



The goal

of senior meals is to keep people as healthy as possible, so they can be self-reliant and engaged in their community.

Nutrition

is a huge part of that!
(Remember, so is being physically active...
For ideas, visit fitness.gov)



For more information, contact
Division of
Senior & Disabilities Services'
Grant Services Unit

www.hss.state.ak.us/dsds/grantservices

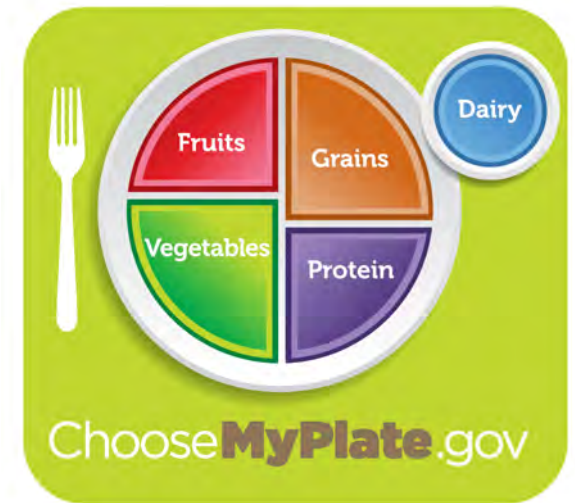
907-465-3372

Toll free: 866-465-3165

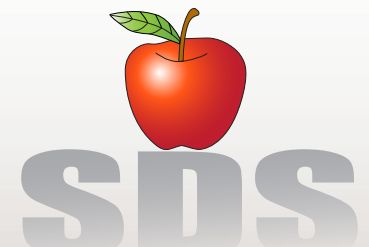


State of Alaska
Department of Health & Social Services
William J. Streur, Commissioner
Sean Parnell, Governor

What's on Your Plate?



ALASKA'S SENIOR NUTRITION PROGRAM





New menu guidelines

Menu guidelines were updated with new dietary information in 2010. In 2011, we will start adding **DASH** meals.



Why are servings in senior meals the size they are?



Why can't I have different foods?

Serving sizes & menus are set based on national nutrition standards for healthy meals.

Senior nutrition programs are funded by state, federal, local grants, and your donations.

This funding is given to provide healthy meals to seniors – so we have to spend it on the healthiest food available, in healthy portion sizes.



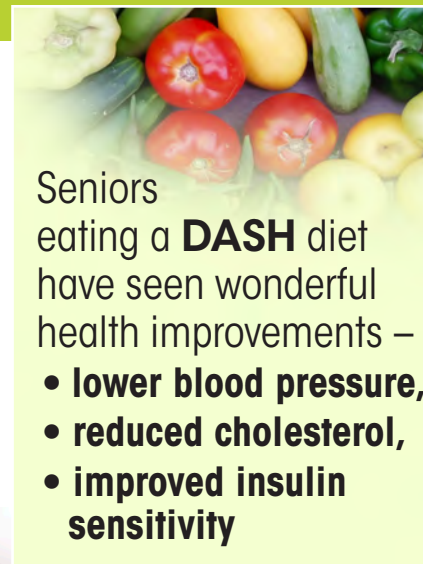
DASH stands for

Dietary

Approaches to

Stop

Hypertension



Seniors eating a **DASH** diet have seen wonderful health improvements –

- lower blood pressure,
- reduced cholesterol,
- improved insulin sensitivity



What does a DASH meal look like?

Meals will have a little less meat, more fruits and vegetables, & more whole grains and nuts.

Both congregare & home-delivered meals will get these healthy upgrades.

