

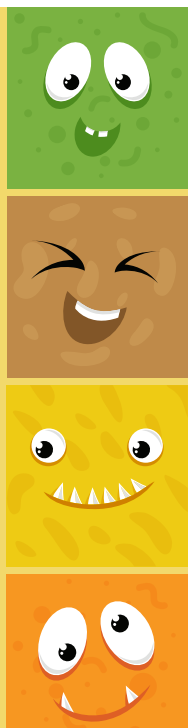
March

W I O H P B R D C S K E J R N E Y K
 C X D U Y Y K A E R B G N I R P S M
 I S Y I F R O F X P Z C C M N I A A
 F A H L I S P F E U O I G F M L N R
 W F R X W D Y O P D Q D I E A C A C
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 C E A F E T A I H X P P V N I P A M
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 B M A L A E K I L T U O R F I O R Y
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 P S T P A T R I C K S D A Y P N F G
 I J U E Y T Y A Q P G S P K G V O W

- | | | |
|----------------------|-----------------|-----------------|
| Aquamarine | In Like a Lion | Spring Begins |
| Aries | Lent | Spring Break |
| Daffodil | March Madness | St Patricks Day |
| Daylight Saving Time | Marzo | Worm Moon |
| First of Ramadan | Out Like a Lamb | |
| Holi | Purim | |

LOL (Laughing Out Loud)

- The five stages of winter:** Denial, Anger, Bargaining, Depression, April.
- I'm reading a book** called "Quick Money for Dummies" by Robin Banks.
- Never make snow angels** in a dog park.
- I don't mean to brag, but...** I just put a puzzle together in one day and the box said 2-4 years.
- Noses are red, fingers are blue.** I'm tired of winter, how about you?
- Dear Math,** grow up and solve your own problems.
- I only know 25 letters of the alphabet.** I don't know y.
- What did the zero say to the eight?** That belt looks good on you.



This Month in History

March 15, 1919
 The American Legion was established.



March 26, 1930
 First female associate justice of the Supreme Court, Sandra Day O'Connor was born.



March 8, 1969
 The Pontiac Firebird Trans Am, the epitome of the American muscle car, was introduced.

March 26, 1979
 The Camp David Accord ended 30 years of warfare between Israel and Egypt. Prime Minister Menachem Begin and President Anwar Sadat signed the treaty of mutual recognition and peace, fostered by U.S. President Jimmy Carter.

March 12, 2023
 Daylight Saving Time begins.



March 17th
 Celebrated as Saint Patrick's Day commemorating the patron saint of Ireland.



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NUTRITION NEWS

March 2023

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Happy St. Patricks Day!

Make Healthy Drink Choices

Building a healthy eating routine isn't just about the foods you eat — it's important to pay attention to your drink choices, too. Too many calories from drinks can make it hard to stay at a healthy weight. Follow these tips to make healthy drink choices.

Drink More Water. When you're thirsty, reach for water first! Water helps you stay hydrated without adding calories. Try these tips to drink more water:

- Carry a reusable water bottle to refill during the day.
- Keep a cold pitcher of water in your refrigerator.
- Try unsweetened sparkling water if you like bubbles.
- Add fruit or herbs to your water for a fresh flavor.

Choose Low-fat or Fat-free Milk or Dairy Alternatives. Milk is a good way to get calcium and other important nutrients. Choose low-fat (1%) or fat-free (skim) milk instead of whole or 2%. Whole and 2% milk have more saturated fat — and too much saturated fat can raise your risk of heart disease. If you're lactose-intolerant, you can try lactose-free milk — just make sure to choose low-fat or fat-free versions. And if you avoid dairy altogether, unsweetened fortified soy beverages are a great alternative! Look for soy milks fortified with calcium, vitamin A, and vitamin D.

