

# ◆ APPLE CORE ◆

409-892-4455 | 409-722-7782

NUTRITION & SERVICES FOR SENIORS

May 2018

## MAY INSPIRATION

“Try to be a rainbow in someone’s cloud.” -*Maya Angelou*

\*\*\*\*\*

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” -*Helen Keller*

\*\*\*\*\*

Let your smile change the world but don’t let the world change your smile.

\*\*\*\*\*

“Go as far as you can see; when you get there, you’ll be able to see further.” -*Thomas Carlyle*

\*\*\*\*\*

“No beauty shines brighter than that of a good heart.”

\*\*\*\*\*

“There are no limits to what you can accomplish, except the limits you place on your own thinking.” -*Brian Tracy*



*May* is National Strawberry Month

94%

of United States households consume strawberries.

ONE CUP OF STRAWBERRIES IS ONLY 55 CALORIES

CALIFORNIA PRODUCES AN AMAZING

1 BILLION

POUNDS OF STRAWBERRIES EACH YEAR

200

Average number of seeds in a strawberry.



STRAWBERRIES ARE A MEMBER OF THE ROSE FAMILY.



Eight strawberries will provide 140 PERCENT of the recommended daily intake of Vitamin C for kids.

## No Speeding

One night a state cop saw a car riding along at 22 miles per hour. He put on his lights and pulled the car over. He approached the window and saw that there were 5 old ladies in the car that looked shocked and pale.

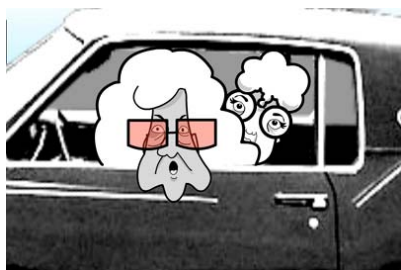
The old lady who was driving said "Officer, I don't get why you pulled me over. I was going the speed limit exactly. What is the issue?"

He said "Ma'am you were not going over the speed limit, however driving under the limit is dangerous too."

The lady responded, "I disagree sir. I was going 22 mph, the exact speed limit."

The officer laughed and said "22 is not the speed limit, it is the route number." Feeling embarrassed she thanked the police officer.

He stopped and said "Before I let you go, is everyone ok? The other ladies seem a bit unsettled." The lady responded and said "Oh they will be fine in a minute. We just got off of route 119."



## 10 Health Benefits of Strawberries

1. Helps burn stored fat - the red coloring contain anthocyanins, which stimulate the burning of stored fat.
2. Boost short term memory - the anthocyanins boost short term memory by 100 percent in eight weeks.
3. Low in calories - high in fiber - One cup contains only 55 calories
4. Ease inflammation - lower blood levels of C-reactive protein, a signal of inflammation in the body.
5. Lower cardiovascular disease - Flavonoids lower the risk for heart disease.
6. Promote bone health - strawberries contain potassium, vitamin K and magnesium which are important for bone health.
7. Prevent esophageal cancer - studies show freeze-dried strawberry powder may help prevent human esophageal cancer.
8. Anti-aging properties - strawberries are filled with biotin, which helps build strong hair and nails.
9. Good for weight loss - the compound nitrate found in strawberries promotes blood flow and oxygen in our body.
10. Promote eye health - eating 3 or more servings of fruit like strawberries may lower the risk of macular degeneration.

### Berry & Walnut Salad

#### Ingredients:

- 3 tablespoons whole buttermilk
- 1 ounce goat cheese, softened
- 1 teaspoon honey
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 4 cups spring mix
- 1 cup quartered strawberries
- 1/2 cup fresh blueberries

- 2 tablespoons toasted chopped walnuts

#### How to Make It:

Combine buttermilk, goat cheese, honey, salt and pepper in large bowl. Add spring mix, strawberries, blueberries and walnuts. Toss & serve!

Source: <http://www.cookinglight.com/recipes/berry-walnut-salad>

DISTRIBUTED BY:

Nutrition & Services for Seniors  
4590 Concord Road | Beaumont, TX 77703  
[www.seniormeals.org](http://www.seniormeals.org)  
409-892-4455 ♦ 409-722-7782

