



60+ Getting Better! Your MAPP to a Healthier Life

Variety is the Spice of Life

The benefits of cooking with herbs and spices go far beyond adding color and flavor to meals. They also have the added benefit of providing antioxidants.



Check with your physician for recommended amounts and possible drug interaction.

- **CINNAMON** - Can lower blood sugar, triglycerides, LDL and total cholesterol.
- **TURMERIC** - Contains curcumin, which can inhibit the growth of cancer cells.
- **ROSEMARY** - Proven to help inflammation.
- **OREGANO** - Packed with antioxidants and helps to loosen mucus and calms indigestion.
- **BLACK PEPPER** - Reduced inflammation and excess gas, helps control heart rate and blood pressure.
- **CUMIN** - Antioxidant inflammatory, help improve eye sight and lowers blood pressure.
- **GINGER** - Can decrease motion sickness and nausea. May also relieve pain and swelling associated with arthritis.

Discount Corner



Many restaurants offer senior discounts....
be sure to ask!

Check out this website for tips on healthy eating.



PREVENTING DEHYDRATION . . . Why It's Important!

Water helps with bodily function by protecting our joints, transporting oxygen to cells, maintaining organ function, and maintaining body temperature.

SIGNS OF DEHYDRATION:

- Confusion
- Difficulty walking
- Dizziness or headaches
- Dry mouth
- Sunken eyes
- Rapid heart rate
- Low blood pressure
- Constipation
- Mental status changes
- Easier to draw blood



AVOIDING DEHYDRATION:

Drinking water is the obvious way to keep hydrated. Increase your water intake through the foods you eat!

Apples	84% water
Asparagus	91% water
Bell Pepper	92% water
Broccoli	91% water
Cucumbers	96% water
Strawberries	92% water
Tomatoes	94% water
Watermelon	92% water

Ask your doctor for recommended requirements.

With hundreds of non-profit and social agencies within McHenry County...one phone call can help you find the information you need.



It's FREE.

Information includes:

- In Home Meal Delivery
- Community Garden
- Meals on Wheels
- Food Pantries
- SNAP/Food Stamps

And much, much more!