

Nutrition News for Seniors



Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Stay Healthy and Safe in Your Home

There are important preventive measures that will help you stay safe and healthy to stop the spread of viruses or reduce the chances of becoming sick.

Four precautions you should follow at all times are:

1. Stay home when you are sick with respiratory disease symptoms and avoid close contact with people who are sick.
2. Cough or sneeze into your elbow area of your sleeve or a tissue (not your hands), then throw the tissue in the trash.
3. Practice good hand hygiene by washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing, or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer. You should also avoid touching your eyes, nose and mouth.
4. Clean and disinfect frequently touched objects and surfaces using a cleaning product that contains bleach.

It's important to keep all of these preventive measures in mind, as well as stocking up on foods that are nutritious, non-perishable and easily available in case of an emergency or not being able to go out due to sickness.

How well is your kitchen stocked?

Read below to see what should be included in your pantry. These foods are good staples to have on hand and good sources of essential nutrients that will keep your body well fueled during an emergency.

Healthy Proteins: Canned tuna, chicken and salmon are healthy protein choices. Other good proteins include beans, nuts and nut butters, soy products, boxed milk, instant powdered milk and energy or nutrition bars. Fresh eggs and yogurt also provide an excellent source of protein and can be usually be stored in your refrigerator for several weeks.

Healthy Vegetables and Fruits: Vegetables and fruit have a high fiber and water content – important for maintaining digestive health while supplying your body with vitamins and minerals. Eat any fresh fruit and vegetables first, followed by frozen and canned.

Healthy Grains: It's important to include servings from the grains group to make a balanced meal. Grains provide calories for energy as well as fiber, vitamins and minerals. Examples include dry, whole grain cereals, breads, crackers, brown rice and whole grain pastas.

Hydration: Although it is mentioned here last, adequate hydration is a top priority. For most adults, the goal is eight, 8oz servings of liquids per day. This can include water, juice, decaffeinated tea & coffee, soup, gelatin and milk.



Make an Emergency Food Supply Check List

Here is a sample list of food items to include:

- **Peanut & other Nut Butters** - A great source of energy, nut butters are chock-full of healthful fats and protein.
- **Crackers and Bread** - Store whole grain bread in the freezer and defrost as needed. Crackers are a good shelf-stable replacement for bread that happens to go well with peanut & nut butters.
- **Nuts and Trail Mixes** - stock up on these high-energy foods— they're healthful and convenient for snacking. Look for vacuum-packed containers, which prevent the nuts from oxidizing and losing their freshness.
- **Boxed Milk (nonperishable) or Powdered Milk** - Almost all dairy products require refrigeration, so stock these substitutes for an excellent source of calcium and vitamin D when fresh milk is not an option.
- **Canned and Dried Fruits** - In the absence of fresh fruit, these healthy snacks offer potassium and dietary fiber.
- **Cereal** - Choose multigrain cereals such as Cheerios, All Bran, Total and Raisin Bran, as well as instant or quick-cooking oatmeal.
- **Granola Bars and Protein Bars** - Easy, compact and nutrient dense.
- **Canned Tuna, Salmon, Sardines, Chicken or Turkey** - these are packed with healthy proteins.



Source: Information adapted from <http://www.everydayhealth.com>

Below is a heart-healthy, diabetes-friendly sample menu when grocery shopping may be a challenge.

Breakfast

Whole grain cereal, 1 cup
Nuts, $\frac{1}{4}$ cup
Unsweetened canned (or defrosted frozen) fruit, $\frac{1}{2}$ cup
Low fat milk, soy, rice or almond milk, 1 cup

Lunch

Canned tuna, 4 oz.
Canned soup (low sodium), 1 cup
Whole grain crackers, 4 or one slice of whole grain bread
Unsweetened canned fruit, $\frac{1}{2}$ cup

Dinner

Canned salmon, 4 oz.
Steamed mixed vegetables, $\frac{1}{2}$ cup
Whole grain toast or crackers
Unsweetened canned fruit, $\frac{1}{2}$ cup

Snacks (1-2 per day)

Energy bar (such as Glucerna or ExtendBar)
2 graham cracker squares with 1 tbsp nut butter, Unsweetened canned fruit, $\frac{1}{2}$ cup and nuts, $\frac{1}{4}$ cup
Whey, rice, or soy protein shake mixed with water (as directed)

Adapted from: <http://www.everydayhealth.com/healthy-home/hurricane-preparedness-guide-to-healthy-eating.as>

If you have any questions or concerns, you can call New York State Coronavirus COVID-19 Hotline at 1-888-364-3065 (7 days/week). In addition, County Executive George Latimer told residents that if they have any questions to call United Way's 211 Helpline. As a point of information 211 will have access to the latest information available.

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