

# MEALS AND MORE



## OBSERVANCES:

- National Women's Day (March 8)
- Daylight Savings Time (March 12)
- National Poultry Day (March 19)
- World Water Day (March 22)
- National Spinach Day (March 26)
- National Nutrition Month
- National Bell Pepper Month
- National Broccoli Month
- National Berries and Cherries Month
- National Kidney Month

**MARCH  
2023**

## FUEL FOR THE FUTURE

National Nutrition Month is the annual nutrition education campaign made by the Academy of Nutrition and Dietetics. This year's theme is "Fuel for the Future" which focuses on sustainable eating. Eat a variety of nutritious food by incorporating your favorite cultural traditions and including foods from all food groups.

To learn more about this month's campaign visit [eatright.org](http://eatright.org)

# NATIONAL NUTRITION MONTH



## General Nutrition Tips:

**Smart snacks.** Building a balanced snack can help maintain energy levels, stabilize blood sugar, and prevent “hanger” (hunger + anger!). Include **carbohydrates** for energy, **protein** to stay full longer, and **healthy fats** for satiety and satisfaction.

It is recommended to eat every 3 to 4 hours. Try these balanced snack ideas to boost energy throughout the day:

- Oatmeal with fruit and nut butter
  - Sliced apple with peanut butter or cheese
  - Turkey and cheese rollups
  - Whole wheat bagel with avocado and tomato
- Grocery Shopping. Meal planning and prepping is

not for everyone, which can make the trip to the grocery store a bit overwhelming. Try these grocery shopping tips when you forget to plan (or just don't want to):

**3-4 Protein sources.** Fit into this year's “Fuel for the Future” theme by picking 2 meatless protein sources and 1 fresh. Ex, cannellini beans, can of tuna, and ground chicken.

**3-4 Vegetables.** For a budget friendly trip, try to pick 2 seasonal vegetables and 2 frozen. Frozen is just as nutritious as fresh! Ex., fresh cabbage, fresh broccoli, frozen carrots, and frozen spinach.

**2-3 Fruits.** Aim for 2 seasonal fruits and 1 frozen. Eat the rainbow! Ex., fresh kiwi, oranges, and frozen strawberries.

**2-3 Grains.** Try to pick at least 1 whole grain. Ex., brown rice, whole grain bread, and spaghetti noodles.

**2-3 Multipurpose sauces/dips.** Add some flavor to your meals by including sauce. Aim for items with healthy fats. Ex., Tomato basil spaghetti sauce, hummus, and tzatziki dip.

**2-3 Snacks.** Try items included in the Smart Snack section above. Or buy some fun food, try something new! Ex., Apple slices with cheese, popcorn, or snap pea crisps.

**Seasonal Fruits and Vegetables.** Save money at the grocery store and include more variety in your diet by trying seasonal produce.

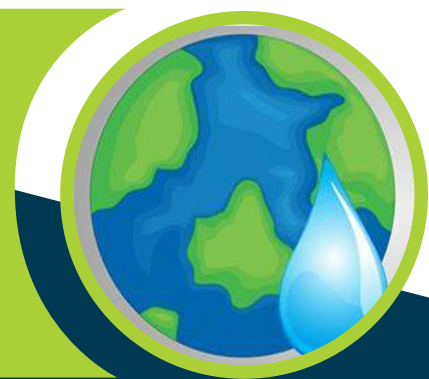
Vegetables:	Fruit:
Broccoli	Kiwi
Cabbage	Lemon
Artichoke	Oranges
Asparagus	Pineapple

## WORLD WATER DAY

March 22nd is World Water Day! World Water Day is observed each year promote the responsible use and access to safe water for everyone. It is important to stay hydrated to support both physical and mental health. Water helps remove waste from the body, regulates body temperature and assists in the transport of nutrients. As we get older, our body can fail to perceive thirst signals from the brain, which can lead to dehydration that may progress rapidly. Early symptoms of dehydration include thirst, fatigue, weakness, and loss of appetite. Having a hard time meeting hydration needs?

Try these tips:

- Add fresh fruit for flavor: strawberries, lemon, lime, oranges, etc.
- Drink from a cup with a straw
- Add sparkling water
- Drink tea



# SPOTLIGHT ON CAREGIVERS

## March is National Kidney Month!

Did you know chronic kidney disease (CKD) affects more than one in seven adults in the United States? As many as nine in 10 adults who have CKD are not aware they have the disease.

