

# NUTRITION SOLUTIONS

IN DEPTH >

## POWERHOUSE NUTRITION

**A**re you serving enough of these powerhouses of nutrition?

- Shellfish like crab, oysters and scallops contain vitamin B12, iron, magnesium and potassium, all of which are beneficial for brain function.
- Apples are wonderful fruits for those who are struggling to maintain their blood sugar levels or who have high cholesterol. The soluble fiber they contain can help lower cholesterol and slow the uptake of glucose. Apples also provide potassium, antioxidants and vitamin C.
- Leafy greens like spinach, kale, and turnip greens, as well as vegetables like broccoli, have been linked to lower levels of cognitive decline as people age, according to a study published in the Annals of Neurology.
- Cold-water fish like salmon, halibut, tuna, mackerel, sardines and other cold-water fish have high omega-3 fatty acid levels, making them good for the heart and brain. If seafood isn't your cup of tea, beans, nuts, flaxseeds and healthy oils can be good substitutes.
- Eggs are easy to incorporate into a meal and full of protein. They also contain choline, which is a B vitamin that benefits memory and encourages stress management.

*Continue reading*



RECIPE >

## COOKIES AND ICE CREAM PIE

Ingredients for **8** servings

20 chocolate sandwich cookies melted  
1 cup chocolate 1 3/4 qt ice cream, softened

1. Place cookies in a gallon sized plastic bag and hit with a rolling pin or pan until crushed.
2. Pat the cookie crumbs into the bottom of a 9" (23 cm) pie dish.
3. Spread the softened ice cream on top and smooth out.
4. Drizzle the top with melted chocolate.
5. Freeze for 4 hours, or until the ice cream is hardened.

Calories 349 - Fat 18g - Carbs 41g - Fiber 1g - Sugar 34g - Protein 6g



BUDGET >

## SERVE LESS, SAVE MONEY

**T**hink about what your customers need to meet their nutrient requirements. Are they average active adults that need 2000 to 2400 calories a day to stay nutritionally sound? No? So, why should your menu try to meet the recommended daily allowances (RDAs) for the average adult? Shouldn't menus be planned to meet the needs of an average senior living in LTC. The average 5 ft, 80-year-old woman who does not move around much does not need 2400 calories. A menu with portions that provide 1200-1500 calories is more than adequate to meet the needs of such a person.

Smaller portion sizes save money and lead to less food wasted.

*Call us to help you plan a customized menu that delivers sound senior nutrition with an eye toward the proper portions sizes unique to your community.*



# SERVE REAL FOOD AND MEAT FIRST

## SUPPLEMENT ALTERNATIVES

### NUTRITIONAL CONTENT OF SOME COMMONLY USED COMMERCIAL SUPPLEMENTS:

SUPPLEMENT	KCAL/GM PROTEIN
120 ML (4 OZ.) MEDPASS (HORMEL) /RESOURCE (NESTLE)	240/10
PROSTAT (NUTRICIA)	100/15
MAGIC CUP (HORMEL) FROZEN DESSERT	280/9

### OFFER REAL FOODS FIRST

BEVERAGES:	KCAL/GM PROTEIN
8 OZ. WHOLE MILK	150/8
LOWFAT CHOC MILK	190/8
FRUIT SMOOTHIE	200/10
HIGH PROTEIN SHAKE	400/15

ENTRÉE ITEMS:	KCAL / GM PROTEIN
6 OZ. ENRICHED SOUP	315/10
½ CUP CHEESY MASHED POTATOES	270/10
½ CUP NOODLES ALFREDO	175/9
½ CUP ENRICHED HOT CEREAL	235/7
LARGER PROTEIN PORTION FOR LUNCH AND DINNER	+20 GM PROTEIN/DAY

DESSERT:	KCAL / GM PROTEIN
4 OZ. GREEK YOGURT (WHOLE MILK)	110/10
½ CUP BAKED CUSTARD	150/7
4 OZ. LOW FAT FRUITED YOGURT	112/4
½ CUP ENRICHED PUDDING	245/7
2 PEANUT BUTTER COOKIES	330/12

SNACKS:	KCAL / GM PROTEIN
½ CUP CREAMED COTTAGE CHEESE	110/12
½ CUP PEACH PUREE	55/0
1 PKG. CHEESE OR PEANUT BUTTER CRACKERS	191/4

SNACK COMBO COMBINE CHOICE OF:	
2 SLICES BREAD.	150/6
6" PITA BREAD, CUT INTO WEDGES	168/6
4 GRAHAM CRACKERS	256/4

WITH CHOICE OF:	
2 OZ. MEAT, CHICKEN, FISH, BEEF, ETC.	150/14
¼ CUP EGG SALAD	100/7
¼ CUP HUMMUS	102/5
2 TABLESPOONS PEANUT BUTTER	191/7
2 OZ. CHEDDAR CHEESE	232/16

