



Meals-On-Wheels Newsletter

Promoting optimal health, quality of life and independence through improved nutrition, quality of diet and socialization opportunities.

AUGUST 2017

JULY NUMBERS

DINING ROOMS

Meals served: 2376

New seniors : 29

Unduplicated YTD: 524

Average Donation: 1.01

HOME DELIVERY

Meals served: 5971

New seniors: 2

Unduplicated YTD: 321

Average Donation: 0.40

Helpful Tips To Slower Eating:

- Sit down to eat in a calm environment with minimal distractions.
- Choose high-fiber foods that take more time to chew
- Put down your utensils between bites.
- Try setting a minimum number of chews per bite.
- Use smaller plates or different utensils (such as chopsticks).
- If you find yourself rushing, that's OK. Put your utensils down and take a minute to re-focus.
- Find another slow eater and pace yourselves to them.
- Set aside time to eat – at least 20-30 minutes for each meal.

www.precisionnutrition.com/all-about-slow-eating

9 reasons to eat slowly

First of all - It can't hurt you!

Slow eating rate doesn't have any negative effects on your health, but can bring you a number of benefits without extra cost.

2 Appetite reduction

Eating slowly gradually reduces the appetite from the time you begin to eat. It takes the brain about 15-20 minutes to start signaling feelings of fullness. And if you have no appetite, you end up eating less.

3 Portion size control

Slowly eating can make it much easier to eat less without feeling deprived. It takes some time to feel satiety, so give this time to your body. Eating fast lets you eat too much before you are fully aware of it. Slowing the rate of eating can allow the satiety signals to develop before your plate is empty¹.

4 Weight control

Points #2 and #3 turn into staving off extra pounds. Portion size and eating speed seem to be the part of the reason of famous "French paradox" -- the relatively low incidence of heart disease and overweight in France as compared to the United States, despite the generally high intake of calorie-rich and fatty foods. It is well documented² that the French take longer to eat than Americans despite French eat smaller portions. Recently Japanese researches found strong positive correlation between rate of eating and body mass index (BMI) and obesity.

5 Digestion

It is well known that digestion begins in the mouth, where the saliva is mixed with the food and starts to break it down into smaller chemicals that can be absorbed and nourish the body. Chewing thoroughly promotes smooth, complete digestion. Basically the slower you eat the faster and more efficiently you metabolize the food. When food is swallowed whole it makes it more difficult for the body to absorb all the important vitamins, minerals, and amino acids.

6 Taste and enjoy your food!

When you eat slowly, you end up tasting your food more. Eating slowly lets you experience more of the flavors, textures and smells of what you eat. Your food will become more interesting. And again, French experience. They focus more on the impression and less on the health effects of eating.

7 Quality versus Quantity

Slow eating is a real step to a more healthy diet. If you won't like what you eat when you eat it slowly, probably the next time you will choose something of a better quality and enjoy the pleasures of good food. Fast eaters are more prone to consume "junk" and "fast" foods.

8 Insulin resistance

Japanese researches found that eating fast is associated with insulin resistance. Insulin resistance is a silent condition that increases the chances of developing diabetes and heart disease. Also, fast eating seems to be a risk factor for the metabolic syndrome (combination of the symptoms such as high blood pressure, obesity, and insulin resistance).

9 Heartburn & Gastroesophageal reflux

Rapid eating may cause acid reflux. It may be especially true for people suffering from GERD (Gastroesophageal Reflux Disease).
www.healthassist.net/food/slow/slow-eating



(L) Imelda (Selah Cook)
(R) Elizabeth (MOW Coordinator)

**August 2nd, 2017
Cooks Training
New recipes using fresh fruit,
veggies and herbs**

**Bean Salad
Makes 12 servings
½ cup per serving**

- 2 cans green beans, rinsed
- 1 ½ cups or 15 oz. can of kidney beans, rinsed and drained
- 1 ½ cups or 15 oz. can of garbanzo, rinsed and drained
- 1 bell pepper, diced

For the dressing

- ¼ cup red wine vinegar
- ¼ cup avocado, canola, or olive oil
- ¼ cup minced red onion
- 3 tsp. Dijon mustard
- 2 tsp. sugar or agave
- 1 tsp. pre-minced garlic
- 2 tsp. dried parsley
- Salt and pepper to taste

1. In a small bowl whisk together the dressing ingredients. Set aside.
2. In a large bowl add all the salad ingredients and stir together. Add the dressing and mix together to well combined. Serve or refrigerate.

Calories: 121 Carbs: 14g Fat: 5g Protein: 4g Fiber: 5g Sodium: 192mg



(L) Lorena (MOW Manager)
(R) Denise (HBCC Cook)
Elizabeth (Grandview Cook)
not pictured

Carrot Raisin Salad

Serves 6, 1/3 cup

- 8 oz. crushed pineapple
- 1/3 cup raisins
- 5 oz. plain yogurt
- 2 cups shredded carrots
- Pinch of salt
- 2 tsp. agave, optional

Add all the ingredients to a mixing bowl and stir to combine.
Refrigerate until ready to serve.

Calories: 87 Carbs: 17g Fat: 2g Protein: 1g Fiber: 2g Sodium: 26mg



*Due to concerns from seniors about not having enough time to eat their meal, we have changed the serving times from 11:30am-11:45 am to **11am-11:30am**. We hope this will give everyone more time to enjoy their meal and socialize with others.*



Lorena Fernandez
Meals-On-Wheels Manager

JUST A REMINDER! If you are 62 or older, you have until 08-29-17 to get your LIFETIME PASS to ALL National Parks for \$10. Starting on 08-30-17 it goes up to \$80/year!

Mt. Rainier still has passes available but if they run out they will issue you a voucher for interim use but you will have to return to that park to get the permanent pass once they're available. Or the easiest option is to order online at www.YourPassNow.com, although that will cost an extra \$10 processing fee. This is only for people over 62.