

Love Your Health Cook Tasty Meals at Home



2024 Calendar
Recipes for 1-2 people

Health, Fitness and Wellness at Senior Centers in NM



To locate health and fitness programs in your area call an Area Agency on Aging (AAA) directly or visit their websites listed below for more assistance. Specific services offered by each AAA vary throughout the state, but each AAA offers a wide array of programs to help older New Mexicans and their families get the help and information they need.

Find your AAA

Fitness and exercise activities such as weight training facilities and exercise classes such as Enhance Fitness, Tai Chi, Zumba, and much more are provided by senior centers throughout New Mexico. Availability of services offered varies throughout the state. Contact your local senior center for more info.

City of Albuquerque/Bernalillo
County Area Agency on Aging
PO Box 1293

Albuquerque, NM 87103
(505) 768-2084

<http://www.cabq.gov/family/income-eligible-services/senior-services/senior-services>

Non-Metro Area
Agency on Aging 3900
Paseo Del Sol
Santa Fe, NM 87507
1-866-699-4927
<http://www.ncn-medd.com/>

Office of Indian Elder Affairs
8500 Menaul Blvd., Suite
B-350 Albuquerque, New
Mexico 87112 (505) 629-8544
<https://www.nmag-ing.state.nm.us/>

Navajo Area Agency on
Aging
PO Box 1390
Window Rock, AZ 86515
(928) 871-6868
<http://www.naaa.navajo-nsn.gov/>

Services

Congregate and Home Delivered Meals

Health Promotion and Disease Prevention

Transportation Homemaker/Chore Service

Case Management Caregiver Support

Adult Day Care Legal Services

Respite Care

Priority for services are given to minorities with low incomes, individuals who live in rural areas, individuals with limited English proficiency, individuals with Alzheimer's disease and related disorders, and individuals at risk of being placed in a nursing home or other facility.

Health Benefits of Physical Activity

Physical activity is anything that gets your body moving. It supports your physical, emotional, and mental health. The benefits make it one of the most important things you can do for your health. For older adults, doing a variety of physical activity improves physical function and decreases the risk of falls or injury.

Each week adults need 150 minutes of moderate-intensity physical activity and two days of muscle strengthening. Anything that gets your heart beating faster counts. Moving more and sitting less has tremendous benefits for everyone.



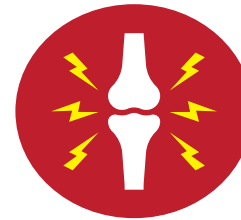
Hypertension



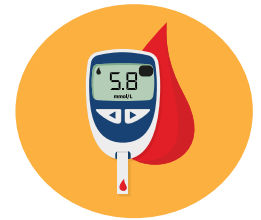
Mental Health



Cancer



Arthritis



Type II Diabetes

Regular physical activity helps...

- reduce hypertension
- raise good cholesterol and lower bad cholesterol
- lower the risk for heart disease
- lower the risk of nerve damage

- reduce depression and anxiety
- feel, function, and sleep better
- support daily living activities and independence
- improve brain health and dementia

- lower the risk of many cancers including breast, colon, and uterus cancer
- reduce overweight and obesity, which is associated with 13 types of cancer

- decrease pain and improve function in people with osteoarthritis
- improve muscle fitness and multiple sclerosis
- Parkinson's Disease

- lower the risk for type II diabetes
- helps control weight
- make your body more sensitive to insulin
- helps control blood sugar

Black Eyed Peas Soup

Ingredients

- 1 leek, trimmed, halved, and sliced
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 1 clove garlic, minced
- 2 cups low-sodium vegetable broth
- 2 cups chopped stemmed collard greens
- 1 15-oz. can no-salt-added black-eyed peas, rinsed and drained
- 1 medium zucchini, diced
- 2 teaspoon Italian seasoning, crushed
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon crushed red pepper, optional
- 2 tablespoons chopped fresh parsley, optional

Directions

1. In a large pot cook leeks, celery, carrots, and garlic over medium heat for 5 minutes, stirring occasionally and adding water 1 to 2 Tbsp. at a time, as needed to prevent sticking.
2. Add all other ingredients except the parsley.
3. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until vegetables are very tender.
4. Serve in a bowl and sprinkle parsley. Enjoy!

