

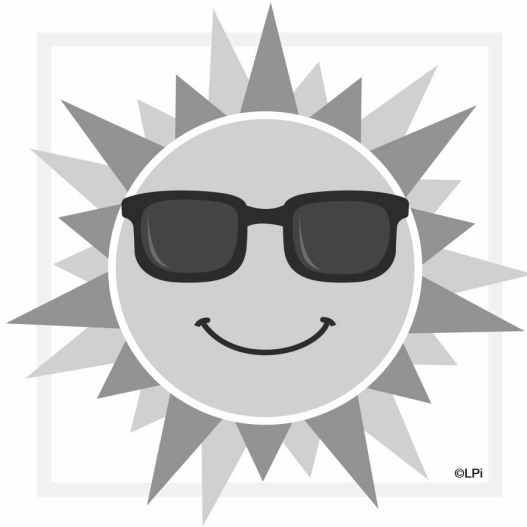


Valley Senior Services  
helping seniors maintain independence

# Silver Quill

Valley Senior Services of Trill & Steele Counties

**AUGUST 2024 | VOLUME 42 NO. 8**



Monday - Friday  
8:00 AM to 4:30 PM



valleyseniorservices.org



701-788-3453  
800-845-1715 (toll-free)

**Information and referrals  
always available by  
contacting Trill & Steele  
Program Assistant,  
Hannah,  
at the numbers above!**

## STAYING SAFE IN HOT WEATHER

**Older adults may be more likely to have heat-related health problems. Being hot for too long can cause hyperthermia - a heat-related illness. Learn more about the signs of hyperthermia and how to prevent hot-weather illness.**

### Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



### Tips to prevent hot-weather illness:



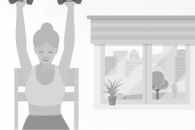
Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



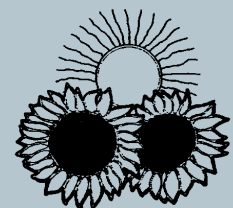
If it's too hot, try exercising indoors

### WHAT'S INSIDE

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*We will be closed  
Monday, September 2nd..*

*No Transportation,  
Activities, Meals on Wheels,  
To-Go Meals, or  
Congregate Meals.*



Learn more about staying safe in hot weather at  
[www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety)

# Valley Senior Services Traill & Steele Counties

www.valleyseniorservices.org

## County Program Supervisor:

Mia—Hillsboro  
701-636-5953  
800-845-1715

## Program Assistant:

Hannah  
701-788-3453

## Hillsboro site:

205 N Main  
PO Box 506  
Hillsboro, ND 58045

## Mayville site:

39 1st Ave NE  
Mayville, ND 58257

## Portland site:

710 Parke Ave  
Portland ND, 58274

## Finley site:

301 Central Ave  
Finley ND, 58230

## Buxton site:

315 Broadway  
Buxton, ND 58218

*If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law.*

*If you believe you have been discriminated against, please contact:*

## Director:

Paul Grindeland  
Valley Senior Services  
P.O. Box 2217  
Fargo ND 58108  
701-293-1440 or 877-827-1916

## DINING LOCATIONS FOR SENIOR MEALS

(Take-Out meals available)

**Hillsboro Senior Center – Dine-in at 12:00 pm on Monday thru Friday** or take-out drive thru on the South side of the senior center. See menu on p. 5.

**Mayville Senior Center – Dine-in at 11:30 am on Monday, Wednesday and Friday** or take-out drive thru on West side of the senior center. See menu on p. 6.

**Portland Senior Center – Dine-in at 11:30 am on Tuesday and Thursday** or take-out pick up at front door. See menu on p. 6.

**Buxton Senior Center – Dine-in at 11:15 am on Monday, Wednesday and Friday** or take-out at front door. See menu on p. 7.

**Finley Senior Center – Dine-in at 12:00 pm on Monday, Wednesday and Friday** or pick up take-out meals in the senior center. See menu on p. 7.

