



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

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Healthy choices, healthy lives.



JULY 2020

## STAY HOME. STAY HEALTHY. SENIOR NEWSLETTER

### LOCAL FOOD RESOURCES

Although many local food pantries and hot meal programs have needed to change the way they distribute food to families as a result of COVID-19, they are still here to help. For more information, visit:

<https://fonddulac.extension.wisc.edu/fond-du-lac-county-food-resources-during-covid-19/>.

### MINI BERRY CREAM PIES

Ingredients:

- ¼ cup whipping cream
- 2 teaspoons sugar
- ¼ cup non-fat vanilla greek yogurt
- 15 frozen phyllo cups (1.9 oz. package)
- Fresh blueberries and raspberries



Beat cream in a small bowl until soft peaks form. Add sugar; beat until stiff. Fold in yogurt carefully. Divide the mixture among the phyllo cups, keeping the cups in their plastic tray. Top each with berries. Serve immediately or chill for up to 4 hours.

33 calories; 2 g total fat; 0.9 g saturated fat; 5 mg cholesterol; 11 mg sodium.

### A PATRIOTIC PLATE

Eating red, white and blue foods this July is not only patriotic, but a healthy way to get more color in your diet. Studies have shown that eating a variety of colorful fruits and vegetables may help reduce the risk of some chronic diseases, like cancer, heart disease, stroke, obesity, and diabetes.

It is a well known fact that fruits and vegetables contain many important vitamins and minerals that are important for our bodies. But, did you know that the color of the fruit or vegetable matters too?

### FOOD AND COVID 19

The virus that causes coronavirus does not grow on food nor has it been found in drinking water. Coronaviruses, the type of virus strain of COVID-19, is mostly spread by person-to-person through respiratory droplets and is not associated with handling or eating food.

For more information on food safety and COVID, visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/food-and-COVID-19.html>.

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Red/Pink	Beets, Cherries, Cranberries, Pink Grapefruit, Pomegranates, Radicchio, Radishes, Raspberries, Red Apples, Red Grapes, Red Peppers, Red Potatoes, Rhubarb, Strawberries, Tomatoes, Tomato Sauce, Tomato Juice, Watermelon	Lycopene: may help reduce risk of several types of Cancer, especially prostate cancer. Anthocyanin: act as powerful antioxidants that protect cells from damage, keep hearts healthy, and reduce risk of cancer, stroke, and heart disease.
White	Bananas, Cauliflower, Garlic, Ginger, Jicama, Mushrooms, Onions, Parsnips, Potatoes, Turnips	Anthoxanthins: contains health promoting chemicals, such as allacin. Allacin may help lower cholesterol and blood pressure and may reduce risk of stomach cancer and heart disease. High in potassium.
Blue/ Purple	Blackberries, Blueberries, Cabbage, Eggplant, Figs, Juneberries, Plums, Prunes, Purple Grapes, Raisins	Anthocyanins Studies have shown that eating more blueberries, a superfood, is linked with improved memory function and healthy aging.

**Stay Home. Stay Healthy. Senior Newsletter is brought to you by the Fond du Lac and Sheboygan County FoodWise Programs.**



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