

SERVING SENIORS  
IN OUR COMMUNITY  
WITH NEWS THEY  
CAN USE...

# The Healthy Plate

CSFP NEWSLETTER

AUGUST 2012

## THIS MONTH'S TOPICS

- Hydration
- Peaches
- July Sudoku
- Chicken Salad with Peaches

## Don't Wait, Hydrate!

Over half of your body weight is water! Water plays a very important role in helping your body work at its best. It helps to regulate your body temperature, protects your joints, & organs, and prevents constipation. If you wait until your mouth is dry to have a drink, then you may be waiting too long, especially during the hot summer months.

Try to drink water throughout the day, even if you aren't thirsty. A good rule to follow: drink at least eight 8-ounce glasses of fluid daily.

Older adults are at greater risk for becoming dehydrated. Signs of dehydration are:

- Dry mouth, flushed skin, fatigue, & headache
- Increased body temperature, breathing, pulse rate
- Dizziness, weakness
- Dark colored urine

Add more water into your daily routine with these tips:

- Have tea, milk, or juice with meals



- Drink a glass of water at regular times during the day— such as with medicine
- Place a glass of water beside your favorite chair for a “water break”
- Drink water before and after being outside on a hot or cold day
- Add a lime or lemon to a tall glass of ice water for a flavor twist!



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## This Month in Food: Peaches



Did you know that peaches are a member of the rose family? It was first grown in China and is known as the symbol of longevity. Peaches are available almost all year, but are typically at their best during the late summer and early fall. With only about 40

calories per fruit, peaches are packed with nutrients. A medium sized peach is a good source of fiber potassium, vitamin A, niacin, and vitamin C. Vitamin C plays an important role in boosting your immune system. Top cereal, oatmeal, or pancakes with sliced

peaches to add some fruit to your morning breakfast. Peaches are also great in fruit smoothies and yogurt parfaits. Need something quick? Toss peaches with other fresh fruits like blueberries, strawberries, and bananas for a delicious fruit salad!

**For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.**

# August Sudoku



Source: www.dailysudoku.com 5/30/12

7				5			
	5			4		6	9
3				6		2	
				5		9	8
8			1		3		2
5		2		9			
	4		2				5
6	3		4			8	
			5				6

Answer →

9	6	4	8	3	5	7	2	1
1	8	2	6	7	4	5	3	9
5	3	7	1	9	2	8	4	6
3	4	1	7	6	8	2	9	5
2	5	9	3	4	1	6	7	8
8	7	6	2	5	9	3	1	4
7	2	5	9	1	6	4	8	3
6	9	3	4	8	7	1	5	2
4	1	8	5	2	3	6	9	7

## Chicken Salad with Peaches

*This easy salad is perfect for lunch or dinner..... Serves 4*

### Ingredients:

- 2 large fresh peaches
- 2 cups chicken, cooked and chopped
- 1/2 cup thinly sliced red onions
- 1/2 cup low-fat or fat-free poppy seed salad dressing
- 6 cups mixed salad greens
- 1/4 cup toasted walnuts chopped

### Preparation:

1. Chop one peach into 1/2-inch pieces. Place in a large bowl with chopped chicken and onion. Toss with enough dressing to coat.
2. Add salad greens and walnuts to bowl and toss to coat.
3. Serve salads on large plates. Cut remaining peaches into thin wedges and place on top to garnish.

### Nutritional Information:

Calories:	245
Carbohydrate:	50 g
Fiber:	4 g
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	57 mg
Protein:	24 g
Sodium:	420 mg

Adapted from: <http://www.recipezaar.com/recipe/getrecipe.zsp?id=70667>

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.