

## NEWSLETTER

# DYNAMIC DIETETICS

*nutrition news you can use*

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## USE NUTRITION TO FIGHT COVID-19

Dynamic Dietetics just completed the Fall and Winter menus for our assisted living clients. Our focus was promoting foods that support immunity and brain health.

It is important to eat nutritious meals and maintain a healthy lifestyle to help support your immune system in order to protect against viruses such as COVID-19.



Support your health through good nutrition and maintaining a healthy lifestyle. Here are some tips to do so:

**Enjoy healthful food choices-** select nutritious food options, such as fruits, vegetables, lean meats, dairy, healthy fats and whole grains. Eating a variety of these foods will help you to get the needed vitamins and minerals your body needs to fight off sickness.

**Hydrate-** Drink plenty of water and limit sugar-sweetened beverages.

**Stay active-** Physical activity promotes good blood circulation. Aim for 30 minutes of walking per day.

**Sleep-** turn off the distractions and focus on getting adequate sleep. Adjust your schedule to allow for at least 7 hours of sleep per night.



Featured above: mashed avocado thinly spread over pumpkin shaped toast

## FOR YOUR LITTLE EATER

Incorporate FUN into your menu this fall!

Invite your kiddos to help with preparing meals. Helping in the kitchen increases exposure to food and helps increase the likelihood of food acceptance.

It doesn't have to be complicated in order to make eating fun for kids. One great tip is to utilize cookie cutters! Cookie cutters can magically transform cucumbers into pumpkins, cheese into leaves, or a sandwich into the shape of a turkey! Get creative with your little one and allow them to create fall-scenes with the food on their plate. The possibilities are endless and the one second it takes to cut the food into a fun shape engages the child and sparks curiosity to try new foods!

Dust off those fall-themed cookie cutters, or grab some at your local grocery store to make foods into festive fall shapes!

## NOVEMBER IS DIABETES AWARENESS MONTH

Millions of people are living with diabetes and millions of people are at risk for developing diabetes. The first step in diabetes awareness is knowing your risk. Visit <https://www.diabetes.org/risk-test> or use the link below to take the American Diabetes Association's risk test to determine your risk factor for developing diabetes.

**TAKE NOW**



Are you living with diabetes or are you at risk for developing diabetes? Contact us today to schedule an appointment with one of our Registered Dietitians. Medical Nutrition Therapy is covered by most insurances. We offer in-person and telehealth appointments.