**Hillsboro, Buxton, Finley call:**  
701-636-5953 or 800-845-1715

**Mayville/Portland call:**  
701-788-3453 (Mayville)  
701-788-3410 (Portland)

**Please call one day in advance by 2:00 pm to reserve your meal. To reserve a meal for Mondays, please call by 2:00 on Friday.**

## Traill & Steele County Foot Care

**Call Jill from Just For You Footcare at 218-242-1379 for August schedule and appointment**

**Debra Lessard, RN will be providing foot care at:**

|  |                             |                         |
|--|-----------------------------|-------------------------|
| <u>Hillsboro</u><br>Aug 7, 14, 19 & 28 | <u>Kiwanis 335</u><br>Aug 8 | <u>Buxton</u><br>Aug 15 |
|--|-----------------------------|-------------------------|

**Call Deb at 701-430-2074 for an appointment**

Statement of Identification - Silver Quill  
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2801 32nd Ave. S, P.O. Box 2217, Fargo, ND 58108  
To receive the Silver Quill call 701-293-1440 or toll free 1-877-827-1916  
or e-mail us at: info@valleyseniors.org



## Local Food Pantries

### Trail County

#### Hatton

Hatton Helping Hand  
1009 Dakota Ave, Hatton ND  
(Goose River Bank front door)

2nd and 4th Wednesdays  
4:00 – 6:00 pm  
Contact:

Donalee Strand  
701-371-1036 or  
Faye Duncan  
701-430-9869

#### Hillsboro

Hillsboro Kiwanis  
Food Pantry  
Hillsboro Armory  
408 1st St. SE, Hillsboro ND  
1st & 3rd Mondays

4:00-6:00 pm  
Contact:

Rich Gehrke 701-436-5777

#### Portland

May-Port Food Pantry  
713 Helen Ave, Portland  
3rd Thursday—

9:00-10:00 am (for Seniors)  
3:00-5:00 pm (public)

Contact:

Marilyn Koppang  
218-230-3862

### Steele County

#### Finley

Steele County Food Pantry  
201 Washington Ave W,  
(Courthouse) Finley, ND

Call or text:

Darci McCullough  
701-789-1517 or Pam Montag  
701-388-9622

# CENTER HIGHLIGHTS



### Mayville Senior Center

39 1st Avenue NE  
701-788-3453

**Meals: Mon, Wed, Fri at 11:30 am**

Aug 5 - 1:30 monthly business

Every Tuesday - 1:30 Bingo

Every Friday - 1:30 Cards

*To rent the center, call Elva Carlson  
at 701-788-2536.*

### Hillsboro Senior Center

205 N Main Street  
701-636-5953

**Meals: Mon-Fri at 12:00 pm**

Aug 7, 14, 19, 28 - Foot care at Senior  
Center\*

Aug 22 - 1:30 Monthly business meeting  
(bingo to follow)

Every day - 8:00 Coffee

Every Tuesday - 9:00 Bone Builders; 1:00  
Senior Fun Afternoon (games, cards, etc)

Every Thursday - 9:00 Bone Builders;  
1:30 Bingo

*To rent the center, call Lavonne Kozojed at  
701-430-1229 or Marilyn Longthorne at  
636-2092.*

### Buxton Town & Country Senior Center

315 Broadway

**Meals: Mon, Wed, Fri at 11:30 am**

Aug 19 - 2:00-4:00 Pie Day; Foot care at  
Senior Center\*

Aug 26 - 12:30 Monthly business meeting  
with bingo to follow

Every Mon, Wed & Fri - 10:00 Bone  
Builders

*To rent the center, call Arlan Vonesh at  
847-2102, Rose Finstrom at 847-3052 or  
Wanda Knutsvig at 701-740-5751.*

### Portland Golden Age Club

710 Parke Avenue  
701-788-3410

**Meals: Tues & Thurs at 11:30 am**

Aug 12 - 12:00 noon potluck meal;  
12:45 monthly business meeting

Every Monday - 8:00-9:30 Coffee

Every Wednesday - 8:00-9:30 Coffee;

9:30 Bone Builders; 1:00 Cards

Every Friday - 8:00-9:30 Coffee;

9:30 Bone Builders

*To rent the center, call Marie Hamm at  
608-697-2106.*

### Hope Senior Center

211 Steele Ave

Aug 6 - 1:30 Monthly business meeting;

