

FOOD SAFETY MYTHBUSTERS

MYTH: I left some perishable food out all day. If I put it in the fridge now, the bacteria will die.



FACT: Throw away perishable food that's been left out all day. The

fridge can slow the growth of bacteria in food but will not kill the bacteria. Bacteria can multiply rapidly in perishable food left at room temperature or in the "danger zone" between 40°F and 140°F, which can make you and your loved ones sick.

fightbac.org/mythbusters



ADSS Nutrition Team, Winter FY23

KEEPING NOURISHED

When Not Feeling Well

What do you eat when you are not feeling well? Two important recommendations for feeling better faster are rest and hydration. Rest is essential for becoming well, and drinking more liquids is the next best step.

Your appetite may be less than normal, so be purposeful in what you eat. Proper nutrition is important to provide the body with the energy to fight germs.

TIPS FOR INCREASING HYDRATION WHEN SICK

- Keep **water** within reach.
- **Sliced citrus** (oranges, lemons, or limes) will add a burst of flavor and vitamin C to water. Citrus may also help you to get better quicker.
- Tired of drinking water? Add a variety of liquids such as **ginger ale** and other clear fluids like tea, **apple juice, or any type of broth**.
- **Jell-O, popsicles, and frozen fruit bars** will help with hydration.

SEMI-HOMEMADE NUTRITIOUS MEAL TIPS

As your appetite returns, think shelf-stable convenience foods for a semi-homemade quick fix. Science shows warm fluids can help with congestion, and chicken soup is on the top of the list. Although homemade chicken broth tastes better, you may not feel like boiling a chicken and making the soup. Think semi-homemade, quick and easy!

- Use low sodium chicken broth in a carton, add egg noodles, a few spices, and herbs, add frozen or canned veggies and boil on the stovetop for a quick, nourishing meal to feel better faster.
- Tomato soup with whole-grain crackers and a small side salad is another healthy option.
- Try brown rice, chicken with some favorite frozen veggies or microwave a baked potato, then top it with cheese and broccoli.
- Build-in vegetables in all meals to help your body have the nutrition it needs to build your immunity.

NUTRIENTS TO KEEP THE IMMUNE SYSTEM STRONG

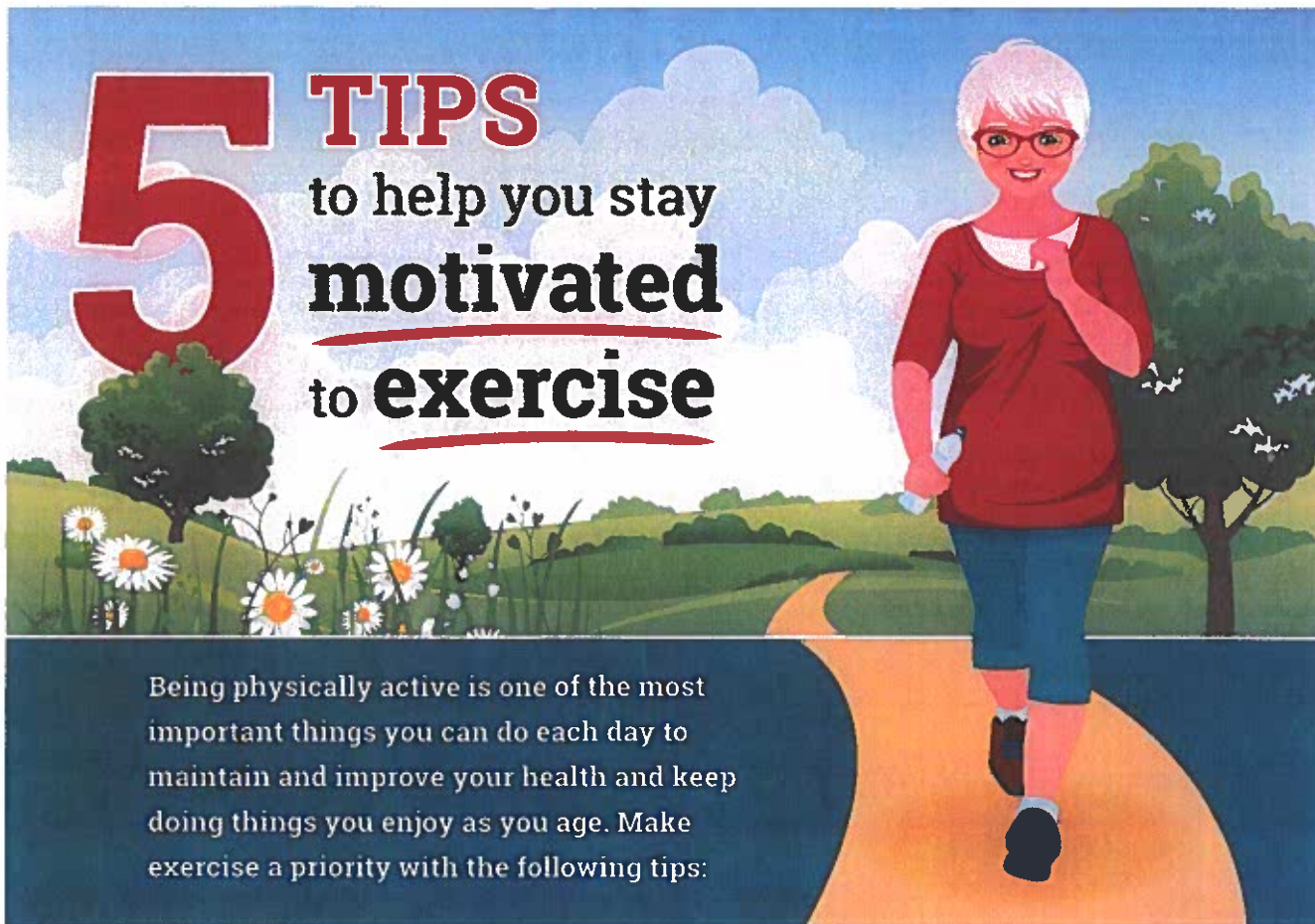
- **Zinc:** found in meat, poultry, breakfast cereal, almonds, yogurt, and cheddar cheese.
- **Vitamin C:** look to bell and chili peppers, strawberries, citrus fruit, potatoes, and dark green vegetables.

SNACK SUGGESTIONS

- Keep dried fruit and nuts on hand for a nutritious snack that takes little preparation.
- Mix chopped dried fruit with nut butter and dry cereal for a nutrient-packed snack or add them to oatmeal or other whole-grained cereal.
- Make a smoothie with yogurt, milk, bananas, and your favorite fruit for a deliciously balanced meal.

5 TIPS

to help you stay
motivated
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

Find ways to fit exercise into your day.
You are more likely to get moving if exercise is a convenient part of your day.



4

If there's a break in your routine, get back on track.
Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



2

Do activities you enjoy to make it more fun.
Be creative and try something new!



5

Keep track of your progress.
Make an exercise plan and don't forget to reward yourself when you reach your goals.



3

Make it social.
Find a virtual "exercise buddy" to help keep you going and provide emotional support.



Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

