



# Grandparents Corner

March 2015

*March is Nutrition Month*

Your food choices each day affect your health - how you feel today, tomorrow, and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, diet can help you reach and maintain a healthy weight, reduce the risk of chronic diseases, and promote overall health.

We all know that healthy eating takes planning and can sometimes be more costly.

Eating on a Budget - "The 3 Ps"

## PLAN

- Plan meals and snacks for the week according to an established budget.
- Find quick and easy recipes online.
- Include meals that will "stretch" expensive food items (stews, casseroles, stir-fried dishes).
- Make a grocery list
- Check for sales and coupons in the local paper or online and consider discount stores.
- Ask about a loyalty card at your grocery store.

## PURCHASE

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay out of the aisles that don't contain items on your list.
- Buy store brands if cheaper.
- Find and compare unit prices listed on shelves for the best price.
- Purchase some items in bulk or as family packs which usually cost less.
- Choose fresh fruits and vegetables in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient, but usually cost more than those that require a bit more prep time.
- Good low-cost items available all year include:
  - Protein - beans (garbanzo, black, cannellini)
  - Vegetables - carrots, greens, potatoes
  - Fruit - apples, bananas

## PREPARE

- Some meal items can be prepared in advance; pre-cook on days when you have time.
- Double or triple-up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- Try a few meatless meals by substituting with beans and peas or try "no-cook" meals like salads.
- Incorporate leftovers into a subsequent meal.
- Be creative with a fruit or vegetable and use it in different ways during the week.

**Source: USDA - US Department of Agriculture - [www.usda.gov](http://www.usda.gov)**

*By keeping the person with Alzheimer's disease physically healthy, you will be also helping them maintain a positive emotional balance. Illness and pain, though sometimes unavoidable, can lead to a depressed and anxious mood. Read the issue and answer True or False to the questions below.*

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1. Even at the very beginning of the illness, a person with Alzheimer's disease will need help to manage the self-care that is needed to stay as fit as their age allows.    T    F
2. People with Alzheimer's disease are generally older adults, so it is not surprising that they may need glasses, hearing aids, or dentures, just like other older adults.    T    F
3. It is never useful for the person with Alzheimer's disease to be seen by a geriatric psychiatrist in addition to medical doctors to have a complete picture of their health.    T    F
4. It is important to be sure that aids, such as eyeglasses and hearing aids, are in good condition and checked regularly.    T    F
5. Healthcare documents, called Advance Directives and Health Care Proxy, will help you know how the person would like to be medically treated.    T    F
6. In the middle stage of Alzheimer's, the individual may be less able to cooperate with you, may refuse to take necessary medications, or do other activities necessary to stay healthy.  
T    F
7. Some of the symptoms at the middle stage, such as hallucinations, delusions, and paranoia, are similar to those of people who have a mental illness.    T    F
8. Alzheimer's may not make people feel physically ill, but it does get in the way of them keeping themselves healthy.    T    F
9. Alzheimer's disease progresses slowly.    T    F
10. A person with Alzheimer's may not be able to tell you they are sick, but may show you instead by increased confusion and listlessness.    T    F

**KEY:** 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. T 9. T 10. T