



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CD*

July is Peach and Blueberry Month

A healthy diet is a key part of aging well. Most fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber. The local Farmer's Markets are the best place to find ripened and sweet local fruits and vegetables. The Ulster County Office for the Aging is offering Senior Farmers Market Coupons to **eligible** Ulster County seniors. For more information call 845-340-3456.

Some helpful Farmers Market tips:

- 1) Take cash - most farmers markets deal in cash only so small bills are your best bet. No change will be given for FMP Coupons.
- 2) Get up early and get going - guarantees close parking and a great selection
- 3) Bring reuseable sturdy bags - some stands don't offer bags
- 4) In addition to fruits and vegetables stock your kitchen with flavored vinegars, oils and homemade jams. (FMP Coupons can be used only for fruits and vegetables)

Peach and Blueberry Parfait

Ingredients:

2 c. 1% low fat milk
1/3 c. sugar
1 tsp vanilla
1 pint fresh blueberries
3 pounds fresh peaches, peeled and diced (about 7 cups)
½ (14oz angel food cake, cubed 6 cups)

Serves: 8

1 large egg
1Tbsp cornstarch

Directions:

- 1) Whisk together milk, egg, sugar and cornstarch over a medium low heat, stirring constantly for 15 minutes or until thickened. Add vanilla.
- 2) Pour mixture into a small mixing bowl, cover and chill for 2 hrs or until ready to serve.
- 3) Layer fruit and cake into 8 tall glasses. Drizzle each with ¼ c vanilla sauce.
- 4) Garnish as desired - Enjoy!

Nutrition - Calories: 215, Carbohydrates: 46 gm, Protein: 5.9 gm, Total fat: 2 gm

Join us at OFA's Community Cafés

For reservations and more information please call
Gateway Industries @ 331-2180