Aug 20 - 1:30 Social

Every Thursday - 1:30 Cards

*To rent the center, call Blanche Moore at  
701-945-2478.*

### Finley Senior Center

301 Central Avenue  
701-524-1818

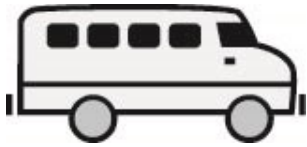
**Meals: Mon, Wed, Fri at 12:00 pm**

Aug 13 - 2:00 Monthly business meeting

Aug 27 - 2:00 Social

Every Tuesday - 2:00 Cards

\*See foot care schedule on page 2



# Steele County Transit

# August 2024

**Call 1 800-845-1715 or 636-5953 from 8:30AM - 3:30 PM to schedule a ride.**

**Van Schedules:** Two vans are available for individual appointments with one being accessible for mobility aids. These vans are available Monday thru Friday within Traill and Steele counties as well as to Fargo and Grand Forks.

**To schedule a ride, call 1-800-845-1715 (Hillsboro 636-5953) - 8:30am-3:30pm.**

**\*You must call the number listed for a ride\***

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>Pickup Locations:</b><br>Aneta - Cafe<br>Buxton - Post Office<br>Cooperstown - City Hall<br>Hatton - Miller's Food<br>Hillsboro - Senior Ctr<br>Northwood - Senior Ctr<br>Page - Café<br>Mayville -Senior Ctr<br>Galesburg-Post Office<br>Portland - The Hub<br>Reynolds - Cafe<br>Finley - Cenex<br>Sharon - Bank<br>Hope - Cenex |   |   | <b>1</b>  | <b>2</b>   |
| <b>5</b>  | <b>6</b><br><b>GRAND FORKS</b><br>Cooperstown - 8:15 <u>call</u><br>Finley -8:30 <u>call</u><br>Sharon - 8:40 <u>call</u><br>Aneta - 8:55 <u>call</u><br>Northwood - 9:40 <u>call</u>                             | <b>7</b><br><b>FARGO</b><br>Finley - 8:15 <u>call</u><br>Sharon - 8:30 <u>call</u><br>Hatton - 8:50 <u>call</u><br>Portland - 9:15 <u>call</u><br>Mayville - 9:25 <u>call</u><br>Hillsboro -10:00 <u>call</u> | <b>8</b>  | <b>9</b>   |
| <b>12</b><br><b>FARGO</b><br>Aneta - 8:15 <u>call</u><br>Sharon - 8:30 <u>call</u><br>Finley - 8:45 <u>call</u><br>Hope - 9:10 <u>call</u><br>Page - 9:30 <u>call</u><br>Galesburg 10:00 <u>call</u>  | <b>13</b><br><b>FARGO</b><br>Finley - 8:15 <u>call</u><br>Northwood -8:45 <u>call</u><br>Hatton - 9:15 <u>call</u><br>Portland - 9:30 <u>call</u><br>Mayville - 9:35 <u>call</u><br>Hillsboro - 10:00 <u>call</u> | <b>14</b>   | <b>15</b>   | <b>16</b>  |
| <b>19</b><br><b>GRAND FORKS</b><br>Hatton - 8:45 <u>call</u><br>Portland - 9:15 <u>call</u><br>Mayville - 9:25 <u>call</u><br>Hillsboro - 9:55 <u>call</u><br>Buxton - 10:25 <u>call</u><br>Reynolds -10:35 <u>call</u>   | <b>20</b>   | <b>21</b><br><b>FARGO</b><br>Northwood - 8:45 <u>call</u><br>Hatton - 9:15 <u>call</u><br>Portland - 9:30 <u>call</u><br>Mayville - 9:35 <u>call</u><br>Hillsboro - 10:00 <u>call</u>                         | <b>22</b>   | <b>23</b><br><b>FARGO</b><br>Cooperstown - 8:10 <u>call</u><br>Luverne - 8:40 <u>call</u><br>Hope - 9:00 <u>call</u><br>Page - 9:30 <u>call</u><br>Galesburg - 10:00 <u>call</u> |
| <b>26</b>   | <b>27</b><br><b>FARGO</b><br>Northwood - 8:45 <u>call</u><br>Hatton - 9:15 <u>call</u><br>Portland - 9:30 <u>call</u><br>Mayville - 9:35 <u>call</u><br>Hillsboro - 10:00 <u>call</u>                             | <b>28</b><br><b>FARGO</b><br>Sharon - 8:30 <u>call</u><br>Finley - 8:45 <u>call</u><br>Portland - 9:15 <u>call</u><br>Mayville - 9:25 <u>call</u><br>Hillsboro - 10:00 <u>call</u>                            | <b>29</b><br><b>GRAND FORKS</b><br>Finley - 8:30 <u>call</u><br>Sharon - 8:45 <u>call</u><br>Hatton - 9:15 <u>call</u><br>GF County - <u>call</u> | <b>30</b>  |