January

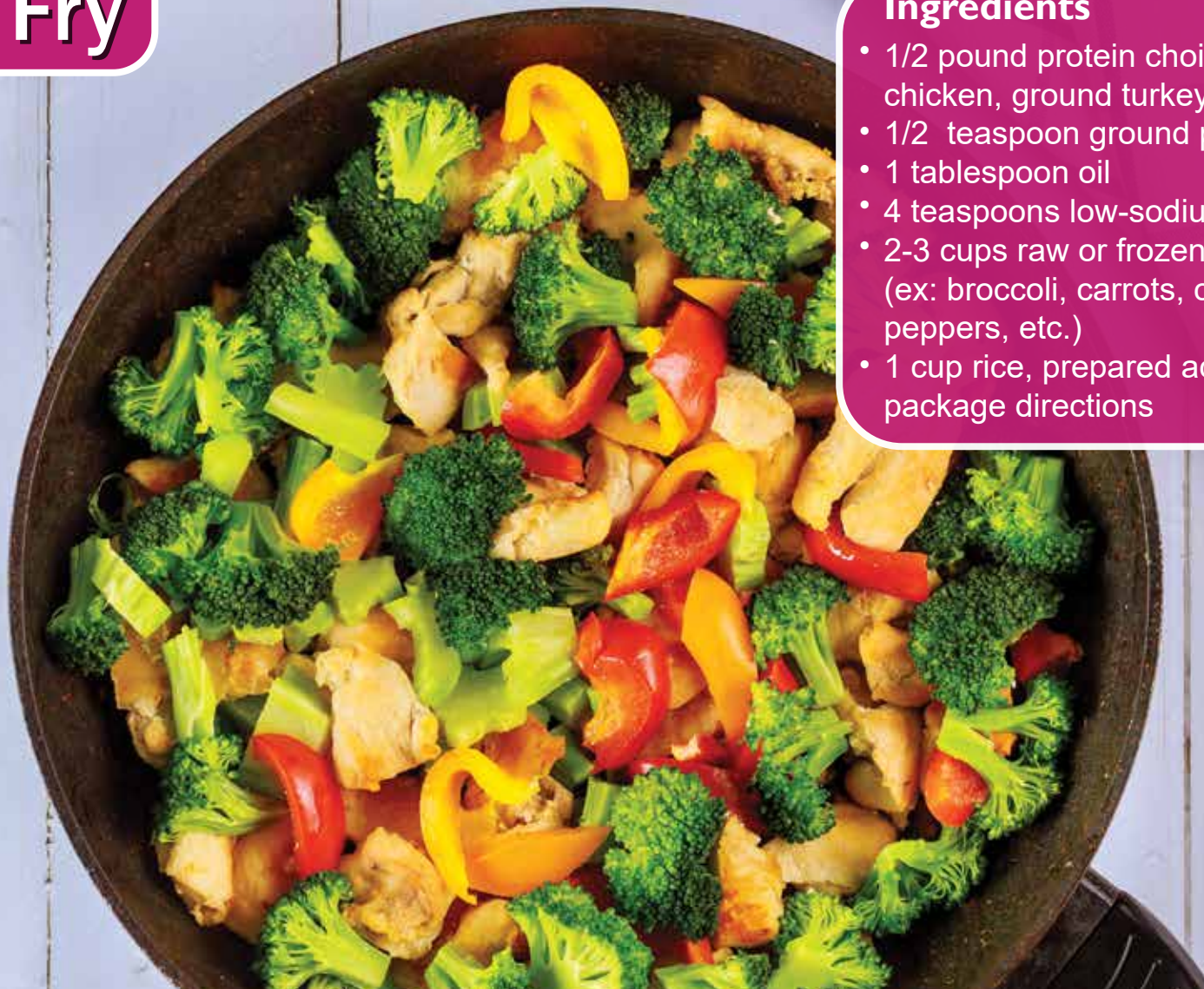
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11 New Moon	12	13
14	15 Martin Luther King Day	16	17	18	19	20
21	22	23	24	25 Full Moon	26	27
28	29	30	31			

Is doing some physical activity better than none...

