

Letter From Your RDN about the Home Delivered Meals Program

You will likely notice some slight changes on the November Menu and other menus moving forward.

Every 5 years the USDA and HHS develop a new set of recommendations for Americans to follow that have proven, significant health benefits. These recommendations are broken down to specifically focus on every stage of development, including older adults.

In January of 2021 the new guidelines were made available for the public to review. NYSOFA's expectation is that we use these guidelines along with a specific set of standards to develop our home delivered meals so that they are packed with the nutrient dense foods and beverages you need to stay healthy and active with the best quality of life throughout older adulthood.

A couple of the changes you may notice are our fruit and vegetable portions. In order to meet standards we are to provide 1 cup of vegetable and 1 cup of fruit with each meal (with the exception of birthdays and holidays). Also, you may notice our grain portions, half of all the grains we provide must come from whole grains. This is why you may notice brown rice and whole wheat pasta on the days we provide a white garlic dinner roll instead of a whole wheat slice of bread/roll, for example.

Please see below for special considerations for the older adult...

1

PROTEIN

Consuming enough protein is important to prevent the loss of lean muscle that occurs naturally with age.

2

VITAMIN B12

This is of special concern because as we age the ability to absorb this nutrient decreases. With some older adults, the opposite may be true because some medications increase absorption.

3

BEVERAGES

Many older adults do not drink enough fluids to stay hydrated. In addition to water, nutrient dense liquids are encouraged, ie. Low-fat milk

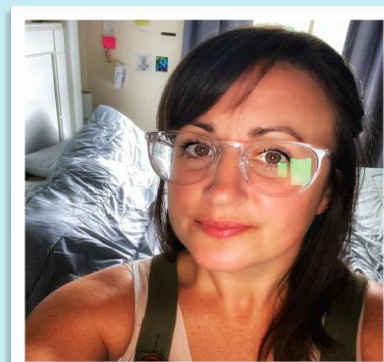
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I AM HERE TO ANSWER YOUR QUESTIONS

If you know someone who would benefit from home delivered meals please do not hesitate to reach out to our office, we would be happy to answer any questions you may have (518)746-2420.

Our meals are balanced and varied, low in added sugars, plentiful in fruits and vegetables and evaluated on a regular basis to make sure you are receiving not only a hot meal but also a nutritious one.

Please reach out if you have special dietary concerns and are curious if these meals would be a good fit. I can be reached directly at (518)488-8875 or via email; stewartjkk@gmail.com



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