



October 2019 Edition

WEB: WWW.ASK4CARE.COM

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## Employee of the Month

Congratulations Christiana Egho!

You have earned the title of 'Employee of the Month for October 😊 Your hard work and dedication is highly appreciated! Since you joined ASK4CARE as a Personal Support Worker, you have always displayed great enthusiasm to learn and grow professionally. In a short period of time you have gain the reputation of being dependable, motivated and trustworthy. You have all the traits needed to succeed in the workplace!

Here's what Christiana has to say about herself and some words of wisdom:

*"My name is Christiana Egho. I'm 52 years old and I joined Ask4Care a year and a half ago. I like working with them and they're a good company to work with. I'm very passionate about my work. Outside of work, I love to travel! I've travelled to London and other places in Europe. One of my favourite attractions there was the London Eye. I've also been to the Empire State Building in New York. I'd like to thank Ask4Care for giving me this award. I hope to continue doing the job to the best of my ability. Make up your mind to be happy today. No matter what, let no one and no situation take that away from you. Hold on to your joy."*



## After 50: Nutritional Needs



Our bodies change as we age. That causes our nutritional needs to change too. Nutrition comes from food and water. Nutritional needs are different for men and women, certain medical conditions, activity level, and age.

Food provides us with the energy and nutrients we need to stay healthy. Men and women need protein (meat, fish, dairy, beans, and nuts), carbohydrates (whole grains), healthy fats (healthy oils), vitamins, minerals, and water. These things may help prevent some diseases. These include osteoporosis, high blood pressure, heart disease, diabetes, and certain cancers.

### Path to improved well being

Mindful eating is important after the age of 50. This means thinking about everything you eat and drink. Take time to plan your meals, mealtimes, and snacks.

#### **Tips for mindful eating include:**

Choose a variety of healthy foods at each meal. This includes servings of fruit, vegetables, protein, and whole grains.

- Avoid unhealthy calories, such as cakes, cookies, chips, soda, and alcohol.
- Choose foods that are low in fat and cholesterol. Avoid saturated and trans fats. Saturated fats are animal-based (red meat and dairy). Trans fats are found in processed foods. This includes packaged baked goods.
- Watch portion sizes. Keep in mind that a 3-ounce serving of meat is the size of a deck of cards. It's okay to treat yourself to chips occasionally. Just don't mindlessly eat the chips from a bag while watching TV. Measure out an appropriate amount and put the bag away.
- Buy pre-cut fruit and vegetables if it will motivate you.
- Add healthy spices to your food if your tastes have changed. Don't add salt.
- Learn to read labels. Packaged items contain nutrition labels. These labels tell you what a serving is, the number of calories, total fat, cholesterol, sodium, carbohydrates, and protein per serving.

## Things to consider

Follow your doctor's advice for nutrition. Not everyone has the same nutritional needs after the age of 50. A person who has diabetes may have to monitor carbohydrates first and calories second. A person with high blood pressure may need to watch his or her sodium levels more than other nutrients. Also, not all nutrients are the same. For example, the calories in fruit are healthier than the calories in cake. The carbohydrates in whole grains are healthier than those in candy.

Men and women over the age of 50 need different amounts of calories each day. For example:

- Women who are physically inactive should have 1,600 daily calories.
- Women who are moderately active should have 1,800 daily calories.
- Women who are very active should have between 2,000 and 2,200 daily calories.
- Men who are physically inactive should have 2,000 daily calories.
- Men who are moderately active should have between 2,200 and 2,400 daily calories.
- Men who are very active should have between 2,400 and 2,800 daily calories.

As we age, sodium is a concern for men and women. After age 50, people should consume no more than 1,500 milligrams per day of salt. That's about two-thirds of a teaspoon. Do not add table salt to your food. Read **nutrition labels** and watch the amounts of salt in packaged and processed foods. Canned foods and processed meats (bologna, bacon, hot dogs) contain high amounts of salt. Some sodium is good for your nerves. But too much can increase your risks of certain medical conditions.

Too much sodium causes your body to retain fluid. This can lead to high blood pressure, heart disease, and stroke. For women older than 50 and post-menopausal, too much sodium causes your bones to lose calcium. This leads to the bone loss condition known as **osteoporosis**.

Food safety is another concern for men and women over the age of 50. As we age, our bodies are less able to fight off infections that come from unsafe food. Wash raw foods with soap. Keep your hands, cutting tools, and surface areas clean with hot soapy water when preparing food. Cook your food to the required temperature. And always refrigerate foods within 2 hours of cooking.