Adults who sit less and do any amount of moderate to vigorous physical activity gain health benefits. The recommendation is 150 minutes of moderate physical activity each week. Examples of moderate physical activity include walking briskly, doing housework, mowing the lawn, dancing, swimming, bicycling, and playing sports. Exercise can help you feel and sleep better, lower risk of heart disease and nerve damage, control blood sugar, improve memory and control blood pressure.



Easy Stir Fry



Ingredients

- 1/2 pound protein choice (ex: chicken, ground turkey, chickpeas)
- 1/2 teaspoon ground pepper
- 1 tablespoon oil
- 4 teaspoons low-sodium Soy Sauce
- 2-3 cups raw or frozen vegetables (ex: broccoli, carrots, cauliflower, bell peppers, etc.)
- 1 cup rice, prepared according to the package directions

Directions

1. In a large skillet, heat oil over medium heat. Add protein choice. Cook and stir for about 5 minutes or until meat is fully cooked. Reduce heat to low.
2. Stir in soy sauce.
3. Add vegetables and black pepper. Increase heat to medium-high. Cook and stir for about 5 minutes or until vegetables are tender and mixture is hot.
4. Serve with prepared rice. Enjoy!

Adapted from eatFresh.org

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5	6	7	8	9 Full Moon	10
11	12	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22	23	24 New Moon
25	26	27	28	29		

Does high blood pressure increase your risk for heart disease and stroke...

Heart disease has been the leading cause of death in the United States since 1950 according to CDC. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use. Choosing healthy meals and snacks, eating a diet rich in fruits and vegetables, maintaining a healthy weight, and being physically active can help you avoid high blood pressure and its complications.



Avocado Corn Salad



Ingredients

- 1 1/2 cups fresh, canned or frozen corn, thawed
- 2 small avocados, diced
- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup finely chopped cucumber
- 2 tablespoons chopped fresh basil
- 1/3 cup crumbled feta cheese
- 1 tablespoon cooking oil

Dressing

- 3 tablespoons olive oil
- 1 tablespoon lime juice
- 1 teaspoon Italian seasoning
- A pinch of salt
- 1 tablespoon water
- 1 teaspoon honey, optional

Directions

1. To make dressing: Whisk together 3 tablespoons of olive oil, water, lime juice, Italian seasoning, honey and salt in a small bowl, set aside.
2. Cook corn in a skillet with 1 tablespoon oil for 3 – 4 minutes stirring regularly, until tender.
3. Pour corn into a large salad bowl or shallow plate, allow to cool for a couple of minutes and combine with avocado, tomatoes, cucumber, feta, basil, and dressing. Refrigerate until ready to serve.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
New Moon						
17	18	19	20	21	22	23
St. Patrick's Day		First day of spring				
24	25	26	27	28	29	30
31 Easter	Full Moon					

Are there health benefits to eating a rainbow of fruits and vegetables...

Different colored fruits and vegetables have different nutrients including antioxidants, fiber, phytonutrients, vitamins and minerals. Eating a variety of colors of fruits and veggies can help you stay healthy. Strawberries and tomatoes can help with kidneys, heart, muscles and nerves. Carrots promote healthy vision, help balance blood sugar, and improve immunity. Yellow squash and bananas can lower your risk of stroke and keep your bones strong. Blueberries can help improve memory and eggplant can support healthy aging.



Bean and Spinach Tacos

Ingredients

- 4 Corn Tortillas
- 2 teaspoons sunflower oil
- 1/2 medium white onion, diced (approximately 2/3 cup)
- 2 teaspoons garlic
- 1 cup chopped Roma tomatoes (approximately 2 to 3)
- 3 cups packed fresh baby spinach, chopped
- 1 1/2 cups cooked Anasazi beans, pinto beans, or brown tepary beans, or 1 can (15.5 ounces) pinto beans
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Heat tortillas over an open flame, wrap in a clean kitchen towel, and place in a basket to keep them warm.
2. Preheat a medium cast-iron skillet over medium to high heat until it is hot but not smoking. Add the sunflower oil and onions and sauté for 4 to 6 minutes, stirring to prevent burning and to caramelize and brown the onions.
3. Add the garlic and cook for an additional minute, stirring constantly.
4. Add the tomatoes and cook for an additional 2 minutes.
5. Add the spinach and cook for another minute, stirring constantly, then add the beans, salt, and pepper and cook for another minute, mixing all the ingredients. Taste and adjust seasoning, if desired.
6. Remove from heat. Serve immediately.

