

- 4th Grade**
 Sandwich baggies
 8 Washable Markers
 Map Pencils
 2 Composition Notebooks
 3 Single Subject Spiral Notebooks
 3 Glue Sticks
 Scissors
 3 Dry Erase Markers
 2 packs Notebook Paper
 3 boxes Kleenex
 2 tubs Disinfectant Wipes
 24 pencils
 5 Pens (at least 2 Red, 3 Blue or Black)
 2 Highlighters
 Ruler with Centimeters and Inches
 Index Cards
 School Box
 Zippered Pencil Bag with Binder Holes
 Plastic Folder with Brads
 3 Pink Erasers
 1 Three Subject Spiral
 1 Hand Held Pencil Sharpener
 2 Black Sharpies

- 5th Grade**
 Sandwich baggies
 8 Washable Markers
 Map Pencils
 2 Composition Notebooks
 3 Single Subject Spiral Notebooks
 3 Glue Sticks
 Scissors
 3 Dry Erase Markers
 2 packs Notebook Paper
 3 boxes Kleenex
 2 tubs Disinfectant Wipes
 24 pencils
 5 Pens (2 Red, 3 Blue or Black)
 2 Highlighters
 Ruler with Centimeters and Inches
 Index Cards
 School Box
 Zippered Pencil Bag with Binder Holes
 Plastic Folder with Brads
 3 Pink Erasers

- 6th Grade**
 Sandwich baggies
 8 Washable Markers
 Map Pencils
 2 Composition Notebooks
 3 Single Subject Spiral Notebooks
 3 Glue Sticks
 Scissors
 3 Dry Erase Markers
 2 packs Notebook Paper
 3 boxes Kleenex
 2 tubs Disinfectant Wipes
 24 pencils
 5 Pens (2 Red, 3 Blue or Black)
 2 Highlighters
 Ruler with Centimeters and Inches
 Index Cards
 School Box
 Zippered Pencil Bag with Binder Holes
 Plastic Folder with Brads
 3 Pink Erasers
 Deck of Playing Cards
 1 Three Subject Spiral

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Eating Well Over 50
Nutrition and Diet Tips for Healthy Eating as You Age

For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be all about fresh, colorful food, creativity in the kitchen, and eating with friends.

Feeding the Body, Mind and Soul

Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

Live Longer and Stronger

Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

Sharpen the Mind

Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies,

and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

Feel Better

Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

What Your Body Needs

Adults over 50 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Focus on My Plate:

Fruit – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 1/2 to 2 servings each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.

Veggies – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams.

Calcium – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

Grains – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about 1 slice of bread).

Protein – Adults over 50 need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you

need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese, and seeds.

Important vitamin and minerals:

Water – As we age, some of us are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst may not be as sharp. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

Vitamin B – After 50, your stomach produces less gastric acid making it difficult to absorb vitamin B-12—needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

Vitamin D – We get most of our vitamin D intake—essential to absorbing calcium—through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin.

Tips for

Wholesome Eating:

Once you're used to eating nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit of eating well.

Reduce sodium (salt) to help prevent water retention and high blood pressure. Look for the "low sodium" label and season meals with garlic, herbs, and spices instead of salt.

Enjoy good fats. Reap the rewards of olive oil, avocados, salmon, walnuts, flaxseed, and other monounsaturated fats.

The fat from these delicious sources can protect your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels.

Add Fiber

Avoid constipation, lower the risk of chronic diseases, and feel fuller longer by increasing your fiber intake from foods such as raw fruits and veggies, whole-grains, and beans.

Avoid "Bad" Carbs

Bad carbohydrates—also known as simple or unhealthy carbs—are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Bad carbs digest quickly and cause spikes in blood sugar levels and short-lived energy. For long-lasting energy and stable insulin levels, choose "good" or complex carbs such as whole grains, beans, fruits, and vegetables.

Look for Hidden Sugar

Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Opt for fresh or frozen vegetables instead of canned goods, and choose low-carb or sugar-free versions of products such as tortillas, bread, pasta, and ice cream.

Cook Smart

The best way to prepare veggies is by steaming or sautéing in olive oil—it preserves nutrients. Forget boiling—it drains nutrients.

Put Five Colors on Your Plate

Take a tip from Japanese food culture and try to include five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomatoes, zucchini).

Changing dietary needs

Every season of life brings changes and adjustments to your body.

(Continued on Page 7)

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