

# UPPER SHORE CLARION

MARCH 2025

VOLUME 25, ISSUE 3

**It's hard to believe that we are in the 3rd month of 2025, and there's so much to celebrate. Warmer, longer days, increased energy, and improved wellbeing. All of these factors are a great way to kick off National Nutrition month. Plus, a super big month for us here at Upper Shore Aging, It's our 50th birthday. Serving our clients is what we love.**

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetics Technicians, Registered (NDTRs) play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life.

Happy  Birthday

## **MISSION STATEMENT**

Upper Shore Aging, Inc. will develop and provide a variety of programs for older adults in the Upper Shore regions, which help maintain and improve quality of life.

## **Meet our Leaders**

**Executive Director** –Herb Cain

**Fiscal/ Deputy Director**– Judi Bianco

**Director of Senior Centers** - Jennifer Neal

**Director of Operations**– Jennifer Cox

## **Upper Shore Aging Board of Directors**

### **Caroline County**

Frank Bartz (County Commissioner)

Cheryl Beulah

Amy Kreiner

Sara Rich (Secretary)

Chris Soldano

### **Kent County**

Kay Brodie (President)

Mary Celeste Alexander (Treasurer)

Cathy Quesenberry

John Price (County Commissioner)

Jackie Adams

### **Talbot County**

Pete Leshar (County Council Member)

Corey Pack (Vice-President)

Pam Limberry

Kevin Moran

March 2025

# Amy Lynn Ferris Adult Activity Center

200 Schaubert Road  
Chestertown, MD 21620  
410-778-2564




<p><b>3</b></p> <p><b>S.A.I.L. 9am</b> Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p><b>4</b></p> <p><b>Pancakes 8:30am-10am</b> Bingo 10am Mardi Gras 11am-1pm RSVP by March 3</p>  <p>Lunch 12pm Crafting 1pm</p>	<p><b>5</b></p> <p><b>S.A.I.L. 9am</b> Stretch Fit 10:15am Cooking with David 10:45am Lunch 12pm Art with Destiny 12:30pm</p> 	<p><b>6</b></p> <p><b>Sit Fit 9am</b> Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p><b>7</b></p> <p><b>Stretch Fit 9am</b> Cardio 9:45am Bingo 11am Lunch 12pm</p> 
<p><b>10</b></p> <p><b>S.A.I.L. 9am</b> Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p><b>11</b></p> <p><b>Sit Fit 9am</b> Cardio 9:45am Blood Pressure Screening with Shore Community Outreach Team 10:30am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p><b>12</b></p> <p><b>Yogurt Bar 8am-9am</b> S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm CPR Class 12:30pm TV Room Art with Destiny 12:30pm</p> 	<p><b>13</b></p> <p><b>Sit Fit 9am</b> Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm Make Earth Boxes with the Library 1pm</p> 	<p><b>14</b></p> <p><b>Stretch Fit 9am</b> Bingo 11am Lunch at The Little Lemon Leaf Diner in Rock Hall Leaving at 10:30am RSVP by March 12</p> 
<p><b>17</b></p> <p><b>S.A.I.L. 9am</b> Billiards 9am St. Patrick's Day Celebration 11am-1pm RSVP by March 3 Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p><b>18</b></p> <p><b>Sit Fit 9am</b> Cardio 9:45am Medication Management by Melanie 10:30am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p><b>19</b></p> <p><b>S.A.I.L. 9am</b> Stretch Fit 10:15am Lunch 12pm Birthday Cake 12:30pm Art with Destiny 12:30pm</p> 	<p><b>20</b></p> <p><b>Sit Fit 9am</b> Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p><b>21</b></p> <p><b>Stretch Fit 9am</b> Cardio 9:45am Bingo 11am Lunch 12pm</p> 
<p><b>24</b></p> <p><b>S.A.I.L. 9am</b> Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p><b>25</b></p> <p><b>Sit Fit 9am</b> Cardio 9:45am Bingo 11am Lunch 12pm Crafting 1pm 50th Anniversary of Upper Shore Aging, Inc.</p> 	<p><b>26</b></p> <p><b>S.A.I.L. 9am</b> Stretch Fit 10:15am Movie 10:45am TV Room Lunch 12pm Art with Destiny 12:30pm</p> 	<p><b>27</b></p> <p><b>Sit Fit 9am</b> Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p><b>28</b></p> <p><b>Stretch Fit 9am</b> Cardio 9:45am Bingo 11am Lunch 12pm</p> 
<p><b>31</b></p> <p><b>S.A.I.L. 9am</b> Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p><b>We're Open!</b> All activities will be held in the DINING ROOM unless noted otherwise.</p> 	<p><b>Happy Birthday!</b> Sandy Waugh 3/1 Patricia Unruh 3/4 Lisa Ross 3/8 Donna Gibbons-Neff 3/8 Diane Kuip 3/10 Bartie Towson 3/20 Kathie Smith 3/24 Harry Keen 3/30 Judy Ireland 3/31</p> 	<p><b>Stretch Fit 9am</b> Cardio 9:45am Bingo 11am Lunch 12pm</p> 	