# AUGUST 2024

Hillsboro (701-636-5953)

See pages 6-7 for all site menus - info on ordering a meal for all sites on page 2

## MEALS ON WHEELS & MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal  
(for Monday call by 2pm Friday)

Phone 701-636-5953 or 1-800-845-1715

**ALL MEALS INCLUDE 8oz 1% MILK**

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
|   |  |   | 1<br>Beef Stroganoff<br>Mashed Potatoes<br>Malibu Blend Veggies<br>Honeydew<br>Bread x2   | 2<br>Cobb Salad / Dressing<br>Pineapple<br>Breadstick   |
| 5<br>Sweet & Sour Chicken<br>Brown Rice<br>Seasoned Broccoli Florets<br>Vegetable Potstickers<br>Blueberries    | 6<br>Caprese Chicken<br>Lemon Dill Orzo<br>California Blend Veggies<br>Orange<br>Bread x1            | 7<br>Hot Dog on Bun<br>French Fries<br>Corn Cobbette<br>Blushing Pears  | 8<br>Grilled Chicken on a Bun<br>Pasta Salad<br>Baked Beans<br>Watermelon<br>Dessert  | 9<br>Cabbage Roll<br>Rosemary Potatoes<br>Green Beans Almondine<br>Fresh Fruit Salad<br>Bread x2      |
| 12<br>Ham & Beans<br>Southern Style Okra<br>Strawberries<br>Corn Muffin   | 13<br>Breaded Cod<br>Warm German Potato Salad<br>Prince Edward Veggies<br>Fruit Cocktail<br>Bread x2 | 14<br>Sloppy Joe<br>Baked Beans<br>Orange<br>WW Bun<br>Oven Baked Fries   | 15<br>Chicken Fettuccine Alfredo<br>House Salad<br>Italian Blend Veggies<br>Cranberry Fruit Salad<br>Gelatin<br>Breadstick        | 16<br>Swiss Steak<br>Buttered Red Potatoes<br>Lemon Asparagus<br>Fresh Fruit Salad<br>Bread x2        |
| 19<br>Lasagna / Parmesan Cheese<br>House Salad<br>Winter Blend Veggies<br>Peaches<br>Breadstick                 | 20<br>Chicken & Rice Veg Casserole<br>Seasoned Green Peas<br>Honeydew<br>Biscuit                     | 21<br>Roast Turkey / Gravy<br>Glazed Sweet Potatoes<br>Sage Bread Dressing<br>Brussel Sprouts<br>Strawberry & Pineapple<br>Bread x1 | 22<br>Peach French Toast Bake<br>Scrambled Egg<br>Breakfast Potatoes<br>LoCal Syrup<br>Banana                                     | 23<br>Crispy Beef Tacos<br>Southwest Corn<br>Refried Beans<br>Cherry Fruit Salad                      |
| 26<br>Manhattan Meatballs<br>Brown Rice<br>House Salad<br>Seasoned Broccoli<br>Seasonal Fresh Fruit<br>Bread x1 | 27<br>BBQ Pork on Bun<br>Sweet Potato waffle Fries<br>Country Blend Veggies<br>Heavenly Hash         | 28<br>Fish & Chips w/Tartar Sauce<br>Coleslaw<br>Tropical Fruit Cup<br>Lemon Wedge<br>Wheat Roll                                    | 29<br>Pork Wings<br>Macaroni & Cheese<br>Cucumber Mint Salad<br>Baked Tomato Half<br>Mandarin Oranges<br>Whole Grain Banana Bread | 30<br>Supreme Pizza<br>Casserole<br>House Salad<br>Green Beans Oregano<br>WG Breadstick<br>Cantaloupe |

