

# Nutrition Tidbits

July 2019

*Nutrition Tidbits, Arkansas Foodbank Senior Newsletter, gives health recommendations, recipes, and budget friendly nutrition information and tips for Arkansas grown produce. Distributed monthly, this is our primary contact to provide simple and practical messages that promote positive dietary behaviors and needs for seniors.*



## Harvest of the Month



### Why are peaches good for you:

Peaches are a good source of vitamin A and vitamin C. Vitamin A helps the heart, lungs, kidneys, and other organs work properly.

### How much do I need?

Refer to the chart below to see the daily recommendation for your age group.

	Age 19-30	Age 31-50	Age 50+
Males	2 cups	2 cups	2 cups
Females	2 cups	1 1/2 cups	1 1/2 cups

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**Please feel free to contact us at 501-565-8121 if you have questions.**

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## Peach Produce Tips



### Storage Tip:

Put firm peaches and nectarines in a paper bag at room temperature until ripe. Keep ripe peaches and nectarines in the refrigerator for up to one week.

### Money Saving Tip:

Compare the cost of fresh vs frozen. If selecting frozen, look for options with no sugar added.

### Buying Tip:

Look for peaches and nectarines that have a sweet smell and feel slightly firm.



## Peach Salsa

*Prep Time: 15 minutes  
Servings: 12*

### Ingredients

1 ½ cups ripe peaches, diced  
1 tbsp jalapeno, minced  
¼ cup red onion, diced  
juice of 1 lime

1 cup tomato, diced  
¼ cup yellow pepper, diced  
1 tbsp cilantro, chopped  
¼ tsp chili powder

### How to prepare

1. Mix all ingredients together well. Serve right away, or cover and refrigerate until ready to serve.

*Nutrients per 1 serving: 16 Calories, 0g Total Fat, 2 mg Sodium, 4g Carbohydrate, 1g Dietary Fiber, .5g Protein*



## Health News: Staying Hydrated

With summer still upon us, it is important to remember to stay hydrated. When it's hot and humid outside, your risk of dehydration and heat illness increases. Humidity makes it difficult for sweat to evaporate and cool your body temperature, therefore the need for fluids is increased. Keep in mind that certain medications also increase the risk of dehydration.



Common symptoms of dehydration include: extreme thirst, dry mouth, less frequent urination, dark-colored urine, fatigue, dizziness and confusion.

To keep hydrated, try to drink about 7 cups (56 ounces) of water daily unless otherwise instructed by your doctor.

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