

# Living 50 Plus in *Cottage Grove*



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On Saturday, November 7, the local Veterans of Foreign Wars (VFW) Post hosted a Veterans Day celebration at the Cottage Grove Armory. Per tradition, the event began at 11 a.m. to mark the 11/11/11--the eleventh day of the eleventh month at 11 a.m. VFW President Dennis Twite lead the ceremony (above) while Cottage Grove Mayor Jeff Gowing (right) addressed the audience. Tom McVey led a bandpipe procession into the armory to begin the service (top right). Photos submitted by Ken Roberts and Carolin Pettit.

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## Eating healthy after 50

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctively add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. 3/4 teaspoon of salt.