March 2025

# Caroline County Senior Center

403 South 7<sup>th</sup> St., Suite 127  
Denton, MD 21629  
410-479-2535

<p><b>Hot Coffee Bar</b> 8am-11am <b>3</b></p> <p><b>Mardi Gras Mask Craft</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> <p><b>Shopping Bank Post Office</b></p> 	<p><b>Homemade Soup Day</b> <b>4</b></p> <p><b>Hot Coffee Bar</b> 8am-11am</p> <p><b>"Life without Limits" Diabetes-Free Living with Jillian</b> 10am</p> <p><b>Mardi Gras Celebration</b> 12:30pm</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>5</b></p> <p><b>Healthy Coaching Presentation with Michelle</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>6</b></p> <p><b>Medication Management and Blood Pressure Screening with Melanie</b> 10am</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>7</b></p> <p><b>Wii Bowling</b> 10am</p> <p><b>Birthday Celebrations</b> 12:30pm</p> <p><b>Shopping / Bank Post Office</b></p> 
<p><b>Hot Coffee Bar</b> 8am-11am <b>10</b></p> <p><b>"Finish the Sentence" Game</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> <p><b>Shopping Bank Post Office</b></p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>11</b></p> <p><b>Nails with Erika</b> 9:30am</p> <p><b>"Life without Limits" Diabetes-Free Living with Jillian</b> 10am</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>12</b></p> <p><b>Decorate Your Own Flowerpot Craft</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>13</b></p> <p><b>Leprechaun Gnome Craft</b> 10am</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>14</b></p> <p><b>Social Hour "Let's Talk about the Golden Years"</b> 10am</p> <p><b>Hangman Games</b> 12pm</p> <p><b>Shopping Bank Post Office</b></p> 
<p><b>St. Patrick's Day Wear Green Day!</b> <b>17</b></p> <p><b>Hot Coffee Bar</b> 8am-11am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> <p><b>Shopping Bank Post Office</b></p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>18</b></p> <p><b>"Life without Limits" Diabetes-Free Living with Jillian</b> 10am</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>19</b></p> <p><b>Spring Bingo</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>20</b></p> <p><b>Spring Rock Art Craft</b> 10am</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>21</b></p> <p><b>Trivia</b> 12:30pm</p> <p><b>Shopping / Bank Post Office</b></p> 
<p><b>Hot Coffee Bar</b> 8am-11am <b>24</b></p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> <p><b>Shopping / Bank Post Office</b></p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>25</b></p> <p><b>"Life without Limits" Diabetes-Free Living with Jillian</b> 10am</p> <p><b>Upper Shore Aging 50 Year Anniversary Celebration</b> 12:30pm</p> 	<p><b>Wear Your Favorite Hat Day</b> <b>26</b></p> <p><b>Hot Coffee Bar</b> 8am-11am</p> <p><b>Flower Chalkboard Craft</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>27</b></p> <p><b>Cleaning the Garden Day</b> 10am (weather permitting)</p> 	<p><b>Hot Coffee Bar</b> 8am-11am <b>28</b></p> <p><b>Social Hour "New Generation"</b> 10am</p> <p><b>Chair Volleyball</b> 12:30pm</p> <p><b>Shopping Bank Post Office</b></p> 
<p><b>Hot Coffee Bar</b> 8am-11am <b>31</b></p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> <p><b>Shopping Bank Post Office</b></p> 	<p><b>Happy Women's Day!</b></p> <p><b>March 8<sup>th</sup></b></p> 	<p><b>March Birthdays</b> Robert Swafford 3/21 Mary Moran 3/29</p> <p><b>Happy Birthday</b></p> 	<p><b>We're Open!</b></p> <p><b>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</b></p>	<p><b>Senior Nutrition Month</b></p> <p><b>Women's History Month</b></p> <p><b>Upper Shore Aging 50 Year Anniversary</b></p>

