



MAY 2026

NUTRITION NEWSLETTER



CRACKING THE TRUTH: EGGS ARE BACK!

Once thought to elevate cholesterol levels, it was declared that eggs are not heart-healthy. But research has proven that this is NOT TRUE!

Eggs are LOW in Saturated fats which makes them a heart-healthy choice!

In fact, eggs provide a multitude of nutritional benefits, particularly important for seniors!

EGGS' STAR NUTRIENTS



- **Protein:** Helps maintain muscle strength and reduces muscle loss. One egg is 6-7g of protein!
- **Choline:** Supports our brain function and memory.
- **Vitamin B12:** Many seniors are deficient in this nutrient important for red blood cell and DNA formation!
- **Lutein and Zeaxanthin:** Antioxidants that help protect against cataracts and macular degeneration.
- **Vitamin D:** Helps body absorb calcium needed to maintain bone strength!

CREATIVE WAYS TO ENJOY EGGS

Eggs are often paired with **bacon, sausage, butter and cheese--which contain high amounts of saturated fats and sodium and should be used sparingly.**

Try these healthy ideas out to incorporate eggs into any meal!

- Boiled eggs- Quick snack, salad topper, chopped on top of toast.
- Veggie Omelet or Frittata (Egg Bake)- Veggies of your choice- the more colorful the better to increase fiber and vitamins!
- Egg salad- Try plain Greek yogurt in place of mayonnaise.
- Top a stir fry, potato hash, rice and beans, etc.



DEAR HOME DELIVERED MEAL PARTICIPANT,
SENIOR RESOURCES COORDINATES AND FUNDS SEVERAL OPTIONS FOR IMPROVING THE NUTRITION AND HEALTH STATUS OF OLDER ADULTS (60+) IN EASTERN CONNECTICUT!

THESE PROGRAMS INCLUDE:

- **SENIOR NUTRITION PROGRAM**- INCLUDING HOME DELIVERED AND CONGREGATE.
- **CHOICES** - FREE AND UNBIASED INFORMATION ABOUT MEDICARE, HEALTH INSURANCE, AND PRESCRIPTION DRUG OPTIONS
- **CAREGIVER RESPITE PROGRAM & SUPPLEMENTAL SERVICES** - EDUCATION, SUPPORT, AND RESPITE, AS WELL AS FUNDING FOR MEDICAL EQUIPMENT OR ONE-TIME EMERGENCY NEEDS
- **BENEFITS SCREENING AND APPLICATION ASSISTANCE** - DETERMINE ELIGIBILITY FOR FINANCIAL ASSISTANCE PROGRAMS LIKE MEDICARE SAVINGS PROGRAM, SNAP, UTILITIES, ETC.
- **CHRONIC DISEASE SELF-MANAGEMENT** - FREE CLASSES FOR CHRONIC DISEASE, DIABETES, AND PAIN SELF-MANAGEMENT
- **SENIOR MEDICARE PATROL (SMP)** - PREVENTION OF SCAMS, FRAUD, OR ABUSE OF MEDICARE.
- **SENIOR FARMER'S MARKET CARDS** - IN THE SUMMER, RECEIVE A CHARGE CARD TO SPEND AT YOUR LOCAL FARMER'S MARKET
- **GRANDPARENTS (OR OTHER RELATIVE) RAISING GRANDCHILDREN** - AGE 55 OR OLDER CARING FOR A CHILD 18 YEARS OF AGE OR UNDER CAN RECEIVE FINANCIAL & ENRICHMENT ASSISTANCE
- **MONEY FOLLOWS THE PERSON** - GUIDANCE FOR TRANSITIONS OUT OF NURSING HOMES BACK INTO THE COMMUNITY.

...AND MUCH MORE!

HOME DELIVERED MEALS ARE HEALTHIER THAN FROZEN MEALS YOU WOULD FIND IN A GROCERY STORE AS THEY PROVIDE A BALANCE OF NUTRIENTS, A VARIETY OF FOODS AND ARE LOW IN SODIUM.

THEY ARE EXCELLENT FOR PEOPLE WITH DIABETES, HEART DISEASE, AND MANY OTHER CHRONIC CONDITIONS. ANONYMOUS DONATIONS ARE REQUESTED BUT NOT REQUIRED. INDIVIDUALIZED NUTRITION COUNSELING IS AVAILABLE AS WELL AS ONGOING EDUCATION.

PLEASE CONTACT ME DIRECTLY IF YOU ARE INTERESTED IN FREE INDIVIDUALIZED NUTRITION COUNSELING.

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