

According to the National Institutes of Health, hypokalemia in seniors can sometimes be brought on by certain heart and blood pressure medications and can cause problems with heart and muscle function. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

Spices

Spices have numerous potential health benefits. For example, turmeric contains active plant compounds called curcuminoids that have been shown to be beneficial in fighting off diseases such as Alzheimer's, Parkinson's, and cancer. Cinnamon can help people with type 2 diabetes control their blood sugar, total cholesterol, and triglycerides. Get creative with your seasonings this summer by incorporating spices like ginger, cumin, saffron, nutmeg, cayenne pepper, and paprika into your recipes.

Deviled Eggs and Egg Salad

Sometimes forgotten as a member of the protein portion of the recommended daily food groups, eggs are a good source of protein and contain many essential vitamins and minerals, including vitamins A, D, E, B6 and B12. It's not just egg whites that contain health benefits; egg yolks contain choline, lutein and zeaxanthin—several nutrients that are essential for good eye health. These nutrients help prevent age-related eye diseases like macular degeneration and cataracts.

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Silver Key Home Delivered Meals

Nutrition Education



Senior-Friendly Barbecue Basics

Watermelon

The days are getting warmer and longer, inspiring people to get outside and enjoy the sunny weather by barbecuing or going on picnics.

Synonymous with summer, this juicy fruit is not only low in fat, but it also contains a staggering amount of **nutrients**. Pound for pound, watermelon has more lycopene than any other fresh fruit or veggie. Also found in tomatoes, lycopene is an antioxidant that has been shown to combat certain forms of cancer and heart disease. Watermelon is also packed with potassium, which can benefit seniors suffering from potassium deficiency, or hypokalemia. Watermelon also has a high water content and contains significant amounts of vitamins A, C and B6.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken Salad Croissant orange, high fiber cookie & milk	2 Goulash green bean almandine apple & milk	3 Baked Chicken w/rice, broccoli, apple, cheese stick, oatmeal raisin cookie
4 Beef Bourguignon mashed pots broccoli, orange & milk	5 Beef Stir Fry brown rice succotash apple, cheese stick & milk	6 Shrimp Chow Mein w/rice Asian veggies tropical fruit & milk	7 Chicken Pot Pie w/biscuit lima beans, pear & milk	8 Chicken Fajitas w/peppers & onion, tortillas, rice, SW beans, diced pear	9 Swiss Steak mashed potatoes peas, orange & milk	10 Chicken Teriyaki brown rice peas orange & milk
11 Cheese Tortellini w/meat marinara pea and carrots, pear & milk	12 Chicken Parmesan w/ marinara & pasta, veg blend, pear & milk	13 Fish Taco, Cilantro rice, beans, cilantro lime coleslaw, pineapple tidbits	14 Beef Stroganoff Mashed pots roasted brussel sprouts, apple & milk	15 <i><u>Chef's Choice</u></i>	16 Italian Sausage w/ marinara & pasta, veggies banana & milk	17 Lasagna Roll w/ marinara broccoli, raisins banana & milk
18 Chicken pot pie w/biscuit lima beans, pear & milk	19 Honey curry chicken coconut rice peas & carrots apple, OJ & milk	20 Sweet & Sour pork w/rice Asian veggies, applesauce high fiber cookie	21 Mushroom Ravioli w/ marinara peas & carrots banana & milk	22 Southwestern chicken w/rice pinto beans orange, cheese stick & milk	23 Tuna Casserole butternut squash pear & milk	24 Beef Stir Fry w/rice succotash, apple, cheese stick & milk
25 Swiss Steak mashed potatoes peas, orange	26 Chicken Cordon Bleu, sweet potatoes w/dates & nuts, peas and carrots, orange	27 Meatball Sub w/ peppers and onions veggies, pear & milk	28 Pico Lime Cod lemon herb rice carrots, banana high fiber cookie & milk	29 Breaded Chicken sandwich w/LTO & mayo, carrots, pear cup & milk	30 BBQ Chicken maple sweet potato peas & carrots orange & milk	
<p>Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.</p>						