

**Adopt-a-Senior
2011 - 2012**

*Could you Adopt-a-Senior for
one month, one quarter, or more?*

The schedule below has been calculated based on one meal, five days per week. Many of our program recipients, however, receive meals seven days per week.

These are suggested donations. We welcome donations in any amount.

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One month - \$49.00	Six months - \$294.00
One quarter - \$147.00	One year - \$588.00

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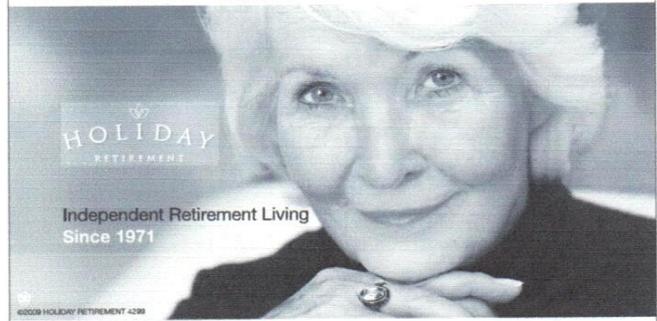
I have enclosed a check in the amount of \$ _____

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Warm Milk Helps you Sleep

Consumer Reports on Health, January 2012

Milk and other proteins contain tryptophan, an amino acid that causes drowsiness. Eating carbohydrate-rich foods makes tryptophan more available to the brain. That's why the National Sleep Foundation recommends bedtime snacks consisting of both a carbohydrate and a protein, such as cereal with milk, peanut butter on toast, cheese and crackers, or even a turkey sandwich.



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Bone Study (Continued from page 2 of newsletter)
Sweet Protection For Your Bones



Prunes are amazingly good at strengthening bones, said the study's lead author, Bahram H. Arjmandi, PhD, RD, chairman of Florida State's department of nutrition, food and exercise sciences in its College of Human Sciences. Having studied how various fruits, including figs, raisins and strawberries, affect bone health, Dr. Arjmandi said that prunes are uniquely helpful in preventing and/or reversing osteoporosis. That's because they contain compounds that help suppress the natural process of bone breakdown more technically known as *resorption* — which is a big issue for older people, since bone breakdown tends to exceed the rate of new bone growth as people age.

“Yes, you can take medication to make your bones stronger,” Dr. Arjmandi said, “but I don't you think you can compete with nature in producing anything that is as effective in promoting bone health, while also being healthy in other ways, as prunes are.”

This is some pretty dramatic talk — so let's look closely at the study. It spanned one year and involved 236 women who were one to 10 years postmenopausal, either nonsmokers or who smoked 20 cigarettes per day or less, did not have any metabolic diseases and were not taking hormone replacement medication or any other medi-

cation that could influence bone health. **For the study**, half of the women ate 100 grams of prunes (about 10 prunes) each day, while the **control group ate 75 grams of dried apple** (equal to about two fresh apples, and comparable to the amount of calories, carbohydrates, fat and fiber in 100 grams of prunes). Participants' diets remained the same as normal otherwise. Additionally, **everyone in the study took daily doses of calcium (500 milligrams) and vitamin D (400 international units), as do many women.**

After a year, a standard bone density x-ray of the ulna (one of two long bones in the forearm) and spine showed that, on average, the **women who had been eating the prunes...er, dried plums...had significantly increased bone mineral density compared with their measured levels before eating prunes.** The women who had been eating dried apples, on the other hand, did not lose any bone density during the year of the study, as would have been expected, and their bones showed a slight increase in bone density — indicating that apples are also slightly bone protective, but not to the extent that prunes are. Other bones were measured, but the most dramatic changes were in the ulna and spine — which is gratifying because the ulna and spine are the two major fracture sites linked to osteoporosis.

Note: This is Part 1 of 2 segments. To be continued in the March issue.

Sources: Bahram H. Arjmandi, PhD, RD, Margaret A. Sifton, Professor and chair, Nutrition, Food and Exercise Sciences, College of Human Sciences, The Florida State University, Tallahassee, Florida.

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