## Mayville (701-788-3453)-Portland (701-788-3410)

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
|  |   |  | 1- PORTLAND<br>Beef Stroganoff<br>Mashed Potatoes<br>Malibu Blend Veggies<br>Honeydew                            | 2 - MAYVILLE<br>Cobb Salad / Dressing<br>Pineapple<br>Breadstick                                |
| 5 - MAYVILLE<br>Sweet & Sour Chicken<br>Brown Rice<br>Seasoned Broccoli Florets<br>Vegetable Potstickers | 6 - PORTLAND<br>Caprese Chicken<br>Lemon Dill Orzo<br>California Blend Veggies<br>Orange                | 7 - MAYVILLE<br>Hot Dog on Bun<br>French Fries<br>Corn Cobbette<br>Blushing Pears  | 8 - PORTLAND<br>Grilled Chicken on a Bun<br>Pasta Salad<br>Baked Beans<br>Watermelon<br>Dessert                  | 9 - MAYVILLE<br>Cabbage Roll<br>Rosemary Potatoes<br>Green Beans Almondine<br>Fresh Fruit Salad |
| 12 - MAYVILLE<br>Ham & Beans<br>Southern Style Okra<br>Strawberries<br>Corn Muffin                       | 13 - PORTLAND<br>Breaded Cod<br>Warm German Potato Salad<br>Prince Edward Veggies                       | 14 - MAYVILLE<br>Sloppy Joe<br>Baked Beans<br>Orange<br>Oven Baked Fries   | 15 - PORTLAND<br>Chicken Fettuccine Alfredo/House Salad<br>Italian Blend Veggies<br>Cranberry Fruit Salad        | 16 - MAYVILLE<br>Swiss Steak<br>Buttered Red Potatoes<br>Lemon Asparagus<br>Fresh Fruit Salad   |
| 19 - MAYVILLE<br>Lasagna / Parmesan<br>House Salad<br>Winter Blend Veggies<br>Peaches<br>Breadstick      | 20 - PORTLAND<br>Chicken & Rice Veg Casserole<br>Seasoned Green Peas<br>Honeydew<br>Biscuit             | 21 - MAYVILLE<br>Roast Turkey / Gravy<br>Glazed Sweet Potatoes<br>Sage Bread Dressing<br>Brussel Sprouts<br>Strawberry & Pineapple | 22 - PORTLAND<br>Peach French Toast Bake<br>Scrambled Egg<br>Breakfast Potatoes<br>LoCal Syrup<br>Banana         | 23 - MAYVILLE<br>Crispy Beef Tacos<br>Southwest Corn<br>Refried Beans<br>Cherry Fruit Salad     |
| 26 - MAYVILLE<br>Manhattan Meatballs<br>Brown Rice<br>House Salad<br>Seasoned Broccoli                   | 27 - PORTLAND<br>BBQ Pork on Bun<br>Sweet Potato waffle fries<br>Country Blend Veggies<br>Heavenly Hash | 28 - MAYVILLE<br>Fish & Chips w/Tartar Sauce<br>Coleslaw<br>Tropical Fruit Cup   | 29 - PORTLAND<br>Pork Wings/Macaroni & Cheese /Cucumber Mint Salad/Baked Tomato Half<br>Whole Grain Banana Bread | 30 - MAYVILLE<br>Supreme Pizza<br>Casserole<br>House Salad<br>Green Beans Oregano               |

## HOW TO MANAGE BLOOD PRESSURE WITH THE DASH DIET

**BY LANE LIPETZKY SWENSON, RD, LD, CGN**

Did you know almost half of the adults in the US have high blood pressure? It is often referred to as the “silent killer” because people rarely experience any signs or symptoms yet it has a great impact on your health. According to the American Heart Association having high blood pressure increases your risk of heart attack, stroke, and chronic kidney disease. If you are someone who has been diagnosed with hypertension or prehypertension, following the DASH diet is a great first line of defense.

