



Photos by Pam VanKampen & Pixabay.com

EAT WELL, AGE WELL.

CALIFORNIA DRIED PLUMS. HOW CAN THEY AFFECT MY HEALTH?

Dried plums, formally known as prunes, are nutrient dense and contain potassium, soluble and insoluble fiber, magnesium, iron and Vitamin A.

California dried plums are a good source of fiber. Dietary fiber is a type of carbohydrate that is found only in plant foods and cannot be broken down by our digestive system. About 60% of the dietary fiber in dried plums is soluble fiber. Soluble fiber mixes with water in the stomach to become thicker. This can result in the stomach emptying more slowly, making you feel full, and aids in the absorption of important nutrients. Insoluble fiber adds bulk and pulls water into the intestine resulting in a softer stool that is more quickly eliminated.

Just 4-5 dried plums provide about 3 grams of fiber which is 10% of the recommended daily value. Evidence suggests that fiber may play a role in preventing coronary heart disease, colorectal and other cancers, type 2 diabetes, and obesity.

There are many great snack and recipe ideas at

<https://www.californiadriedplums.org/recipes>

WEEKLY CHALLENGES

EAT DRIED PLUMS
TWICE THIS WEEK

THREE DAYS THIS
WEEK, REACH YOUR
DAILY AMOUNT OF
FIBER (25-30 GRAMS)

ADD DRIED PLUMS TO
SALAD OR CEREAL
THIS WEEK

TRY ONE OF THE
RECIPES AT THE
WEBSITE PROVIDED

DID YOU KNOW?

California
produces 99
percent of the
dried plums grown
in the U.S.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. California Dried Plums*.
- Placemat/handout – Dried Plum Brownies
- Table Tent- National Soup Month
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – Dried Plum Rice Pilaf
- Table Tent- National Soup Month

Week 3: Give out/Post

- Placemat/handouts – National Soup Month
- Table Tent- Sugar Awareness Month

Week 4: Give out/Post

- Placemat/handout- National Pie Day
- Table Tent- National Pie Day

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org