



PEOPLE FOR PEOPLE

# Meals-On-Wheels Newsletter

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

## SEPTEMBER 2018

### AUGUST NUMBERS

#### DINING ROOMS

Meals served: 3797

New people: 10

Average donation: .52

#### HOME DELIVERY

Meals served: 5781

New people: 25

Average donation: 0.42

### **Baked Apples & Squash**

2 C winter squash  
2 C Apple  
1 Tbsp oil  
1/2 tsp ground cinnamon  
1 Tbsp sugar or  
sugar substitute like stevia  
1/2 tsp salt

1. Peel the squash, remove seeds and cut into bite size pieces.
2. Peel the apples, remove the core and cut into bite size pieces.
3. Mix the squash and apple pieces, oil, sugar, cinnamon and salt together in a bowl.
4. Spread the mixture on a metal baking pan.
5. Bake in a 425 degree oven for 20-30 min or until squash is soft.
6. Refrigerate any leftovers within 2 hours.

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## Winter Squash

Now is the time of year when summer squash is out of season and winter squash is starting to be harvested. Winter squash is great because there are many varieties to choose from, with different flavors and textures in each one. Another great thing about winter squash is the long storage life it has in comparison to summer squash.

There are many health benefits to winter squash which contains:

- Vitamin A: helps form and maintain healthy teeth, bones, soft tissues, mucus membranes and skin.
- Vitamin C: also called ascorbic acid, is an antioxidant that promotes healthy teeth and gums. It helps the body absorb iron and maintain healthy tissue. It also promotes wound healing.
- Alpha-Carotene & Beta-Carotene: both are rich sources of antioxidants. Antioxidants seem to help prevent or delay the development of cancer, cardiovascular disease and other conditions.

Winter squash can be prepared in a variety of ways such as baked, steamed and even boiled. My personal favorite is baked due to less prep time because you do not have to peel the outer parts of the squash. However, one of my favorite soups in the fall/winter is butternut squash soup. For this soup, the butternut squash is peeled, cubed and then boiled before being turned into a puree.

Oh and don't forget about the seeds for a tasty snack! Add a little cinnamon and sugar to your seeds for a sweet treat or some seasoning salt for those savory lovers out there.



Cyndi Balk, MOW Registered Dietician

***If you would like to talk Cyndi about your dietary concerns, she is available Friday mornings, call our office @ (509) 426-2601 or toll free (855) 426-2601 to schedule an appointment.***

## 15 signs of high blood sugar levels

If these things happen to you, then your blood sugar could be abnormally high and you should visit your doctor as soon as possible because if you ignore these signs, that will inevitably lead you to diabetes.

1. Weight loss
2. Nerve issues
3. Dry Skin
4. Fatigue
5. Stomach pain
6. Increased thirst
7. Increased tiredness
8. Frequent infections
9. Slow wound healing
10. Issues concentrating
11. Impotence
12. Dry mouth
13. Frequent Urination
14. Blurred Vision
15. Increased appetite

### How does high blood sugar affect the body?

Urination and thirst: High blood sugar goes into the kidneys and urine. This attracts more water, causing frequent urination. This can also lead to increased thirst, despite drinking enough liquids.

Weight loss: High blood sugar can cause sudden or unexplained weight loss. This occurs because the body's cells aren't getting the glucose they need, so the body burns muscle and fat for energy instead.

Numbness and tingling: High blood sugar can also cause numbness, burning, or tingling in the hands, legs, and feet. This is caused by diabetic neuropathy, a complication of diabetes that often occurs after many years of high blood sugar levels.

### Long-term complications

Over time, the body's organs and systems can be harmed by high blood sugar. Blood vessels become damaged, and this can lead to complications, including:

- heart attack or stroke
- damage to the eye and loss of vision
- kidney disease or failure
- nerve problems in the skin, especially the feet, leading to sores, infections, & wound healing problems

### Low blood sugar

Low blood sugar, or hypoglycemia, is often a side effect of diabetes medicines. Taking too much insulin can result in low blood sugar levels. Hypoglycemia can also be caused by some other medications, health conditions, or skipping meals. Symptoms of low blood sugar may include:

1. feeling weak or shaky
2. sudden nervousness, anxiety, or irritability
3. sweating or chills
4. extreme hunger
5. confusion
6. fast heart rate, or palpitations

Low blood sugar can often be corrected by drinking a beverage that contains carbohydrates.

Frequent episodes of low blood sugar should be discussed with a doctor. Diabetes medications may need to be changed or reduced in order to correct the problem.