

NUTRITION TIPS FOR INDIVIDUALS AGED 60 AND OLDER

Diets that prioritize a range of food groups are especially beneficial for people who are 60 and older. For example, be sure to incorporate more fresh produce into your meals and snacks. Select frozen, canned, or ready-to-eat options if you find slicing and chopping to be a challenge. Proteins help to maintain muscle mass and some examples include seafood, dairy products or fortified soy products, beans, peas, and lentils.

The absorption of vitamin B12 by the body may decline with aging. Additionally, some medications can reduce vitamin B12 absorption. Ensuring an adequate intake of protein and fortified foods can help meet the body's vitamin B12 requirements. If you are unsure whether or not to take supplements, it is best to consult your doctor.

Eating together. Having company at the table makes eating that much more pleasurable. Participating in a gathering may have positive effects on your physical and emotional wellbeing. Let's gather your loved ones for a potluck at least twice a week, or host one yourself. Remember, community centers or churches sometimes provide meals as well.

Bonus: It is recommended to talk to your doctor before using or considering any dietary supplements, especially those that have added sugars, such as nutrition supplement drinks.

60岁及以上人士的营养建议

在60岁及以上的人群中，追求饮食多样化尤其有益。例如，确保在日常饮食和零食中加入更多新鲜蔬果。如果您发现切片和切块比较困难，可以选择冷冻、罐装或即食的选项。蛋白质的摄入有助于维持肌肉量，蛋白质选择有海鲜、乳制品或经强化豆制品、豆类、豌豆和扁豆。

随着年龄的增长，身体对维生素B12的吸收可能会下降。此外，一些药物会减少维生素B12的吸收。确保摄入足够的蛋白质和经强化食品有助于满足身体对维生素B12的需求。如果您不确定是否应服用补充剂，最好咨询您的医生。

共享餐桌。餐桌上有人陪伴会让吃饭变得更加愉快。参加聚会可能会对您的身心健康产生积极影响。让我们每周至少两次与您所爱的人聚在一起吃一顿饭，或者自己举办一次聚餐。请记住，社区中心或教堂有时也提供餐食。

额外小窍门：建议在使用或考虑使用任何膳食补充剂之前先与医生进行咨询，尤其是那些添加了糖分的补充剂，如营养补充饮料。

References/参考资料:

1. U.S. Department of Agriculture. Older adults. <https://www.myplate.gov/life-stages/older-adults>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Spinach

蔬菜聚光灯: 菠菜



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VEGETABLE & CHICKEN DUMPLINGS (Serves 4) 蔬菜鸡肉水饺 (4 人份)



INGREDIENTS

- 24 Thin Wonton Wrappers
- 1/4 pound Chicken Breast, boneless, skinless, finely chopped
- 3/8 cup Spinach, finely chopped
- 2 Dried Shiitake Mushrooms soaked for 30 minutes or until soft, stems removed, chopped
- 1/4 cup Black Fungus soaked, chopped (optional)
- 1/2 teaspoon Sesame Seed Oil
- 1/4 teaspoon Salt
- 1 teaspoon Cornstarch
- 1/2 Egg's Egg White

配料

- 24 片馄饨皮
- 1/4 磅鸡胸肉，去骨去皮，切碎
- 3/8 杯菠菜，切碎
- 2 个干香菇，浸泡 30 分钟直至变软，去蒂，切碎
- 1/4 杯浸泡过的黑木耳，切碎（可选）
- 1/2 茶匙芝麻油
- 1/4 茶匙盐
- 1 茶匙玉米淀粉
- 1/2 个鸡蛋的蛋白

DIRECTIONS

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton wrappers.
3. In a large pot, bring 10 cups of water to a boil. Add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, enjoy!

步骤

1. 在一个大碗中，混合馅料配料并搅拌均匀。
2. 包饺子时，在云吞皮中放入 1 茶匙馅料，对折，捏住边缘封口。用剩余的馅料和云吞皮重复上述步骤。
3. 在大锅中加入 10 杯水煮沸。加入饺子，煮至饺子浮出水面，约 7-8 分钟。将饺子捞出，趁热享用！



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