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What are the Focuses of the Dietary Guidelines for Older Adults?

The *Dietary Guidelines for Americans* (DGAs) include sections for every age group, from infants to older adults. Each section covers important nutritional needs for that population. While the older adults section is short and to the point, it lists several essential considerations for this age group.

The DGAs lists several key points for older adults:

Needing fewer calories: As people age, their calorie needs decrease. As metabolism slows, activity levels decline, and muscle mass diminishes, fewer calories are needed to maintain the same body weight.

What are the Focuses of the Dietary Guidelines for Older Adults? (continued)

Nutrient density over calories: The DGA states that older adults should "prioritize nutrient-dense foods such as dairy, meats, seafood, eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts and seeds)." The key nutrients highlighted are:

- *Protein*: Important for maintaining muscle mass.
- *Vitamin B12*: Higher intake is necessary because absorption efficiency decreases with age.
- *Calcium and Vitamin D*: Critical for supporting bone health.

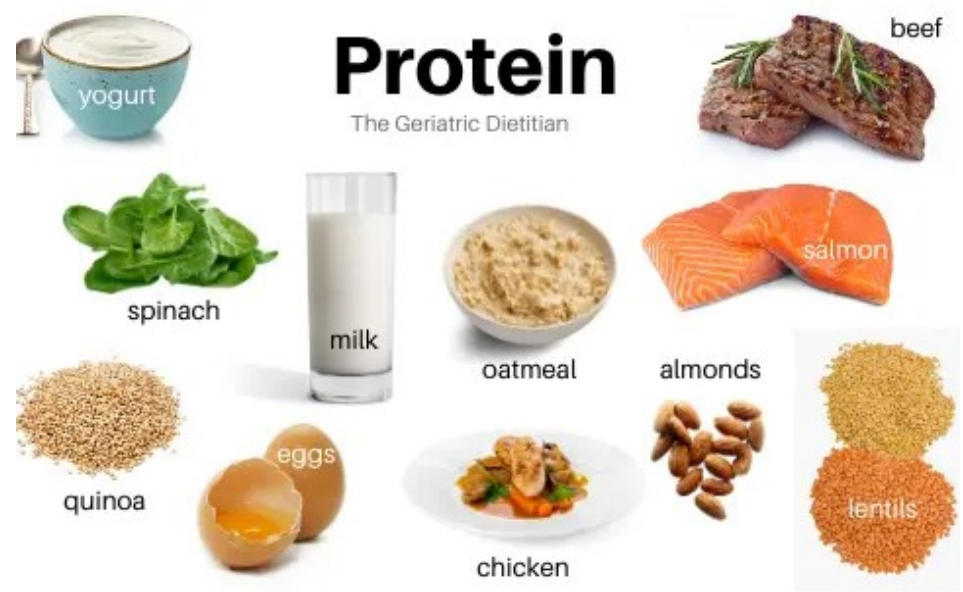
Fortified food or supplements: When dietary intake or absorption is inadequate, fortified foods or supplements may be beneficial under medical supervision.

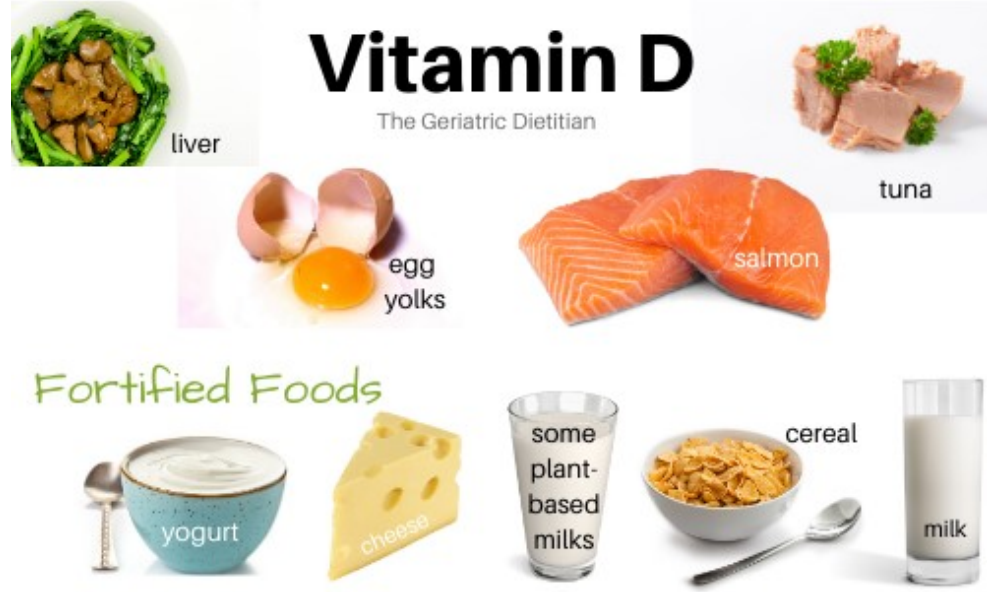
While the older adults section is limited, another section focuses on individuals with chronic diseases. This section applies to many age groups but is especially relevant to older adults, emphasizing the importance of working with health care professionals to develop an appropriate nutritional plan for managing specific health conditions.