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April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's	2	3 National Walking Day	4	5	6
7	8 Full Moon	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30				

Are meat alternatives healthy...

To answer this question, you must read the food label. The more ingredients listed, the more likely that food product is not the healthiest choice. Choose foods with natural ingredients. Try to avoid genetically modified and highly processed foods. Consider using whole food meat alternatives like beans, tofu, nuts and vegetables.



Baked Fish



Ingredients

- 1/2lb fish fillet (any white fish)
- Salt and pepper
- 1/4 tsp dry oregano
- 1/4 tsp ground coriander
- 1/4 tsp crushed red pepper
- 2 garlic cloves, minced
- 4 basil leaves, sliced
- 1 1/2 Tbsp olive oil
- 1 tsp lemon or lemon juice
- 1/2 bell pepper any color, sliced
- 1 Tbsp green onion or shallots, peeled and sliced

Directions

1. Place the fish in a large zip-top bag and add spices, garlic, basil, olive oil and lemon juice. Squeeze out air and seal shut. Refrigerate for 30 minutes.
2. Heat the oven to 425 degrees F. Slice shallots and bell peppers into rounds and arrange them on the bottom of your baking dish.
3. Salt and pepper fish and add to the baking dish pouring all of the marinade over the fish.
4. Bake for about 15 minutes or until fully cooked (145 degrees F) and flakes easily (start checking at 10 minutes). Enjoy!

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo			New Moon			
12	13	14	15	16	17	18
Mother's Day						
19	20	21	22	23	24	25
				Full Moon		
26	27	28	29	30	31	
	Memorial Day					

Is fruit safe to eat if I am diabetic...

Managing blood sugar is the key to living well with diabetes, but you should not have to give up fruit if you eat a regular, balanced meal. Eating fruit with foods that have protein, fat or fiber, such as nuts, plain yogurt or cheese, slows down how quickly your blood sugar rises. Creating a healthy eating plan makes it easier to avoid high or low blood sugar levels. Work with your doctor or a registered dietitian to find out how many carbs you can eat each day and at each meal.



Breakfast Burrito

Ingredients

- 2 large eggs
- 1/4 cup frozen bell peppers and onions, thawed, diced
- 1/4 tsp garlic powder
- 1 whole wheat flour tortilla (8 inch)
- 2 Tbs salsa
- 1/3 cup black beans (rinsed and drained)



Directions

1. Coat the inside of a mug with cooking spray (or wipe with oil or butter).
2. Add the egg, peppers and onions, black beans, and garlic powder to the mug. Whisk together until combined.
3. Microwave on high for 30 seconds. Stir and microwave another 30 seconds. Repeat if necessary until eggs are cooked.
4. Microwave tortilla for 20 seconds until warm.
5. Add egg mixture to tortilla, top with salsa, roll up, and enjoy!

Adapted from SNAP4CT

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 New Moon	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Father's Day			Juneteenth	First Day of Summer		Full Moon
23	24	25	26	27	28	29
30						

Is dehydration a frequent cause of hospital treatment...

Dehydration can cause health issues like kidney problems, seizures, low blood volume and heat strokes. Symptoms may include dizziness, headache, muscle weakness, fatigue, low blood pressure, confusion, and rapid heart rate. Water is an essential nutrient and can be found in liquids and some foods. Daily water recommendations depend on factors like weight and health, so it's best to talk with your doctor. The Institute of Medicine (IOM, 2004) recommends water intake from all foods and liquids at 3.7 liters (125 ounces) for men and 2.7 liters (91 ounces) for women.