Early CKD has no symptoms, so it is important to know the risk factors! Early detection of CKD can help slow the progression of the disease. Talk to your doctor or healthcare team about getting tested regularly if you have any of the following risk factors:

- Diabetes
- High blood pressure
- Heart Disease
- Family history of CKD
- Obesity

Tips to keep your kidneys healthy:

- Keep your **blood pressure** below 140/90 (or the target established by your doctor).
- If you have **diabetes**, try to keep your **blood sugar** in the desired range.
- **Get active!** Physical activity helps control blood pressure and blood sugar levels.
- Take **medications as instructed** and stay up to date on **vaccines**.
- **Get regular checkups.** Meet with your doctor or health care team regularly to be proactive about your health!
- **Eat more fruits and vegetables.** Consuming a diet with a variety of fruits and vegetables helps support kidney function.
- **Eat food with lower salt contents.** Consuming a high sodium diet can cause high blood pressure, which puts extra stress on the kidneys.
- **Quit smoking.** Smoking can decrease blood flow and narrow the blood vessels in the kidneys.

For more information visit [www.cdc.gov/kidneydisease/](http://www.cdc.gov/kidneydisease/) (adapted from [cdc.gov/kidneydisease/prevention-risk.html](http://cdc.gov/kidneydisease/prevention-risk.html))



## NUTRIENT OF THE MONTH: VITAMIN K

Vitamin K is necessary for our bodies to form clots and stop bleeding. It can also help bone formation and protect against fractures. Some vitamin K is produced by the bacteria in your gut, but additional supply is needed through your diet to meet energy needs.

Good sources of vitamin K (Think green)

• Leafy greens such as spinach, kale, lettuce • Brussel Sprouts • Broccoli • Cucumber • Avocado • Kiwi • Milk

Vitamin K and Medications

High doses of vitamin K can reduce the effectiveness of anticoagulant medications such as Warfarin (Coumadin). If you take anticoagulants, try to eat the same amount of vitamin K each day.

<b>Low</b> (less than 25 mcg)	<b>Moderate</b> (25-100mcg)	<b>High</b> (100+ mcg)
Cauliflower	Asparagus, frozen	Kale
Grapes	Kiwi	Onions, green or scallion
Sauerkraut	Dried peas	Spinach

\*Table based on ½ cup portions\*

MOW Vitamin K Meal Choices:

Turkey and Mashed Potato Bowl, Stuffing and **Seasoned Brussel Sprouts**, Beef Tips with Gravy, Egg Noodles, Seasoned Squash, **Broccoli**, Beef and Bean Chili, Baked Potato, **Broccoli**, Oyster Crackers.

Include more vitamin K in your diet by trying to recipe on the back page!

## RECIPE: Kale Soup

**PREP TIME:**  
15 minutes

**COOK TIME:**  
30 minutes

**SERVING SIZE:**  
6 servings

### INGREDIENTS:

- 1 tbsp extra virgin olive oil
- ½ yellow onion chopped finely
- 2 stalk celery, chopped finely
- 4 cloves garlic, minced
- 2 tsp thyme, chopped
- ½ tsp red pepper flakes
- 4 cups low-sodium vegetable broth
- 2 cups water (only use 1 cup for a heartier soup)
- 2 cans (15.5 oz) cannellini beans, drained and rinsed
- Juice of 1 lemon
- 1 large bunch of kale, removed from stems and torn into medium pieces
- Salt and pepper for taste
- Freshly grated parmesan

### DIRECTIONS:

1. Heat oil in a large pot over medium heat. Add onion and celery and cook until slightly soft (about 6 minutes). Add garlic, thyme and red pepper flakes and cook until fragrant (about 1 minute). Season with salt and pepper.
2. Add broth, water, and beans and bring to a simmer. Stir occasionally mashing some beans to thicken the soup. Let simmer for 15 minutes. Add lemon juice and kale and cook until wilted (about 3 minutes).
3. Garnish with parmesan and enjoy!

MAIN DISH



## JOIN US!

MOWWM invites you to the 2nd annual March for Meals Community Walk & 5k Run on Sunday, March 26 at Millennium Park in Grand Rapids! Packet pick-up and festivities start at 9:00 am at Grant Pavilion, with the walk starting at 10:15 am. We are also adding a virtual option for those unable to attend in person, which will be just as fun! Come support the health and independence of older adults in person or online! This 2-mile walk and 5k run supports all ages and abilities. Dogs are welcome!



If you are currently receiving MOWWM services and are interested in participating, please contact Lydia at 616-459-3111 ext 139 to get free registration!

NEWS  
FROM  
MOWWM

If you would like to know more about our home-delivered meals, pantry, or dining site programs, please call Meals On Wheels Western Michigan at 616-459-3111 or go to [www.mealsonwheelswesternmichigan.org](http://www.mealsonwheelswesternmichigan.org)

Meals on Wheels Western Michigan is supported by:

