Aim to fill your plate with the proportions of food as represented in the picture: ½ of your plate with fruits and vegetables, ¼ plate with whole grains, ¼ plate with protein. Include milk, water, or non-sugary drinks in your meal.

News from our Registered Dietician
My Plate
Alicia Armstrong RDN, LD, DCES

My Plate includes 5 food groups: fruits, vegetables, protein, dairy, and grains! Eating a rainbow of colors of fruits and vegetables helps meet nutrient needs to maintain your energy. Eating a healthy diet and maintaining a healthy weight helps reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. Each person has individual nutrition needs. It can be helpful to schedule a visit with a Registered Dietitian to make sure your specific medical needs and personal preferences are met.

Healthy tips for any age!
- Limit the amount of added sugar, sodium, and saturated fat.
- Focus on eating whole foods, foods with ingredients you can understand, and less processed foods.
- Consume whole grains instead of white, refined grains, when possible.
- Be aware of carbohydrates, and be mindful of portion sizes.
- Snacking: Aim for eating one serving of fruit and pair with another food group.
  - Reading food labels helps you understand what ingredients and nutrients are in your food.
  - Practice mindful eating: If you are still hungry after eating a recommended serving size, drink 8 oz. water, wait 20 minutes.

National Pet Month is a celebration of the benefits that pets bring to people's lives - and vice versa. It is observed annually in the United States in May. In 2010, the NEK Council on Aging launched Pets for Life, a program to help Meals on Wheels recipients by supplying them with food for their companion animals. Generous donations continue its funding and an all-volunteer Pets for Life volunteer force maintains it through food repackaging and delivery.
Carrot Ginger Salad

**Ingredients**

**SALAD**
- 2 Cups shredded carrots (about 4 medium carrots)
- ¼ cup finely chopped bell pepper
- ¼ cup raisins or dried cranberries
- ¼ cup unsalted cashews or sunflower seeds

**DRESSING**
- ¼ cup orange juice (juice from ½ orange)
- 1 Tablespoon vegetable oil
- 1 Tablespoon low-sodium soy sauce
- ⅛ Teaspoon ground ginger
- ⅛ Teaspoon garlic powder or 1 small clove of garlic, minced

**Directions**

1. In a medium bowl, combine carrot, pepper, raisins and cashews.
2. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients.
3. Add the salad dressing to vegetable mixture and stir to mix.
4. Refrigerate for a few hours to blend flavors.

**Nutrition Facts**

- **Calories**: 150
- **Total Fat**: 8g (10%)
- **Saturated Fat**: 1g (5%)
- **Trans Fat**: 0g
- **Cholesterol**: 0mg
- **Sodium**: 330mg (14%)
- **Total Carbohydrate**: 18g (7%)
- **Dietary Fiber**: 3g
- **Total Sugars**: 12g
- **Includes**: 1g Added Sugars (2%)
- **Protein**: 3g

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**May is Older Americans Month**

**Feel Good Foods that Boost your Mood**

How does food impact your mood? Food makes us feel good. Nourishing food has an influence on your mood. Research has shown certain foods affect powerful mood-modifying brain chemicals called neurotransmitters.

2 neurotransmitters that affect your appetite:

- **Serotonin**: A chemical released after eating carbohydrates (such as fruit, dairy, starches, and sugars) enhances calmness, improves mood, and lessens depression. High levels of serotonin also control appetite and satisfy cravings.
- **Dopamine and norepinephrine**: Chemicals released after eating protein (such as meat, poultry, dairy, and legumes) that enhance mental concentration and alertness.

**Best foods to eat**

- **Carbohydrate** foods high in fiber
- **Choose**: Whole grain bread, cereal, and pasta, Potatoes with skin, Whole grains (brown rice, bulgur, quinoa, oats), Fresh fruits, Vegetables (frozen or low-sodium canned), Legumes (beans, lentils)
- **Protein** foods low in fat are not only heart-healthy, but they are also easier to digest than high-fat meats (such as salami, sausage), which can make you feel full and sluggish.
- **Choose**: Lean beef/pork, Skinless white meat chicken and turkey, Fish, Tofu or textured vegetable protein (TVP), Legumes (beans, lentils), Eggs, Low-fat dairy (milk, yogurt, cheese), Seafood (sardines, fresh water fish, saltwater fish, mackerel, herring, salmon and tuna)

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Pamper your feet. Your feet carry a lot of weight and walk a lot of miles. By the time you're 50, you've logged about 75,000 miles! All that mileage doesn't come without a cost, and you must maintain your feet to keep them in good working order. Keep them clean and dry, protect them in public areas, cut toenails straight across and avoid trimming them too close to your skin, avoid too-tight or narrow footwear and cotton or wool socks, which can trap moisture.