Peanut Butter Bites



Ingredients

- 1 tablespoon coconut oil, melted
- 1/2 cup raw honey
- 1 teaspoon pure vanilla extract, optional
- 3 cups oats
- 1 cup dark chocolate chips
- 3/4 cup creamy peanut butter

Directions

1. Line a rimmed baking dish with parchment paper and set it aside.
2. Combine the melted coconut oil, oatmeal, vanilla extract, and honey together in a medium bowl. Stir in 1 cup peanut butter, mix well, then press mixture evenly into the prepared baking pan with a wooden spatula.
3. In a microwave-safe bowl, melt the dark chocolate chips with one tablespoon of peanut butter for 40 seconds, and mix with a wooden spoon, until the mixture is smooth. Reheat by 15 seconds increments if necessary. Pour the chocolate mixture into the pan over the pressed peanut butter oats. Refrigerate for 2 hours, or until the chocolate layer is set.
4. Remove the baking dish from the refrigerator and transfer the chocolate peanut butter slab to a cutting board. With a sharp knife, cut the peanut butter chocolate bites lengthwise and crosswise and store in an air-tight container and refrigerate them for up to 5 days. Enjoy!

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5 New Moon	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Full Moon	28	29	30	31		
Parent's Day						

Are artificial sweeteners healthy...

Most artificial sweeteners are created from chemicals in a lab. The research about them is ongoing, but past animal studies have shown health risks. The FDA has established an acceptable daily intake (ADI) for six artificial sweeteners safe for human consumption over a person's lifetime. More research is needed and according to the CDC, some studies show they can raise blood sugar.



Green Smoothie

Ingredients

- 2 cups fresh spinach
- 1 1/2 cups water
- 1 orange, peeled
- 1 ripe banana, peeled
- 2 cups frozen fruit of choice

Directions

1. Blend spinach, water, orange, and banana until smooth.
2. Add frozen fruit and blend until smooth.
3. Pour into 2 glasses and enjoy!

Adapted from SNAP4CT

August

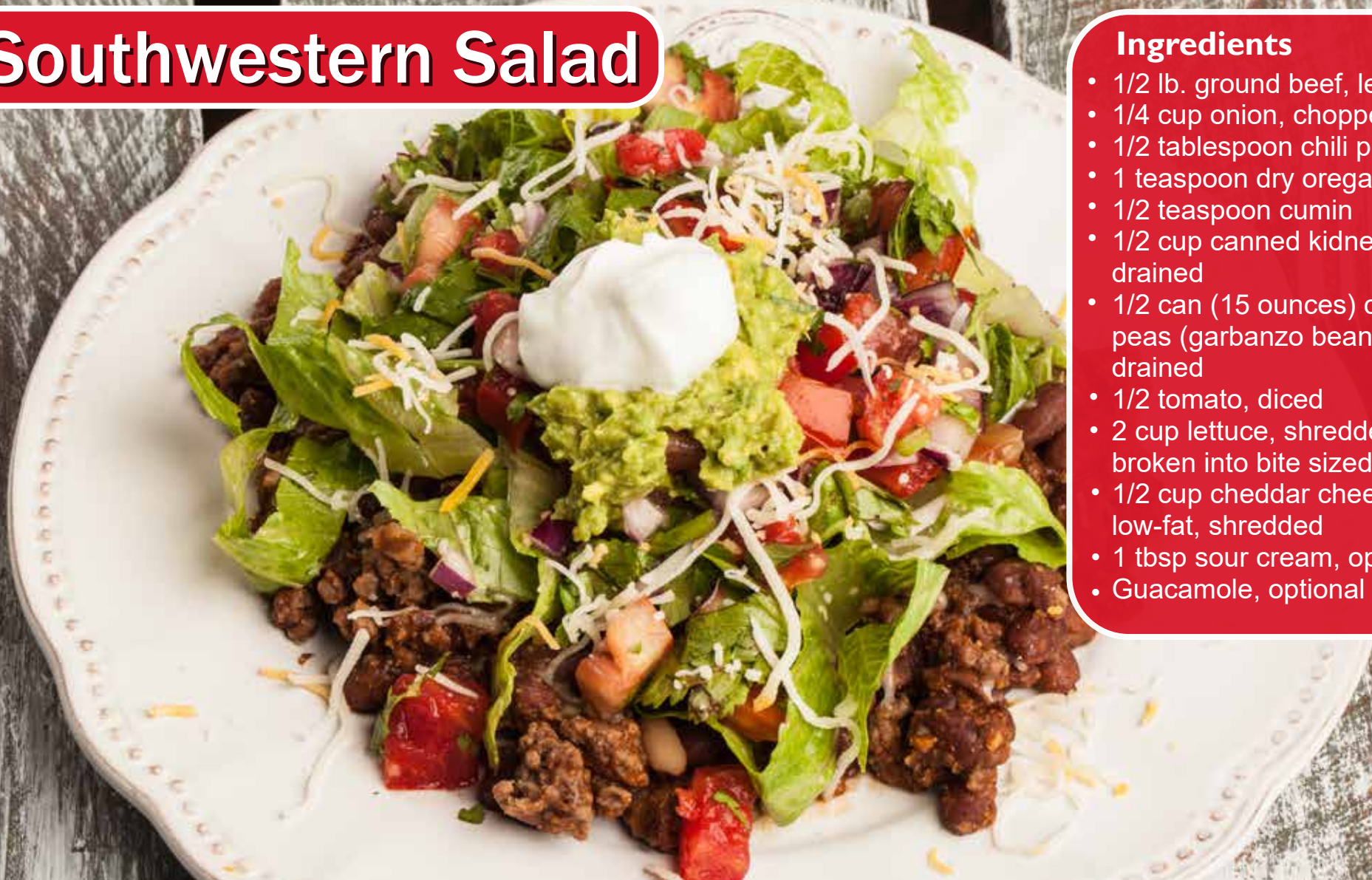
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
New Moon						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Full Moon					
25	26	27	28	29	30	31

