

NUTRIGRAM

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Niagara County Office for the Aging 438-4020

111 Main Street Lockport NY 14094



Mother's Day Celebration on Tuesday, May 3rd at Eat Well Stay Well Dining

Come out to a site near you to help us appreciate mothers. Mother's Day is Sunday, May 8th, but at sites we will celebrate Mother's Day on Tuesday, May 3rd. A special meal will be served at the nutrition sites and for Home Delivered Meals:

Herbed Chicken Breast

Baby Red Potatoes

Club Spinach

Whole Wheat Dinner Roll

Applesauce Cake

Choice of Skim or 2% Milk

For a list of site locations call Glenda Reardon at 438-4030. Transportation is available to some of the senior centers and dining sites. The suggested contribution for a meal continues to be \$3.00 for seniors age 60 and over. \$4.00 under age 60.

Antioxidants for Immunity: Where to Find Them

Adding more fruit and vegetables of any kind to your diet will improve your health. But some foods are higher in antioxidants than others. The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E. You'll find them in colorful fruits and vegetables – especially those with purple, blue, red, orange, and yellow hues. To get the biggest benefits of antioxidants, eat these foods raw or lightly steamed; don't overcook or boil.

Beta-carotene and other carotenoids:

Apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon.

Vitamin C: Berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green or yellow peppers, snow peas, sweet potato, strawberries, and tomatoes.

Vitamin E: Broccoli, carrots, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach, and sunflower seeds. Other super foods that are rich in antioxidants include:

- Prunes
- Apples
- Raisins
- All berries
- Plums
- Red grapes
- Alfalfa sprouts
- Onions
- Eggplant
- Beans



Vitamins aren't the only antioxidants in food. Other antioxidants that may help boost immunity include

- Zinc: Found in oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified cereals, and dairy products
 - Selenium: Found in Brazil nuts, tuna, beef, poultry and fortified breads, and other grain products
- Source: Web MD

Note: There will be no meals on Monday, May 30th. Please make sure you have some healthy choices available that day in your kitchen.