

Did you know.....

- We use whole grain products whenever possible
- The salt and pepper shakers indicate that a meal contains more than 1000 mg of sodium, which is about ½ of your daily recommended value.
- The nutrition facts can be found online at <https://tinyurl.com/EDCSeniorNutrition>

Meal Reheating Instructions:

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For best results

1. Reheat meals in the original packaging
2. Preheat oven to 350 degrees
3. Place meal on a cookie sheet
4. Reheat FROZEN meals 30 minutes
REFRIGERATED meals 15 minutes
Or until the internal temperature is at least 165 degrees.

For highest quality meals, we do not recommend microwave reheating.

We have all heard it said, fiber is a beneficial part of our diet. It promotes regularity, disease prevention, and “healthy bacteria” in our gut. Sounds really important, right? So how can we ensure we meet our daily requirements?

According to Dietary Guidance for Americans, adults over the age of 60 should consume at least 22 grams of fiber per day to maintain an “adequate intake”. Dietary fiber is also referred to as “roughage” and includes all parts of the plant food your body cannot digest or absorb. It essentially passes relatively intact through your digestive system and out of the body. It comes in two forms, soluble and insoluble. Soluble dissolves in water and insoluble increases stool bulk.

To get enough fiber you will need to eat a variety of foods like whole grains, fresh whole fruits and vegetables, seeds and nuts, beans, peas, and lentils. Refined and processed foods such as canned fruits and vegetables, white bread and pasta, and non-whole grain cereals are lower in fiber because the grain refining process removes the outer coat from the grain. Fiber supplements have their benefits but don’t rely on these to meet your daily requirement because they don’t provide the variety of fiber, vitamins, and minerals of the whole food alternatives.

How can we hit our target fiber goals every day?

1. Choose a high fiber cereal (>5 grams per serving) and eat it every morning for breakfast. **Tip:** You can choose a meal with beans, peas, or lentils instead on days when you want to skip the high fiber breakfast cereal.
2. Eat at least one serving of **whole** (not processed) fruits and one serving of whole vegetables at every meal.
(~2 grams x 2 servings x 3 meals = 12 grams per day)
3. Add seeds (chia are great) or nuts to yogurts, cereal, soups or salads every day.
4. Choose whole grain breads, rice, pastas instead of refined grains.

Fiber works best when it absorbs water so be sure to drink at least 64 ounces per day (~ eight 8 ounce cups). To meet this mark, set up a hydration schedule. Try drinking one glass before **and** after each meal, one more cup between breakfast and lunch, then again between lunch and dinner. If you adopt this hydration habit it can help you meet your fluid goals daily and by drinking all your fluids earlier in the day with your last serving around dinnertime it is less likely that you will be up in the middle of the night for a potty run. 😊