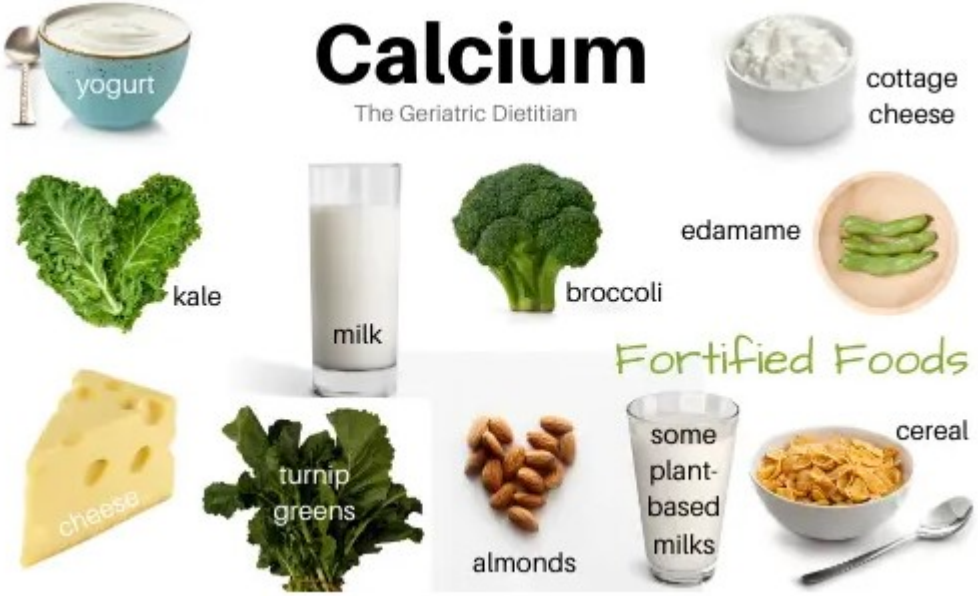
For additional information on knowing your individual calorie needs, you can go to:

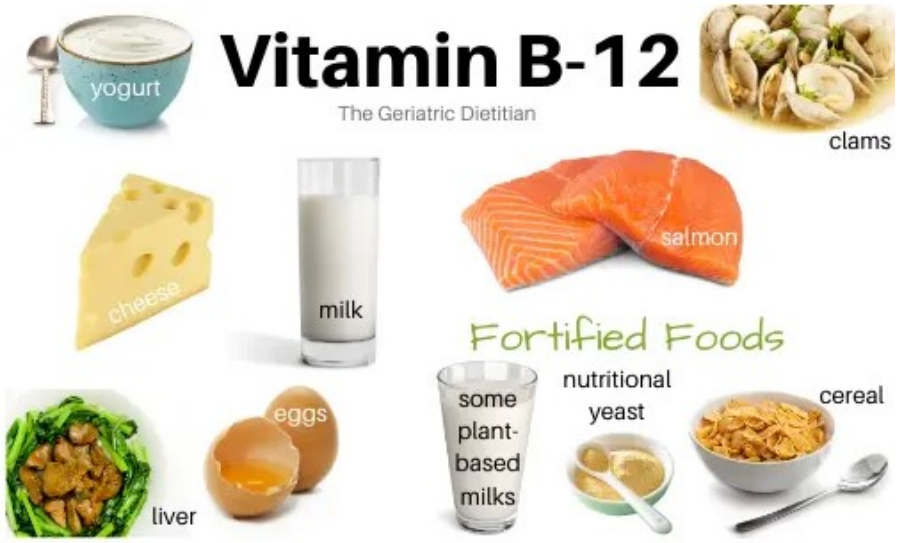
https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator

Sources of Certain Nutrients









Herbs and Spices—Dill

Dill is a common herb used in cuisines worldwide. It has a light flavor that is accompanied by a tangy sweetness. Four parts to the dill plant that are edible include leaves (dill weed), stems, flowers, and seeds. Each part serves a unique purpose; the leaves are used to achieve a light citrusy or grassy note, while the seeds provide a robust flavor commonly used in pickling spices and rye bread.

