

# MEALS AND MORE



## OBSERVANCES:

- International Joke Day - July 1
- Independence Day - July 4
- National Blueberry Day - July 8
- World Listening Day - July 18
- National Avocado Day - July 31
- UV Safety Month
- National Black Bean Month
- National Blueberry Month
- National Watermelon Month

**JULY  
2024**

## **JULY 31 IS NATIONAL AVOCADO DAY!**

Avocados have a green-skinned, fleshy body that is egg-shaped or round. The fruit that tastes like a vegetable is rich and creamy. The texture is smooth and soft. It is used in both savory and sweet dishes. Avocados have a high-fat content, but this fat is the healthy kind! It is good for your skin, digestion, heart, and joint health.

How to Cut an Avocado:

- Cut avocado in half lengthwise around the pit.
- Quickly hit the pit with a sharp knife and twist to free the pit. Discard.
- Cube or slice each half, then scoop out with a spoon or knife.

# FRESH FRUIT & VEGGIES



## So Happy Together

Emerging research suggests eating more fruits and veggies can help improve happiness, satisfaction, and emotional well-being.<sup>1</sup>



65% of people who eat vegetables daily say they are happy

vs

42% of people who do not eat vegetables.<sup>2</sup>

42%



68% of people who eat fruit daily say they are happy

vs

33% of people who do not eat fruit.<sup>2</sup>

33%



73% of people who eat vegetables daily say they are satisfied

vs

47% of those who do not eat vegetables.<sup>2</sup>

47%



76% of people who eat fruit daily say they are satisfied

vs

33% of those who do not eat fruit.<sup>2</sup>

33%



### SOURCES

1. Mujic R and Oswald AJ. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. Am J Pub Health. 2016; 106: 1504-1510.

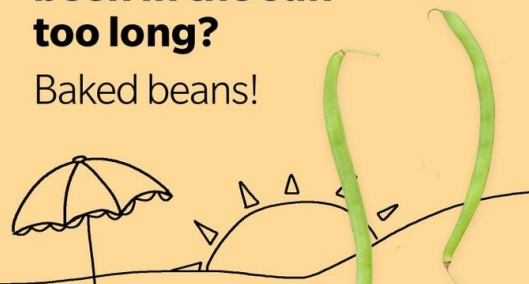
2. Produce for Better Health Foundation. Novel Approaches to Measuring and Promoting Fruit and Vegetable Consumption, 2017.

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**There is no better time to eat more fruits and vegetables!  
Fresh, frozen, canned, dried, and even 100% juice  
are healthy, happy choices!**

**What do you call  
beans that have  
been in the sun  
too long?**

Baked beans!



**July 1 is International Joke Day!**

<https://www.rd.com/article/vegetable-puns/>

# SPOTLIGHT ON CAREGIVERS



As the summer continues to heat up, now is the perfect time to ensure you and the older adults in your life are staying hydrated. Seniors are at a higher risk of dehydration because as the body ages, the ability to conserve water is greatly reduced. Certain medical conditions and medications also have an impact on a senior's ability to retain fluids. It's important to be vigilant for signs of dehydration in seniors and thirst is not a good indicator to look for since the sensation doesn't usually appear in a person until they are already dehydrated. Symptoms of dehydration are often less noticeable in the elderly and may include worsening balance, which results in falls, as well as confusion. Urine color is another key indicator

of dehydration to be aware of. A fully hydrated individual should have a urine color that is clear to light yellow. Any signs of dark urine are a red flag for dehydration. Other signs include constipation, headache, cramps, and dry mouth.

When it comes to staying hydrated it's important to balance fluid intake with output. Fluid intake should become more frequent when a senior is sweating or urinating more frequently. Under normal conditions drinking two to three glasses of water per day is advisable. If someone is partaking in physical activity or even just spending time outside in the hot summer months, they should try to drink more water than they would on a typical day.

Many older adults have a hard time sticking with just water to keep hydrated. Adding variations like flavored water with electrolytes or fruit-infused water are good ways to increase fluids and provide some variety beyond plain water. Foods such as raw fruits and vegetables can also help with fluid intake. Vegetables like celery sticks and cucumber slices are a great hydrating snack.

It's important to remember to consult with a healthcare provider before increasing one's fluid absorption, especially for seniors with conditions such as congestive heart failure or kidney failure. A little extra observation and care can go a long way in helping the elderly to avoid dehydration and enjoy themselves in the summer sunshine.

(adapted from elderwood.com)

## Nutrient of the Month: Monounsaturated Fat

Fat is essential for proper brain and neural development, absorption of vitamins and antioxidants, hormone production, and so much more. But it's true that certain types of fat are healthier than others, like monounsaturated fat (MUFAs). This is the predominant type of fat found in olive oil, and most nutrition experts consider it to be one of the best!

Monounsaturated fats are found in nutrient-rich plant foods such as nuts, seeds, avocados, olives, and olive oil, and they're associated with a range of health benefits such as optimized cholesterol levels, reduced inflammation, stabilize blood sugar, reduced risk of heart disease, and more. Try to eat a good source of MUFAs each day!



# RECIPE: Watermelon Blueberry Smoothie

**PREP TIME:**  
5 minutes

**COOK TIME:**

**SERVING SIZE:**  
1 smoothie

**INGREDIENTS:**

- 1 cup watermelon
- 1/2 cup blueberries
- 1/4 cup plain Greek yogurt
- 1/2 frozen banana
- 1/4 cup water

**DIRECTIONS:**

1. Place all ingredients in a blender and blend until combined. Enjoy!

Nutrition analysis (approximate): 190 calories, 0.5 g fat, 0 g sat fat, 30 mg sodium, 40 g carbohydrate, 4 g fiber, 27.5 g sugar, 8 g protein, Vitamin A: 19%, Vitamin C: 42%, Calcium: 9%, Iron: 4%, Potassium: 13%

**NOTES:**



**Meet Bella!** She is our new Tray Line Room Team Leader! Bella and her team scoop and seal over 3,000 meals daily for our home-delivered meal clients and organize and pack over 600 meals daily for our community dining sites. Bella does it all with a cheerful attitude and warm smile. If you have questions about our home-delivered meal service or community dining sites, please call us at 616-459-3111.



**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)**



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