

THE TOP 9 POWER FOODS FOR SENIOR LIVING MENUS

Senior living facility foodservice directors are always challenged to differentiate their facilities with better-tasting menus. A cut above the rest means flavorful, yet healthy menus that rival some of the best restaurants.

Top dietitians push for indulgence that's tempered with power foods with possible added health benefits as a winning strategy. Here's a reminder of the benefits of adding the following ingredients to your menu this year and some tips for success.



Whole Grains General Protection

- Three daily servings of whole grains can help reduce the risk of heart disease by 25-36%
- Whole grains fill you up fast, so you are less likely to overeat

Tip: Look for "whole grain" on labels, including oats, whole wheat, brown rice, bulgur, and bran.



Apples Lung Health

- More effective in fighting lung disease than other fruits and vegetables
- Smokers may be less likely to develop emphysema with an apple a day

Tip: "An apple a day" really can keep the doctor away!



Tomatoes Prostate Health

- Regular consumption can decrease risk of prostate cancer by 35%
- Contain lycopene, thought to protect against lung and stomach cancers

Tip: Cooked tomatoes may have more potency than fresh ones.



Ginger Dealing with Nausea

- Considered helpful in fighting morning sickness/queasy stomachs
- May also help lower blood pressure and increase circulation



Salmon Bone Health

- Source of omega-3 fatty acids to help preserve bone density
- May reduce blood pressure, lower cholesterol, and prevent heart disease

Tip: Beware of mercury levels in some fish. Limit intake to one 3-oz. fillet or can of fish per week.



Yogurt Boosting Immunity

- Source of probiotics, the "friendly" bacteria that fight illness and disease
- Research has found that eating yogurt helps fight off pneumonia

Tip: Look for yogurt containing "live" or "active" cultures.



Blueberries Cognitive Health

- Have the highest levels of disease-fighting antioxidants
- Protect cells from damage and may restore cells to healthy levels

** May also decrease brain damage from stroke and effects of Alzheimer's*



Beans Help Fight Colon Cancer

- Source of protein and antioxidants; provide plenty of fiber
- Can decrease blood pressure and "bad" cholesterol

Tip: All beans are good for you; two to four servings a week.



Red Grapes Heart Health

- Contain polyphenols, thought to help fight heart disease



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