

Sunny Hill Garden Club Notes



The Sunny Hill Garden Club planted tulip bulbs in the pollinator garden, located in the beautiful patio off of the Main Dining Room. There will be many bees enjoying our garden next year.

Then we enjoyed the “*fruits of our labor*” by creating little bouquets! A good time was had by all!! Thank you to *The Friends of Sunny Hill* for creating and the upkeep of all of our patios!



Our Happy Gardeners: Mary H.; Josephina A.; Pam W.; Petra P.; Rolena M.; Joyce L.; and Betty Iwen (Life Engagement Aide)



A Guide to Maintaining Good Nutrition Among Older Adults



1. Enjoy a wide variety of nutritious food

- Use the food pyramid as a guide to healthy eating.
- The 4 main food groups include: Rice and alternatives, meat and alternatives (including dairy products), fruits and vegetables.
- Include appropriate amounts of food from all the food groups daily. This ensures all the nutrients required by your body are met. It also helps to maintain a healthy weight.

2. Eat at least 3 meals a day

- Meal skipping can reduce your daily total nutrients intake.
- If you have poor appetite, try to eat small and frequent meals and/or snacks up to 6 times a day.

3. Eat plenty of vegetables and fruits

- They are rich sources of fibre, vitamins and minerals and have significant health benefits.
- If chewing is a problem, choose items that are soft or have them chopped finely.

4. Include foods which are high in calcium

- Getting enough calcium is essential for strong bones.
- Rich sources include milk and dairy products such as cheese, yoghurt, high calcium soybean milk, beancurd and green leafy vegetables.

5. Drink adequate amounts of water and other fluids

- Drink 6 –8 glasses of fluid daily. They can be from water, milk, juice and soup. Coffee/Tea should not be your main source of fluid as the caffeine causes you to urinate more than usual, resulting in mild dehydration.
- Taking enough fluid, together with adequate fibre and physical activity, can help to prevent constipation.

6. Reduce sources of saturated fats

- Reduce animal fats e.g. meat fats, lard, ghee, poultry skin, butter, full cream dairy products, coconut oil and coconut milk.
- Substitute these with low fat dairy products e.g. skim/low fat milk, low fat cheese and yoghurt, use lean meat, choose unsaturated oils. Even so, use minimal in cooking.

7. Reduce choices of high sodium food

- Salted and processed foods, such as canned food or ready to eat meals are high in sodium.
- Use natural herbs and spices to add flavour and taste to food.

8. Use added sugars in moderation

9. Dietary Supplements

- Unless you have a specific dietary problem, you do not need these supplements if you are able to eat regularly from a wide range of foods.

