

# Nutrition Concerns

Healthy Eating as we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Eating healthy has benefits that can help older adults:

Special Nutrition Concerns for Older Adults Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink. Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods. Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge. Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat. Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks. Consume foods fortified with vitamin B12, such as fortified cereals.

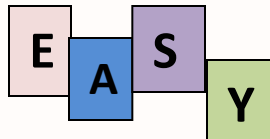


## New Year's Resolutions for 2020?

### Corn Chowder

You can sauté vegetables in water! No need for oil. Add cooked diced chicken to turn this low-fat soup into a hearty meal.

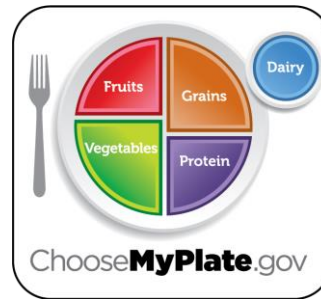
- ¼ cup water
- ½ celery stalk, minced
- ½ small onion, minced
- ¼ green pepper, minced
- 1 ½ cup water
- 1 10-ounce package of frozen whole kernel corn
- 2 small potatoes, peeled and diced
- Pepper
- Salt (optional)
- ¼ tsp. paprika
- 2 Cups skim milk
- 2 TBS. Flour with parsley.



## Healthy food for Seniors



Choose [myplate.gov](http://myplate.gov)



### Directions:

1. Sauté the finely minced onion, celery, and pepper in ¼ cup of water in a large soup pot till vegetables are soft (2-4 minutes).
2. Add water, corn, potatoes, salt, pepper, and paprika - bring to a boil, then simmer covered for 15 minutes.
3. Put ½ cup milk in a jar with tight fitting lid and add flour and shake to mix – or put in small cup and whisk till blended. Gradually add milk/flour mixture to soup – then gradually add the rest of the milk. Turn up heat and stir constantly till soup is boiling and thickening. Garnish with parsley.

Call to ask our office about our services, complimentary consultation (719) 543-4220.

**Birthdays for January**



**Lisa L. January 15th**  
**Rhianne January 26th**



**(719) 543-4220 Office**