Men and women over the age of 50 need plenty of water. Doctors recommend drinking water throughout the day to prevent dehydration. Dehydration can lead to dizziness, falls, low blood pressure, poor kidney function, and other conditions. Drinking enough water helps your kidneys flush the toxins from your body.

Even if you are not thirsty, it's important to have water throughout the day. Plain water is best. However, you can get water from soup broths and limited amounts of coffee and tea. Too much caffeine strips your body of water. Try adding water to your routine by drinking a glass before each meal and snack. Sip it during meals and snacks, too. Be sure to drink plenty of water before exercising or being out in the sun.

(Ref: <https://www.wellsteps.com/blog/wellness-news-you-can-use/>)

## LOW-CARB ZUCCHINI ENCHILADA ROLL UPS

*These Zucchini Chicken Enchilada Roll Ups are filled seasoned shredded chicken, topped with enchilada sauce and cheese. Delicious, and perfect for Keto, gluten-free or low-carb diets.*

### INGREDIENTS

- 1 3/4 cups homemade enchilada sauce (recipe below)
- 2 large, 14 oz each zucchini, cut lengthwise into 12 (1/4-inch thick) slices
- 1/2 teaspoon kosher salt
- fresh black pepper, to taste
- 1 tsp olive oil
- 8 ounces cooked shredded chicken breast, from rotisserie chicken
- 1/2 cup minced onion
- 2 large clove garlic, minced
- 1/4 cup chopped cilantro, plus more for garnish
- 1 tsp cumin
- 1/2 tsp dried oregano
- 1/4 tsp chipotle chili powder
- 3/4 cup shredded Mexican cheese blend
- sour cream, optional

### INSTRUCTIONS

1. Preheat the oven to 400F. Spread 1/4 cup of the enchilada sauce on the bottom of a 13 x 9-inch baking dish.
2. Cut the zucchini lengthwise, into 1/4-inch thick slices until you have a total of 12 slices about the same size. It's easiest to do this with a mandolin.
3. Season both sides of the zucchini with 1/2 tsp salt and pepper, then grill on a grill pan over high heat to help dry out the zucchini, until pliable and grill marks form, but not fully cooked, about 2 minutes on each side.
4. Heat the oil in a medium skillet over medium-high heat. Sauté onions and garlic on low until soft, about 2 minutes. Add chicken, salt, cilantro, cumin, oregano, chili powder, 1/4 cup of the enchilada sauce, and cook 4 to 5 minutes. Remove from heat.
5. Spread 3 tablespoons chicken on each slice zucchini. Roll up slices and arrange them each seam side down in the prepared dish.
6. Top with the remaining enchilada sauce and Mexican cheese blend and tightly cover with foil.
7. Bake 20 minutes, or until the cheese is hot and melted.
8. Drizzle with sour cream, if desired and garnish with cilantro.

### THE BEST ENCHILADA SAUCE RECIPE





## INGREDIENTS

- 1/2 tsp olive oil
- 4 garlic cloves, minced
- 1 -1/2 cups reduced sodium chicken or vegetable broth
- 3 cups canned tomato sauce
- 2 tablespoons chipotle chilis in adobo sauce, chopped (to taste)
- 1 tsp Mexican hot chili powder, or more to taste
- 1 tsp ground cumin
- 1/2 teaspoon kosher salt
- fresh black pepper, to taste


## INSTRUCTIONS

1. Heat a saucepan over medium heat, add the oil and garlic; sauté until golden, about 1 minute. Add the chicken broth, tomato sauce, chipotle chilis, hot chili powder, cumin and salt and pepper, to taste. Bring to a boil then reduce the heat to low and simmer, uncovered for 7-10 minutes. Set aside until ready to use. Makes 4 cups.

## How to Determine Your *proper portion size*


**1 PORTION OF CARBS**  
**THE SIZE OF YOUR FIST**

Your fist will also tell the proper portion of vegetables to eat!




**1 PORTION OF PROTEIN**  
**THE SIZE OF YOUR PALM**

A proper size of protein should be the size of that right there.




**1 PORTION OF FAT**  
**THE SIZE OF YOUR THUMB**


That right there is the size of a proper fat portion, like cheese or nuts!




### 3 QUICK TIPS



Use small, salad plates instead of large dinner plates. It's really hard to over-fill a salad plate!



Drink a glass of water and wait 20 minutes. Are you still hungry? Eat! If not, you were probably just thirsty.



Use plates with color contrast to your food. When the food just blends in with the plate, you're likely to eat more of it.

Food *faith* Fitness®

nourishing your body, mind and soul