While most commonly associated with pickles, dill is a versatile herb used to flavor salads, soups, fish, sauces, and dips. Dill is frequently used in potato salad and yogurt-based sauces. It pairs well with cucumber, seafood and lemon-flavored profiles.

Nutritionally, dill provides several vitamins and minerals, specifically vitamin A and vitamin C, along with small amounts of calcium, iron and manganese. While herbs are generally consumed in small quantities, every nutrient counts toward a healthy diet.

PAIRINGS

WHAT GOES
WELL WITH DILL

Fruit & Vegetables

Apple, Asparagus, Avocado, Beetroot, Broccoli, Carrot, Cauliflower, Celeriac, Corn, Cucumber, Fennel, Green bean, Horseradish, Kohlrabi, Mushroom, Potato, Radish, Spinach, Sugar snap peas

Protein & Others

Barley, Beef, Bulgur, Couscous, Cream, Egg, Lamb, Mayonnaise, Mustard, Ocean Trout, Pork, Quinoa, Salmon, Tempeh, Tofu, Veal

THE SIDESMITH

Recipe—Greek Yogurt Dill Veggie Dip

Ingredients

- 1.5 cups plain 2% Greek yogurt
- 2 tablespoon mayonnaise
- 3 tablespoon fresh dill finely chopped
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Juice of ½ lemon 2 tbsp

Recipe received from: https://nourishedbynic.com/greek-yogurt-dill-veggie-dip/

Instructions

1. In a small mixing bowl, whisk together all ingredients (yogurt, mayonnaise, fresh dill, salt, pepper, garlic powder, onion powder and lemon juice).
2. Adjust seasonings to desired taste. Serve with vegetables, chips or crackers and enjoy.

Brain Exercise

Don't just exercise your body — work out your brain!

SCRAMBLED EGGS FOR EASTER

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?

1. _ _ _(1) _(2) _ _

2. _ _(3) _(4) _ _ _(5)

3. _(6) _ _ _ _ _

4. _ _ _(7) _ _(8)

5. _ _(9) _ _ _

6. _(10) _(11) _ _ _ _

What do you call a rabbit who tells good jokes?

_(11) _(6) _(3) _(2) _(7) _(8) _(10) _(9) _(1) _(4) _(5)

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April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 April Fool's Day	2 National Burrito Day	3 Good Friday	4 Hug a Newsman
5 Easter Sunday	6 California Poppy Day	7 National Coffee Cake Day	8 Zoo Lover's Day	9 National Unicorn Day	10 National Siblings Day	11 National Pet Day
12 Grilled Cheese Sandwich Day	13 Scrabble Day	14 National Pecan Day	15 World Art Day	16 Eggs Benedict Day	17 National Cheeseball Day	18 Husband Appreciation Day
19 National Garlic Day	20 Patriot's Day	21 Kindergarten Day	22 National Jelly Bean Day	23 English Muffin Day	24 Because I Can Day	25 National DNA Day
26 National Pretzel Day	27 Tell a Story Day	28 Kiss Your Mate Day	29 National Shrimp Scampi Day	30 National Raisin Day		

MONTHLY OBSERVATIONS

- ***National Card and Letter Writing Month***
- ***Global Astronomy Month***
- ***International Guitar Month***
- ***Keep Americal Beautiful Month***
- ***Lawn and Garden Month***
- ***National Frog Month***
- ***National Humor Month***
- ***National Kite Month***
- ***Pecan Month***
- ***Poetry Month***
- ***Stress Awareness Month***

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Word Scramble

SOLUTION

1. B O N N E T
1 2

2. S U N D A Y
3 4 5

3. F L O W E R
6

4. C A N D Y
7 8

5. T U L I P
9

6. B A S K E T
10 11

What do you call a rabbit who tells good jokes?

A F U N N Y B U N N Y
11 6 3 2 7 8 10 9 1 4 5