

March is National Nutrition Month

Unexplained weight loss—or gain—is worth looking into. The cause could be due to loss of appetite or a medical condition that needs attention.

If weight change is from loss of appetite, it could be due to:

- Feeling depressed
- Cancer, even when other symptoms are not present
- Chronic infection or illness (i.e. COPD or Parkinson disease)
- Drugs, including chemotherapy drugs, and thyroid medicines
- Stress or anxiety

Chronic digestive problems can also affect weight because they can interfere with the amount of calories and nutrients your body absorbs. This can be due to:

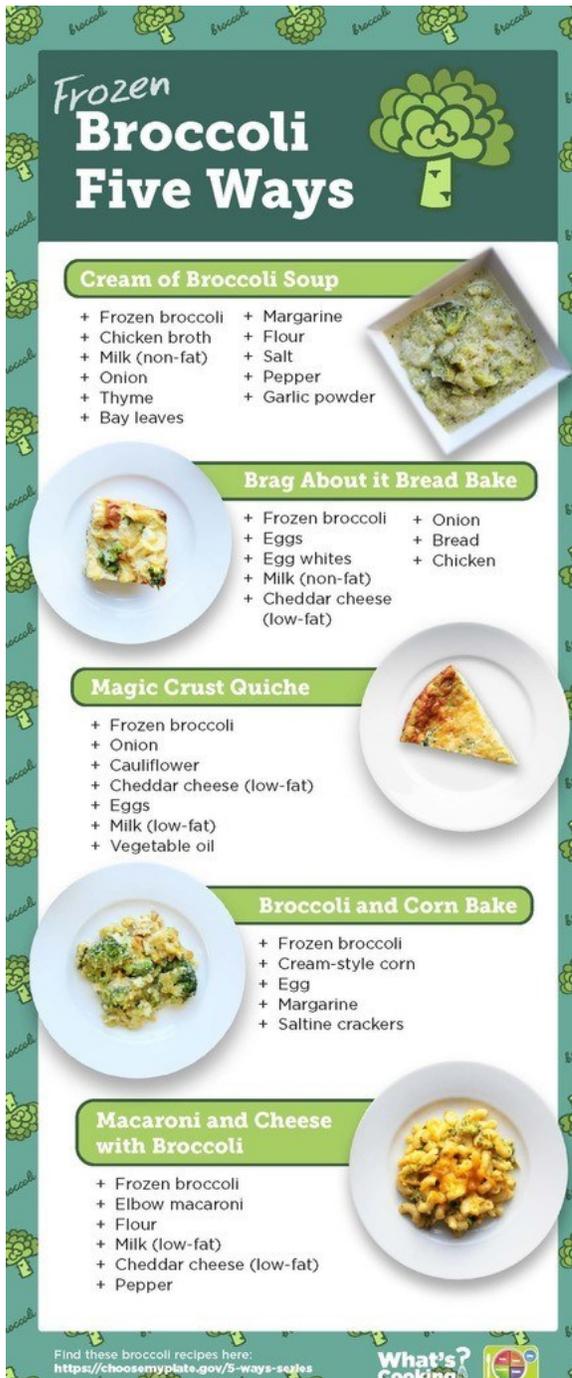
- Diarrhea and other long-lasting infections, such as parasites
- Chronic swelling or infection in the pancreas
- Removal of part of the small intestine
- Overuse of laxatives

Other causes may include:

- Diabetes that has not been diagnosed
- Overactive thyroid gland

In our mature years, the body has more difficulty shedding extra weight because as we age, changes in hormones and muscle loss contribute to slower metabolism. And, if regular exercise is not a part of your routine, you may gain weight even more easily than when you were younger. If you find you've gained or lost more than 10 pounds over the last 6-12 months, you may want to talk to your doctor or healthcare provider.

If you have questions about nutrition and healthy eating, Milestones offers free nutrition counseling from a licensed dietitian for individuals age 60+. To schedule an appointment, call (toll free) 855-410-6222.



Frozen Broccoli Five Ways

Cream of Broccoli Soup

- + Frozen broccoli
- + Chicken broth
- + Milk (non-fat)
- + Onion
- + Thyme
- + Bay leaves
- + Margarine
- + Flour
- + Salt
- + Pepper
- + Garlic powder

Brag About it Bread Bake

- + Frozen broccoli
- + Eggs
- + Egg whites
- + Milk (non-fat)
- + Cheddar cheese (low-fat)
- + Onion
- + Bread
- + Chicken

Magic Crust Quiche

- + Frozen broccoli
- + Onion
- + Cauliflower
- + Cheddar cheese (low-fat)
- + Eggs
- + Milk (low-fat)
- + Vegetable oil

Broccoli and Corn Bake

- + Frozen broccoli
- + Cream-style corn
- + Egg
- + Margarine
- + Saltine crackers

Macaroni and Cheese with Broccoli

- + Frozen broccoli
- + Elbow macaroni
- + Flour
- + Milk (low-fat)
- + Cheddar cheese (low-fat)
- + Pepper

Find these broccoli recipes here:
<https://choosemyplate.gov/5-ways-styles>

What's Cooking?

Food Safety Tips for Home Delivered Meals:

1. Proper handling is important to ensure the food is safe to eat.
2. Hot or cold ready-prepared meals are perishable and can make you sick when not safely stored.
3. When the meal arrives, it should be eaten or refrigerated right away.
4. Eat or freeze refrigerated leftovers within 4 days. Write the date on what you freeze.
5. Throw away food that has been left out for 2 hours or longer!

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