



April Tasty Tidbits

Heart Health

by Candace Johnson, RD, CSG

It is simple to talk about [heart health] but baffling with all the nutrition “noise” in books and internet news. ... What are you to do?

The simple principle: Eat whole foods... more fruits, vegetables, whole grains, beans and legumes!

- ◆ **Fruits**, such as berries, apples, grapes, cherries and onions appear to have anti-oxidant and anti-inflammatory properties ... and Vitamin C which may protect your heart by reducing oxidative stress.
- ◆ **Vegetables:** Lean on the dark leafy greens which are loaded with potassium, anti-oxidants and phytochemicals to prevent heart disease and other chronic illness.
- ◆ **Extra virgin olive oil and monounsaturated fats like canola oil ...** reduce inflammation and decrease the formation of plaque. But be careful [to] limit the total amount of fat.
- ◆ **Nuts and seeds:** [It's] great to munch on walnuts and almonds [but] these are fat sources so limit to 1-3 ounces a day.
- ◆ **Fish:** Eat more salmon, sardines, mackerel, high fat tuna and herring 2-3 times a week.
- ◆ **Grains:** Whole grains are spotlighted for disease prevention – choose grains like oats and barley to help control cholesterol and insulin resistance. Include plenty of water to help fiber work best.
- ◆ **Legumes:** Four servings a week of beans and legumes offer heart protection, excellent protein and improve insulin action. Start with small amounts to allow your body to adjust to increased gas.

These tips may be easy and can start at any time. Take a moment to consider diet and nutritious changes ... Your health will thank you!

Courtesy of the
Boulder County Area Agency on Aging

Caregivers' Symposium

Mark your calendar for this annual event: Tuesday, May 21, noon-5pm, resource fair and workshops. Watch for details in next month's Tasty Tidbits.

**Café Classico is open for lunch
Monday through Friday
11:30 a.m. ~ 12:30 p.m.**

Only \$5 for your choice of entrée, salad, beverage and dessert

Tuesday evenings at Café Classico

All ages welcome

Dinner served at 5:30 p.m. \$6 per person
For transportation, call Via 303-447-9636
Reservations appreciated 303-441-3148

Tuesday, April 2

Chicken Cordon Bleu or Lemon pepper tilapia

Tuesday, April 9

Pork chops or Baked cod

Entertainment by the Early Music Ensemble

Tuesday, April 16

BBQ ribs or Salmon

*Entertainment by Gaffer,
That Harp Guy*

Tuesday, April 23

Spaghetti & meat sauce or
Vegetarian lasagna

Tuesday, April 30

Hand carved baron of beef or
Garlic herbed tilapia

Entertainment by the Wallpaper House Band



There's Help for Families Earning under \$50,000/year

Families earning less than \$50,000 annually may get as much as \$5,000 or more when they file their tax returns. And there are other credits for these families, such as free tax preparation online. Visit www.piton.org/eitc to find a statewide list of all places providing *free* tax information.

Meals on Wheels 303-441-3908