Skip Drinks with Added Sugars. Added sugars include sugars that are added to foods and drinks, foods packaged as sweeteners (such as table sugar), and sugars from syrups and honey. When you choose drinks with added sugars, it's hard to get all the nutrients you need without getting too many calories and calories in sugary drinks add up fast. Avoid or limit sugary drinks like:

- Soda
- Sports drinks
- Energy drinks
- Fruit drinks (like fruit punch)
- Sweetened waters
- Sweetened coffee and tea drinks



What About Fruit Juice? Most of the time, choose whole fruits instead of juice. Whole fruits have fiber you need to stay healthy. If you do drink juice:

- Choose 100% fruit juice which doesn't have any added sugars.
- Have a small serving. Aim for 4 ounces or less.
- Try mixing 100% fruit juice with sparkling water to reduce calories.

Make Careful Coffee and Tea Choices. Coffee and tea can be part of a healthy eating routine, but sweeteners and cream can add a lot of calories and saturated fat. Try these tips when you drink coffee and tea:

- Try plain coffee or tea, without sweeteners or cream
- If you like sweet-tasting drinks, add just 1 teaspoon or less of sugar or honey — or use a low- or no-calorie sweetener
- If you like creamier drinks, add low-fat (1%) or fat-free (skim) milk instead of cream
- At coffee shops and restaurants, look for calorie information on the menu — and limit drinks with a lot of calories like chai lattes or cafe mochas.... plus, they are expensive!

Drink Alcohol Only in Moderation — or don't drink at all. If you drink alcohol, drink in moderation:

- 1 drink or less in a day for women
- 2 drinks or less in a day for men

Remember that drinking less is always healthier than drinking more. Even moderate drinking may raise your risk of some types of heart disease and cancer. And alcohol adds calories to your diet, so drinking can make it harder to stay at a healthy weight.

What counts as 1 drink? Different drinks have different amounts of alcohol — in general, 1 drink is equal to a:

- Bottle of regular beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor, like rum or vodka (1.5 ounces)
- Mixed drinks, like rum and cola (7 ounces)

Remember, small changes make a big difference! So, start simple — make healthier drink choices today!

How 'bout a Date?

Health Benefits of Dates

Dates are a superfruit delivering a whole host of benefits to the brain, digestive system, and heart. Dates are often associated with dessert; their natural sweetness and rich flavor are indeed decadent. But this nutritious fruit can offer some impressive health benefits. Here are seven ways dates can protect your health and simple ways to incorporate this super fruit into meals, snacks, drinks, and treats. However you take your dates, you're doing your body good.

Dates Nutrition Benefits

A delicious snack that you can enjoy on their own or with nut butter, dates offer the following health benefits:

- Are nutrient-rich
- Have a variety of antioxidants
- Are naturally sweet and provide no added sugar
- Support digestive health
- Protect heart health and blood sugar regulation
- Offer brain protection

Dates Are Nutrient-rich

Three dates provide about 200 calories, 54 grams of carbohydrates with about five grams of fiber, a gram of protein, and no fat. This portion also supplies smaller amounts of a wide range of nutrients, including B vitamins, vitamin K, calcium, iron, magnesium, potassium, zinc, and manganese. In other words, dates aren't simply sugar bombs or empty calories.

Dates Have a Variety of Antioxidants

In addition to their vitamin and mineral content, dates are rich in health-protective antioxidants. One 2019 study found that dates are a good source of natural antioxidants, which can be used to manage oxidative stress-related illnesses.

Oxidative stress occurs when there is an imbalance between the production of cell-damaging free radicals and the body's ability to counter their harmful effects. It's a precursor to aging and cell damage that can lead to disease. Dates also contain anti-inflammatory and antimicrobial compounds, which means they may also play a role in combating infectious diseases.



Dates Are Naturally Sweet and Provide No Added Sugar

Many people think of dates as dried fruit—but they're actually fresh fruit since no water is removed. And because dates are whole, unprocessed fruit, their sugar content is naturally occurring. In other words, if an energy bar is sweetened only with dates, the label can list zero grams of added sugar. That's key because added sugar is the type we should limit due to its association with an increased risk of heart disease and obesity.