### **What is the DASH Diet?**

The DASH diet stands for Dietary Approaches to Stop Hypertension. It can be used both to help treat high blood pressure or to prevent it. Because the diet encourages foods like fruits, vegetables, low fat dairy and whole grains it is rich in nutrients like potassium, calcium, magnesium and fiber which are helpful for lowering blood pressure. It is also beneficial for your overall heart health by promoting a decreased intake of sodium, added sugars and saturated

fats. The DASH diet is not a strict diet full of foods you can and cannot eat, but rather a set of guidelines to help you build a healthy and balanced diet that works for you. The bullet points below show the recommended servings sizes from different food groups as well as a sample daily meal plan to help you start planning your personal DASH diet.

### **Recommended Servings from Each Food Group**

- Grains: 6-8 servings of

*(Continued on page 7)*

## Buxton (701-847-2069)

| Monday  | Wednesday  | Friday  |
|---|--|---|
|   |  | 2<br>Cobb Salad / Dressing<br>Pineapple<br>Breadstick                                   |
| 5<br>Sweet & Sour<br>Chicken/Brown<br>Rice/Seasoned<br>Broccoli Florets<br>Vegetable<br>Potstickers | 7<br>Hot Dog on Bun<br>French Fries<br>Corn Cobbette<br>Blushing Pears   | 9<br>Cabbage Roll<br>Rosemary Potatoes<br>Green Beans<br>Almondine<br>Fresh Fruit Salad |
| 12<br>Ham & Beans<br>Southern Style<br>Okra<br>Strawberries<br>Corn Muffin                          | 14<br>Sloppy Joe<br>Baked Beans<br>Orange<br>WW Bun<br>Oven Baked Fries  | 16<br>Swiss Steak<br>Buttered Red<br>Potatoes<br>Lemon Asparagus<br>Fresh Fruit Salad   |
| 19<br>Lasagna / Parmesan<br>House Salad<br>Winter Blend<br>Veggies<br>Peaches<br>Breadstick         | 21<br>Roast Turkey / Gravy<br>Glazed Sweet<br>Potatoes<br>Sage Bread Dressing<br>Brussel Sprouts<br>Strberry & Pineapple | 23<br>Crispy Beef Tacos<br>Southwest Corn<br>Refried Beans<br>Cherry Fruit Salad        |
| 26<br>Manhattan<br>Meatballs<br>Brown Rice<br>House Salad<br>Seasoned Broccoli                      | 28<br>Fish & Chips<br>w/Tartar Sauce<br>Coleslaw<br>Tropical Fruit Cup<br>Lemon Wedge                                    | 30<br>Supreme Pizza<br>Casserole<br>House Salad<br>Green Beans<br>Oregano               |

## Finley (701-524-1818)

| Monday  | Wednesday  | Friday  |
|---|--|---|
|   |  | 2<br>Cobb Salad / Dressing<br>Pineapple<br>Breadstick                                   |
| 5<br>Sweet & Sour<br>Chicken/Brown<br>Rice/Seasoned<br>Broccoli Florets<br>Vegetable<br>Potstickers | 7<br>Hot Dog on Bun<br>French Fries<br>Corn Cobbette<br>Blushing Pears   | 9<br>Cabbage Roll<br>Rosemary Potatoes<br>Green Beans<br>Almondine<br>Fresh Fruit Salad |
| 12<br>Ham & Beans<br>Southern Style<br>Okra<br>Strawberries<br>Corn Muffin                          | 14<br>Sloppy Joe<br>Baked Beans<br>Orange<br>WW Bun<br>Oven Baked Fries  | 16<br>Swiss Steak<br>Buttered Red<br>Potatoes<br>Lemon Asparagus<br>Fresh Fruit Salad   |
| 19<br>Lasagna / Parmesan<br>House Salad<br>Winter Blend<br>Veggies<br>Peaches<br>Breadstick         | 21<br>Roast Turkey / Gravy<br>Glazed Sweet<br>Potatoes<br>Sage Bread Dressing<br>Brussel Sprouts<br>Strberry & Pineapple | 23<br>Crispy Beef Tacos<br>Southwest Corn<br>Refried Beans<br>Cherry Fruit Salad        |
| 26<br>Manhattan<br>Meatballs<br>Brown Rice<br>House Salad<br>Seasoned Broccoli                      | 28<br>Fish & Chips<br>w/Tartar Sauce<br>Coleslaw<br>Tropical Fruit Cup<br>Lemon Wedge                                    | 30<br>Supreme Pizza<br>Casserole<br>House Salad<br>Green Beans<br>Oregano               |

