- Plan your meals around food that is on sale.
- Divide leftovers into small servings, label and date, and freeze to use within a few months.
- Call 1-800-252-5942 to find the Commodity Supplemental Food Program (CSFP) or Food Plus Program in your county. The program provides a once-a-month food box to participants. CSFP is available in Cochise, Coconino, Gila, La Paz, Maricopa, Mohave, Pima, Pinal, Santa Cruz, Yavapai, and Yuma counties.

Tomato Melt

Ingredients

¼ cup shredded cheese (try cheddar, mozzarella, or a blend)
1 tablespoon low-fat mayonnaise
½ teaspoon mustard
2 English muffins, whole wheat
1 medium tomato, cut into 4 slices

Directions

1. Wash hands with warm water and soap.
2. In a small bowl, combine cheese, mayonnaise and mustard.
3. Cut English muffins in half and spread mixture evenly over all 4 halves.
4. Broil 5 inches from the heat for 2 to 3 minutes or until cheese is melted.
5. Place a tomato slice on each English muffin half. Serve as is or broil for 2 to 3 minutes more to heat tomato.
6. Refrigerate leftovers within 2 hours.

Makes 2 servings
Serving size 2 muffin halves.

Nutrition Facts

per serving	172
calories	172
carbohydrates	30 gm
protein	11 gm
total fat	3 gm
saturated fat	0.67 gm
trans fat	0 gm
cholesterol	4 mg
dietary fiber	5 gm
total sugars	8 gm
sodium	404 mg
calcium	106 mg
folate	27 mcg
iron	1 mg
calories from fat	15%

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