The American Heart Association (AHA) recommends that women consume no more than six teaspoons of added sugar per day, which equates to 25 grams or 100 calories. The advised cap for men is nine teaspoons of added sugar, which is 36 grams or 150 calories. If you use dates to sweeten a meal or recipe, you haven't used up any of your daily added-sugar budget, unlike sweeteners such as cane sugar.

Dates Support Digestive Health

Three dates provide about 18% of the daily goal for fiber, which supports good digestive function. A study published in the British Journal of Nutrition in 2015 looked specifically at the impact of date consumption on the gut. Healthy men were randomly assigned to eat either seven dates per day or a control addition of a carbohydrate and sugar mixture for 21 days. After a 14-day washout period, the groups switched.

Researchers found that while eating dates, the study subjects experienced improvements in their bowel movement frequency and a reduced level of stool chemicals known to damage cells and trigger mutations that may lead to cancer.

If you've ever experienced constipation, you know how it can wreak havoc with your energy level and overall comfort. Dates can be a simple way to get things moving.

Dates Protect Heart Health and Blood Sugar Regulation

A 2020 study tested date consumption on both blood fats and glycemic index. One hundred men and women with type 2 diabetes were randomly assigned to eat either no dates at all or to add three dates daily for 16 weeks.

The date eaters experienced a statistically significant decrease in total cholesterol and "bad" LDL. And A1C (a measure of blood sugar control over the previous two- to three-month period) did not change in the date eaters.

The study suggests that dates could potentially have a beneficial effect on lipid profile, especially in reducing total cholesterol and elevating HDL, because of the high polyphenolic content of dates (polyphenols are micronutrients that naturally occur in plants). In addition, the study suggests that a low-moderate consumption of dates did not impact glucose levels because of dates' low glycemic index.

The findings are significant because blood sugar regulation and heart health are closely connected. People with type 2 diabetes have a twofold increased risk of heart disease, including heart attack; cardiovascular disease is the top cause of death among people with type 2 diabetes.

Dates May Offer Brain Protection

Protective compounds in dates are also thought to help guard the brain. According to a paper published in 2016, dates have promising therapeutic potential against Alzheimer's disease due to their ability to combat inflammation and oxidative stress in the brain.

How To Enjoy Dates and Add Them to Meals and Snacks

Dates can be a go-to sweetener in a wide variety of recipes, including smoothies, energy bites, oatmeal, overnight oats, chia or avocado pudding, and baked goods. You can use pureed dates to make homemade plant-based "ice cream" mixed with ingredients like plant milk, cinnamon, and add-ins, such as chopped dark chocolate, nuts and pitted cherries. You can also incorporate dates into savory dishes. They add natural sweetness and balance to garden salads, cooked vegetables like sautéed kale or roasted cauliflower, and veggie stir fries.

For a fast snack try stuffed dates. Stuff them with nut and seed butters, herbed cheese, and even savory fillings, like olive tapenade and pesto. Of course, they're also perfect as is!

Source: health.com



Emotional Predators

Scams can take many forms, including fraudulent phone calls, text messages, door-to-door sales, and even more personally, romantic relationships. Romance scams are more prominent than ever, especially due to the isolating pandemic that still lingers today. Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses this relationship to manipulate and steal from the victim. Scammers will often seem sincere, loving, and convincing.

The scammer's intention is to establish a relationship as quickly as possible and gain trust. They then use this intimate relationship to manipulate and obtain money from the victim. Romantic relationships not only end in financial loss, but also heartbreak.

Here we will list tips on how to protect yourself against fraudulent online courtships:

- Be careful what you post online. Scammers may use this info to gain insight into you and your personal life.
- Research the person's photo and name for legitimacy.
- Take it slow and ask questions about the person.
- Beware if the individual requests photos of financial information.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If they are from the U.S. but are abroad for work or travel, be wary.
- **Never send money to anyone you have only communicated with online or by phone!**

If you would like to speak with an Elder Rights Specialist at Aging Resources, please call (515) 255-1310.

Did you know?

Aging Resources provides free nutrition counseling with a registered dietitian. To learn more, call: Carol Schmidt, Nutrition Services Director, at (515) 633-9518.