



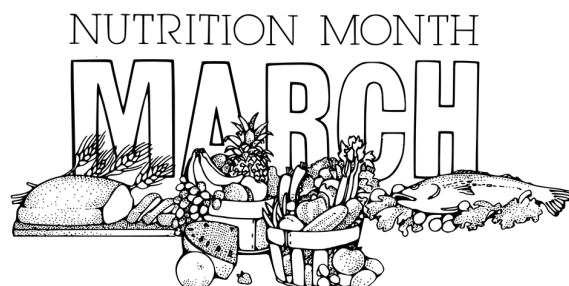
National Nutrition Month

March is National Nutrition Month! Celebrate by trying some new fruits, vegetables, or grains! Here are some new healthy foods that are gaining popularity:

- Probiotic Foods: foods including kefir, kombucha, sauerkraut are becoming more popular. The fermentation process creates beneficial bacteria and enzymes which promote gut health.
- Ancient Grains: farro, quinoa, millet, and amaranth are ancient grains which are gaining popularity due to their health benefits. Ancient grains provide high fiber, vitamins, and antioxidants. These nutrients help to lower bad cholesterol and improve

heart health.

- Chickpeas: Chickpeas, or garbanzo beans, are a healthy plant-based protein source that are full of fiber. These help keep you full for longer and control blood sugar.
- Plant-based foods: vegetarian and vegan options are becoming more popular. Bean, soy, and nuts are examples of plant-based options including black bean burgers and almond based yogurts. Benefits include lower inflammation in the body and also less impact on the environment.



IN THIS ISSUE:

“National Nutrition Month”— Andrea Rockwood, RDN

Exercise & Movement w/Diabetes— Mary Ann Fritschie, NBC-HWC

Recipe — Ashley Vairin, RDN

Personalize Your Plate — Ashley Vairin RDN

Back Page: Puzzle & Food Safety Tip

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Email: arockwood@voacolorado.org

Call: 720-264-3354

Exercise and Movement with Diabetes

Did you know you can fight diabetes with physical activity? The right activity may delay the onset of diabetes and if you already have diabetes it will improve diabetes control.

Also, do you know older adults with or without diabetes need at least 150 minutes of moderate exercise a week? AND older adults still need resistance and strength straining at least twice a week. Physical Activity will:

Raises your heart rate.

Improves blood circulation.

Decreases risk of heart disease.

Reduces stress.

Lowers blood sugar and A1c.

Volunteers of America Healthy Moves Program Coordinator, Mary Ann, is CDC Diabetes Prevention Certified. Give her a call at 720-264-3342 to find out more.



1<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTOMTY3XvehKjZoc2Xxmft6ZZUeptx8XhT1w&usqp=CAU> 2https://sfcommunityliving.org/wp-content/uploads/2020/03/clc_cayuga-chair-exercise-scaled.jpg 3data:image/jpeg;base64,/9j/

Do you feel like you should be exercising more?

- **Free** hand weights
- **Free** exercise instruction
- **Free** nutrition counseling from a Registered Dietitian
- **Free** weekly motivational calls

Healthy Moves for Aging Program

In the comfort, privacy, and safety of your own home this evidence-based exercise program is designed specifically for people 60 years or more, with one or more chronic health conditions.

Only available to: Denver, Arapahoe, Jefferson, Adams, and Douglas counties

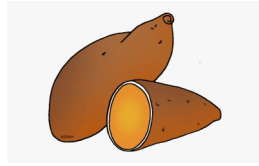
Contact Mary Ann Fritschie for more information
720-264-3342 or mfritschie@voacolorado.org

Stuffed Sweet Potato with Hummus Dressing

Enjoy this hearty, but healthy recipe!

Ingredients:

- 1 large sweet potato
- 3/4 cup kale
- 1 can black beans (rinsed)
- 1/4 cup hummus
- 2 tablespoons of water



Directions:

1. Prick sweet potato all over with a fork. Microwaved on high until cooked through (7-10 minutes).
2. Meanwhile, wash kale and drain, allowing water to cling to the leaves. Place in a medium saucepan; cover and cook over medium-high heat, stirring once or twice, until wilted. Add beans; add a tablespoon or two of water if the pot is dry. Continue cooking, uncovered, stirring occasionally, until the mixture is steaming hot, 1 to 2 minutes.
3. Split the sweet potato open and top with the kale and bean mixture. Combine hummus and 2 tablespoons water in a small dish. Add additional water as needed to reach desired consistency. Drizzle the hummus dressing over the stuffed sweet potato. ENJOY!

Personalize Your Plate

It's National Nutrition Month! Everyone is invited to learn about making informed food choices and developing healthy eating practices. Try these goals out weekly!

- **Week 1: Eat a variety of nutritious foods daily:** include healthy foods from all food groups, hydrate healthfully, learn how to read the nutrition facts label, avoid distractions while eating, and take time to enjoy your food!
- **Week 2: Plan Your Meals Each Week:** use a grocery list to shop, be menu-savvy when dining out, choose healthful recipes to make during the week, and plan healthful eating while traveling!
- **Week 3: Learn Skills to Create Tasty Meals:** keep healthy ingredients on hand, practice proper home food safety, share meals together when possible, reduce waste, and try new flavors and foods.
- **Week 4: Consult a Registered Dietitian:** ask your doctor for a referral, receive personalized nutrition advice to meet your goals, find an RDN who specializes in your unique needs, and thrive through the transformative power of food and nutrition.

<https://www.eatright.org/food/resources/national-nutrition-month>





The Volunteers of America is a national, non-profit, faith-based human service organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. Our administrative offices are located at 2660 Larimer Street, Denver CO, 80205. To speak to someone about our programs or volunteering opportunities you may email us at info@voacolorado.org or call 303-297-0408. To keep up with our news and activities, follow us on *Facebook*, *Twitter*, and *Instagram*.

Ashley Vairin, RDN
 Community Dietitian
avairin@voacolorado.org

Andrea Rockwood, RDN
 Registered Dietitian
arockwood@voacolorado.org

Mary Ann Fritschie, NBC-HWC
 Healthy Moves Coordinator
mfritschie@voacolorado.org

The Nutrition Services Division is funded in part by the Denver Regional Council of Governments Area Agency on Aging

Nutrition Word Search:

E	A	F	D	M	T	C	N	T	T	L	E	D	B
R	O	H	T	D	V	L	F	I	V	F	S	O	B
G	R	N	F	U	S	C	R	C	S	E	E	A	T
I	E	U	I	E	O	S	R	A	I	U	L	D	A
A	S	B	B	E	D	N	A	R	M	I	B	D	W
R	A	D	E	A	I	I	S	B	T	O	A	E	H
T	I	U	R	F	U	M	U	O	A	A	T	D	O
I	R	P	A	A	M	A	R	H	F	O	E	S	L
I	P	R	B	C	R	T	A	Y	E	Y	G	U	E
Y	E	O	O	T	R	I	C	D	O	P	E	G	G
I	D	T	I	I	L	V	A	R	O	S	V	A	R
N	Y	E	E	W	E	D	R	A	N	M	G	R	A
M	O	I	R	R	G	R	F	T	T	T	S	D	I
B	I	N	S	E	T	A	D	E	M	E	R	V	N

Words:

1. Fiber
2. Whole Grain
3. Vegetables
4. Fruit
5. Protein
6. Fat
7. Added Sugar
8. Carbohydrate
9. Sodium
10. Vitamins

Food Safety Tip:

Wash all skins of fruits and vegetables before cutting through to avoid introducing germs to the inside of the fruit or vegetable that were on the surface of the skin.