Is gluten bad for me...

Gluten are the proteins found in wheat, rye and barley, which make breads, pastas, and baked goods. Gluten can also be found in sauces, salad dressings, soups and other processed foods. Oats are naturally gluten-free, but can be cross-contacted during harvesting or processing. Gluten free diets can help people with celiac disease, gluten sensitivities or other gluten related disorders. Gluten eaten as whole grains can be beneficial for the general population.



Southwestern Salad



Ingredients

- 1/2 lb. ground beef, lean
- 1/4 cup onion, chopped
- 1/2 tablespoon chili powder
- 1 teaspoon dry oregano
- 1/2 teaspoon cumin
- 1/2 cup canned kidney beans, drained
- 1/2 can (15 ounces) chickpeas (garbanzo beans), drained
- 1/2 tomato, diced
- 2 cup lettuce, shredded or broken into bite sized pieces
- 1/2 cup cheddar cheese, low-fat, shredded
- 1 tbsp sour cream, optional
- Guacamole, optional

Directions

1. Cook ground beef and onions in large skillet until brown. Internal temperature of ground beef should reach 160 degrees F on food thermometer. Drain off fat.
2. Stir chili powder, oregano, and cumin into beef mixture and cook for 1 minute.
3. Add beans, chickpeas, and tomatoes; mix gently to combine.
4. Combine lettuce and cheese in large serving bowl.
5. Portion lettuce and cheese onto 2 plates.
6. Add 1 cup of beef mixture on top of each lettuce and cheese plate. Enjoy!

Adapted from Eat.Save.Move.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 New Moon	4	5	6	7
8 Grandparent's Day	9	10	11	12	13	14
15	16	17	18 Full Moon	19	20	21
22 First day of fall	23	24	25	26	27	28
29	30					

Does eating fruit and vegetables really help prevent disease...

Eating a diet rich in fruit and vegetables as part of an overall healthy diet may reduce the risk for heart attack, stroke and certain types of cancers. Most fruit and veggies are low in fat, sodium, and calories, and adding fruit can help increase the fiber and potassium we eat. The daily vegetable recommendation for healthy adults 60+ is 2.5 to 3.5 cups for men and 2 to 3 cups for women. The daily fruit recommendation is 2 cups for men and 1.5 to 2 cups for women.



Minestrone Soup



Ingredients

- 2 russet potatoes, cut into 1-inch pieces (2 cups)
- 1/2 onion, finely chopped (1/2 cup)
- 1 cup chopped fresh mushrooms
- 2 cloves garlic, minced
- 1 teaspoon dried oregano leaves
- 2 cups vegetable stock
- 1 bay leaf
- 1 1/2 cups finely chopped kale, stems removed
- 1 15-oz. can cannellini or other white beans, rinsed and drained (1 1/2 cups)
- Sea salt and freshly ground black pepper, to taste

Directions

1. Heat a medium sized saucepan over medium heat.
2. Add the first five ingredients. Cook 10 minutes or until onion and mushrooms are tender, stirring occasionally.
3. Add vegetable stock and bay leaf. Bring to boiling; reduce heat. Simmer 10 minutes or until potatoes are fork-tender.
4. Stir in kale and beans; cook until kale has wilted. Remove bay leaf. Season with salt and pepper.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 New Moon	3	4	5
6	7 Indigenous Peoples' Day	8	9	10	11	12
13	14	15	16	17 Full Moon	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

Are fruits and vegetables expensive...