(Continued from page 6)

### DASH DIET

- grains daily, preferably whole grains. One serving may be 1/2 cup of cooked cereal, rice or pasta, 1 slice of bread or 1-ounce dry cereal.
- Vegetables: 4-5 servings of vegetables a day. One cup of raw leafy green vegetables, 1/2 cup cut-up raw or cooked vegetables, or 1/2 cup vegetable juice equals one serving.
- Fruit: 4-5 servings of fruit a day. One serving is one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 1/2 cup fruit juice.
- Dairy: 2-3 servings of fat-free or low-fat dairy products daily. One serving is 1 cup milk or yogurt, or 1 1/2 ounces of cheese.
- Lean Meat: Six 1-ounce servings a day of lean meats, poultry, eggs or fish.
- Legumes and nuts: 4-5 servings of nuts, seeds, or dry beans and peas a week. One serving is 1/3 cup nuts, 2 tablespoons peanut butter, 2 tablespoons of seeds, or 1/2 cup of cooked dried beans or peas.
- Oils: 2-3 servings of fats and oils daily. One serving is 1 teaspoon of a healthy oil like olive oil or avocado oil, 1 tablespoon mayonnaise or 2 tablespoons of salad dressing.
- Added Sugar: 5 or fewer servings a week of sweets or added sugars. One serving is 1 tablespoon sugar, jelly or jam, 1/2 cup sorbet or 1 cup lemonade.
- Sodium: Less than 2,300 mg of sodium daily. One tsp of salt contains 2,300 mg of sodium.

(Continued on back page)



**Valley Senior Services, Inc.**  
**P.O. Box 2217**  
**Fargo, ND 58108**

**NON-PROFIT ORG.**  
**U.S. POSTAGE PAID**  
**FARGO, ND 58102**  
**PERMIT NO. 1123**

## **DASH DIET**

*(continued from page 7)*

### **SAMPLE MEAL PLAN**

#### **Breakfast**

Avocado toast with:

- 1 medium avocado, mashed
  - 1/4 cup sundried tomatoes or 1/2 cup halved cherry tomatoes
  - 1 poached egg
  - 1 slice whole-wheat toast
- 1 medium orange  
Coffee, tea or water

#### **Lunch**

Tuna salad:

- 3 ounces canned tuna drained
- 1/4 cup diced red onion
- 1/4 cup diced celery
- 1 tablespoon mayonnaise
- 1 tsp Dijon mustard (optional)
- Pepper to taste

- 8 whole grain crackers or make a sandwich with whole wheat bread, leaf lettuce and sliced tomato
- 1 whole fruit like an apple, peach, plum or banana  
1 cup skim milk

#### **Supper**

Chicken, vegetable stir-fry with:

- 1/2 teaspoon sesame oil
- 2 oz. shredded chicken
- 1/2 cup sliced onion, sliced
- 1/2 cup chopped red bell pepper
- 1/2 cup sliced button mushrooms
- 1/2 cup broccoli florets
- 1/2 cup sliced carrots
- 1/2 teaspoon chopped fresh ginger
- 1/2 teaspoon chopped fresh garlic

- 1/2 tablespoon rice wine
  - 1/2 teaspoon reduced-sodium soy sauce
  - 1/2 tablespoon chopped cashews
  - 1 cup brown rice.
- Water

#### **Snacks**

- 1 cup berries
  - 1/4 cup almonds
- Low-fat yogurt