# Bay Hundred Senior Center March 2025



Monday	Tuesday	Wednesday
<b>3</b> 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	<b>4</b> 10-12 Group Painting 11-11:45 Water Aerobics 12:30-2:45 Backgammon Club 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	<b>5</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>10</b> 9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	<b>11</b> 10-12 Watercolor <i>via Zoom*</i> 11-11:45 Water Aerobics 12:30-2:45 Backgammon Club 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	<b>12</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>17</b> 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games	<b>18</b> 10-12 Watercolor Class** 11-11:45 Water Aerobics 12:30-2:45 Backgammon Club 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	<b>19</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>24</b> 9-9:45 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim <b>1-2 Book Club</b> 1-3 Mahjongg/Games	<b>25</b> 10-12 Watercolor <i>via Zoom*</i> 11-11:45 Water Aerobics <b>12 Anniversary Celebration!</b> 12:30-2:45 Backgammon Club 1-1:50 Tai Chi 2-3 SAIL Strength & Balance	<b>26</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>31</b> 10:30 Strong & Steady 12-1:30 Open Swim <b>12-1 Lunch &amp; Learn Med Tips</b> 1-3 Mahjongg/ Games	<i>Join us on the 25<sup>th</sup> to celebrate Upper Shore Aging's 50<sup>th</sup> anniversary. (There will be cake!)</i>	

SAIL classes - subject to frequent changes; please check with office

**New!** Backgammon Club – please sign-up at Sr. Center Office



300 Seymour Avenue, St. Michaels | 410-745-4017 or 410-745-5968





A place to connect A place to thrive



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons 	<b>4</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch & Learn HBNewLife Mgmt 12:30 Yarn & Needle Group  <b>ON THIS DAY IN 1975</b> People magazine is published for the first time in the United States as People Weekly.	<b>5</b> 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch  <b>ON THIS DAY IN 1963</b> The Hula Hoop is patented.	<b>6</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 CABIN FEVER 10:30 ShoGo Mobile 12:00 Lunch "What's the use of having ignorance if you can't show it?" <b>HAPPY BIRTHDAY</b> Lou Costello BORN March 6th, 1906 DIED 1959 (aged 52)	<b>7</b> 9:00 Coffee Hour 9:30 Line Dancing 10:00 Bingocize 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Dutch Lunch Out "CHILLI'S" 11:30 Toastmaster's 12:00 Lunch  <i>Why did the picture go to jail? It was framed.</i>
<b>10</b> 9:00 Coffee Hour 9:30 Crafting with Tonia 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN w/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons	<b>11</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 LUNCH W/CARPE DIEM 12:30 Yarn & Needle Group  	<b>12</b> 8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch  	<b>13</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW  	<b>14</b> 9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry at Noon  
<b>17</b> 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons  	<b>18</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group  <b>HAPPY BIRTHDAY TOM RIDER!!</b> 	<b>19</b> 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch  	<b>20</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch  	<b>21</b> 9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch  
<b>24</b> 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons  <b>HAPPY BIRTHDAY</b> Harry Houdini Magician BORN March 24th, 1874 DIED 1926 (aged 52)	<b>25</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 11:00 Positive Music w/DJ Randy P 12:00 Lunch Birthday Celebration! 12:30 Yarn & Needle Group Join us on the 25th to celebrate Upper Shore Aging's 50th Birthday. (There will be cake!)	<b>26</b> 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch  <b>HAPPY BIRTHDAY</b> DIANA ROSS Singer & Actress BORN March 26th, 1947	<b>27</b> 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 10:00 Elder Law Clinic 12:00 Lunch  	<b>28</b> 9:00 Coffee Hour 9:30 Line Dancing 10:30 Life Without Limits 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch  <b>ON THIS DAY IN 1019</b> The first seaplane in history takes off.
<b>31</b> 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons  				VISIT US ON OUR WEBSITE: <a href="http://www.brooklettsplace.org">www.brooklettsplace.org</a> VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869  



