



# Meals on Wheels Gazette

## July 2016



### Fresh is Best



Summer is in full swing, which means many delicious fruits and vegetables are in season. Fresh fruits and vegetables provide many substances important for good health, including vitamins, minerals, anti-oxidants, fiber, and phyto-nutrients (plant-derived micronutrients). Most are naturally low in calories and filling.

Eating fresh produce is beneficial because there are no added sugars, preservatives, or hidden salt that may lurk in canned items. If fresh fruit and vegetables are not readily available, however, canned items can be a convenient alternative.

When choosing canned produce, you should watch for added sugars and sodium. Sodium is often added to canned goods to help preserve them. Look for low-sodium, reduced sodium, or no-salt added labels. You can also drain and rinse canned vegetables to reduce the sodium content even more. Choose canned fruit packed in water over those in juices or syrups because these have higher amounts of sugar.

[www.fitday.com](http://www.fitday.com)

### Beat the Summer Heat with a Slice of Watermelon

Watermelons are a great source of water and electrolytes, which can help quench your thirst on hot summer days. They also contain the antioxidants lycopene and vitamin-A, which are essential for your immune system, vision, and for maintaining healthy skin. They are a good source of potassium, which is an important component of cell and body fluids. At only 30 calories per 3.5 ounce serving, watermelon is a healthy and delicious alternative to other summer treats.



[www.nutrition-and-you.com](http://www.nutrition-and-you.com)

Broome County  
Office for Aging 

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