It's a common misconception that fruit and vegetables are very expensive compared to other foods. Many fruits and veggies go bad in the refrigerator before we can eat them. To prevent spoilage, don't put your fruit and veggies in a drawer in the refrigerator where they will be forgotten and not as appealing. Display them or cut them up and have them ready to eat. Also, try to purchase the freshest options. Locally grown is sometimes more expensive, but it will generally last the longest.



Baked Berry Vanilla Crisp



Ingredients

- 10 cups frozen mixed sweet cherries, raspberries, blackberries, and blueberries (three 1-pound frozen bags)
- 1/2 cup gluten-free flour
- 1/2 cup finely ground white cornmeal
- 1 1/2 cups rolled oats
- 1 cup packed brown sugar
- 1/4 teaspoon salt
- 1/2 cup sunflower oil
- 1 tablespoon vanilla bean paste or extract
- 1 cup chokecherry syrup, prickly pear, or other syrup or coconut whipped cream

Directions

1. Preheat the oven to 350°F. In an oven-proof baking dish, (approximately 10 x 12 inches), place the frozen berries evenly spread out, and set aside.
2. In a separate medium mixing bowl, combine the flour, cornmeal, oats, brown sugar, and salt and mix with a spoon. Add the sunflower oil and vanilla, and using a spoon or your hands, mix until you have a moist, sandy mixture that resembles a crumble topping. Evenly place the crumble over the frozen berries, spreading it out so that it covers the entire top of the berries in the baking dish.
3. Bake for 45 minutes. Rotate the pan in the oven and bake for another 45 minutes, or until the crisp top is golden brown and the berries have completely baked together and they don't move when gently touching the baking dish. You will notice that the berries are bubbling around the edges of the dessert, and this will release the pectin from the fruit, making the dessert set.
4. Remove from oven and let cool to room temperature so it can be cut out. Once cooled, serve with a drizzle of syrup and a dollop of the coconut whipped cream.