March 2025

# Feddersburg Senior Center

118 North Main Street, #2  
Feddersburg, MD 21632  
410-754-9754

 <p>3</p>	<p>Music Trivia in honor of World Music Therapy Day 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Craft: Watercolor Bookmarks 1pm</p>  <p>4</p>		<p>"Female Icon Day" in celebration of International Women's Day</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Lunch 12pm</p>  <p>6</p>	<p>Happy Women's Day!</p>  <p>7</p>
 <p>10</p>	<p>Michelle Hammond Health Education: Narcan Training 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Craft: Washi Tape Art 1pm</p>  <p>11</p>		<p>S.A.I.L. Exercise Class 10:30am</p> <p>Lunch 12pm</p>  <p>13</p>	 <p>14</p>
<p>St. Patrick's Day</p>  <p>17</p>	<p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Craft: Pom-Pom Wreath 1pm</p>  <p>18</p>		<p>Spring Begins</p> <p>"Don't Pinch Me, I'm Green!" Day in celebration of St. Patrick's Day</p> <p>S.A.I.L. Exercise Class 10:30am</p> <p>Lunch 12pm</p>  <p>20</p>	 <p>21</p>
 <p>24</p>	<p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Upper Shore Aging 50 Year Anniversary Celebration 12:30pm</p> <p>Craft: Monthly Craft presented by the Caroline County Public Library 1pm</p>  <p>25</p>		<p>Shore Gourmet Demonstration by David Murray 10am</p> <p>SHORE GOURMET DENTON MARKET</p> <p>S.A.I.L. Exercise Class 11am</p> <p>Lunch 12pm</p>  <p>27</p>	 <p>28</p>
 <p>31</p>	<p>We're Open!</p> <p>Feddersburg Senior Center is Open Tuesday and Thursday</p>			

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



### **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

### **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.



**Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

**Stay well-hydrated**

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

**Enjoy your food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

**Cook more often at home, where you are in control of what's in your food.**

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](http://eatright.org).**



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.



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Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

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# HEALTHY

## SWAPS

*For the New Year!*



BY ALEXIS KORNLUM • LEXISCLEANKITCHEN.COM

### Pasta



### Spaghetti Squash, Spiralized Zucchini

Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt-free pasta dish!



### French Fries



### Baked Sweet Potato Fries

Sweet Potatoes are a great and healthy option for a side dish.



### Cow's Milk



### Almond Milk

Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.



### Fruit Juice



### Coconut Water

Many fruit juices have electrolytes, but they are also packed with sugar. Try a natural coconut water loaded with potassium and electrolytes!



### White Sugar



### Raw honey, pure maple syrup, coconut sugar

Stay away from refined white sugar! Go for a natural sweetener.



### Ice Cream



### Banana Ice Cream

Ditch the sugar-packed ice cream for a frozen banana ice cream alternative. Simply blend a frozen banana in your high speed blender until it reaches the texture of ice cream.



### Mayo



### Avocado

Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!



### Mashed Potatoes



### Cauliflower Mash



Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalyan sea salt!

### Cocoa Powder



### Cacao Powder

Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.



### Canola/Vegetable Oil



### Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter

It's no secret that we should stay away from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!



### Table Salt



### Himalayan Sea Salt

Table salt is depleted of its natural minerals. Himalayan sea salt contains over 80 essential minerals needed for our body, and is a good source of magnesium!



### White Rice



### Cauliflower Rice

For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.





## Ingredients

1 pound boneless, skinless chicken breast halves  
2 teaspoons dried rosemary or Italian seasoning or other favorite herbs  
1 14-ounce can reduced-sodium chicken broth  
1 7¼-ounce jar roasted red bell peppers, water packed, divided  
1 medium-size green bell pepper, trimmed, seeded and minced  
4 ounces light cream cheese, softened  
½ teaspoon garlic powder  
½ teaspoon ground cumin  
¼ teaspoon cayenne pepper  
4 10-inch flour tortillas  
2 cups (about 4 ounces) shredded romaine



## Zesty Chicken and Vegetable Wraps

EATRIGHT.ORG

## Directions

*Before you begin: Wash your hands.*

Place the chicken, rosemary (or other seasoning) and broth in skillet; cover. Simmer for 15 minutes or until the chicken is cooked to an internal temperature of 165°F. Cool slightly and slice into thin strips.

Mince half of the roasted peppers; set aside the other half. Combine the minced red and green bell peppers, cream cheese, garlic powder, cumin and cayenne. Spread the mixture evenly over each tortilla. Place the chicken evenly among the 4 tortillas. Top with the remaining roasted peppers and romaine.

To assemble the wrap: Place the filling across the lower third of the wrap (or tortilla). Fold the bottom edge of the tortilla over the filling. Fold both the right and left sides inward. Continue rolling up tightly, tucking the ends in, and enclosing the filling. Place seam-side down on parchment wrap or foil, and then wrap it up. Cut in half diagonally. Slice each roll into 4 pieces just before serving. Secure with a toothpick if necessary.

For faster assembly, substitute precooked chicken, available in the meat case.

## Nutrition Information

Serving size: 1 wrap, Serves 5

Calories: 510; Total Fat: 17g; Saturated Fat: 5g; Cholesterol: 75mg; Sodium: 820mg; Total Carbohydrate: 49g; Dietary Fiber: 4g; Protein: 37g.



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