



Tasty Tidbits

February 2019



Variety is the spice of life!

The good news is that variety in your diet also contributes to good health.

“When you were younger, you probably tried different cuisines,” says Parul Goyal, M.D., an assistant professor of medicine at Vanderbilt University and an expert in geriatric medicine. “But as you get older, you may become very set in your ways, know what you like, and therefore you don’t look for a variety of foods.

Meals on Wheels of Boulder tries to make sure you get a wide variety of different foods. Here are some great ideas to add to your regular diet:

The Brain Booster: Blueberries

These little blue orbs may be the ultimate brain food. In a 2012 Annals of Neurology study, folks who regularly ate blueberries experienced slower cognitive decline—an aging delay of as much as 2.5 years—than less avid berry eaters.

The Artery Angel: Avocados

Avocados contain high-levels of fiber and “good fat” that may help you maintain a healthy weight. Plus, the healthy fats in avocados help the body absorb other nutrients such as vitamins A, D, E, and K.

The Bone Builder: Spinach

Popeye ate spinach for his muscles, but you should be eating the leafy greens for your bones. “The data is not real clear on supplements for vitamin K”—a nutrient known to play a role in bone health—“so I recommend my patients sauté some spinach,” says Kitchin, who works in the osteoporosis clinic at the University of Alabama at Birmingham.

The Heart Healer: Salmon

This pink fish is chockfull of “all the right” fatty acids, says McLean, which can help keep your ticker healthy. Salmon is a hearty source of D (about 300 to 400 IUs per serving), a vitamin that seems to play a role not only in bolstering your bones, but also in keeping your muscles strong, notes Kitchin.

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday night dinners at Café Classico

(Dinner buffet served 5:00 pm—6:00 pm
~ only \$7/person or 10 meal punch card for \$63)

February 5th
Sweet Chile Pork Loin
or
Cilantro Lime Chicken
From Chef CrazyBear



Sweet-
heart
Dance
With DJ
Mike

February 12th
Spaghetti & Meatballs
or
Chicken Parmesan
From Chef Kirk

February 19th
Potato Crusted Cod
or
Italian Pork Cutlets
From Chef CrazyBear



February 26th
Stuffed Tilapia
or
Roast Beef
From Chef Kirk

(please make reservations at
303.441.3148)

If you have questions, please don’t
hesitate to call
Lehshel, Janean, or Nancy at:
Meals on Wheels of Boulder.
303-441-3908