November

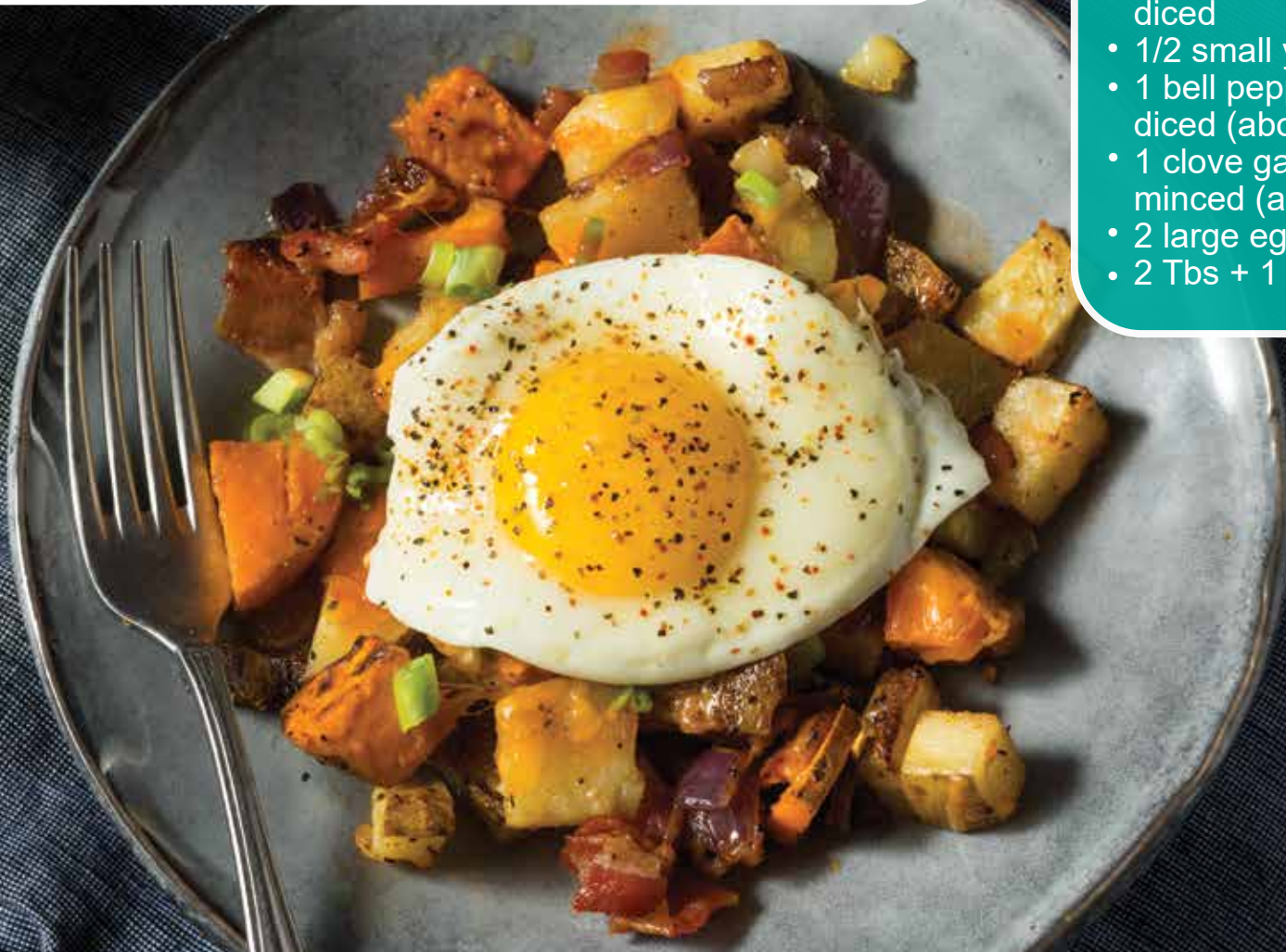
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Moon	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15 Full Moon	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29	30

Are whole foods better food options...

Whole foods have not been processed. Examples are fruits, vegetables, beans, nuts, oats, brown rice, barley, eggs, fish, and shellfish. They don't have added sugar, sodium, or trans-fat. Whole foods are higher in fiber, vitamins, minerals, and when they make up the majority of the diet, may lower rates of heart disease, cancer and type II diabetes. When grocery shopping, stick to the outside of the store and focus on filling your cart with mainly whole foods.



Sweet Potato Hash and Eggs



Ingredients

- 1 large sweet potato, peeled, diced
- 1/2 small yellow onion, diced
- 1 bell pepper, seeds removed, diced (about 1 cup)
- 1 clove garlic, peeled and minced (about 1 Tbs)
- 2 large eggs
- 2 Tbs + 1 tsp vegetable oil

Directions

1. Heat 1 Tbs oil over medium heat in a deep skillet. Add potatoes and cook, stirring occasionally, about 5 min.
2. Add another 1 Tbs oil, along with onion, bell pepper, and garlic to the skillet with the sweet potatoes. Cook about 5 minutes, stirring occasionally, until the onion is soft and the sweet potatoes are tender.
3. Set aside hash on a plate and return skillet to the stove.
4. Heat 1 tsp oil in the skillet over medium heat.
5. Cook eggs according to your preference (scrambled, fried, or boiled).
6. Serve eggs over potato hash. Enjoy!

Adapted from SNAP4CT

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Moon	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Full Moon	16	17	18	19	20	21 First day of winter
22	23	24	25 Christmas Day	26	27	28
29	30	31 New Year's Eve				

Should everyone take multivitamin or mineral supplements...

Most older adults can get all the nutrients they need from food and water; however, sometimes supplements are necessary. Always talk with your doctor or registered dietician/nutritionist to find out if you are missing any important vitamins or minerals. Eating a well balanced diet can help make sure you are getting all the different minerals and vitamins that your body needs to work properly.



Love your health, cook at home



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