

Power Foods: Punch Up What You Wolf Down

By **Reed Engel, MA, FAWHP**, Director of Wellness Strategies, Mather LifeWays Institute on Aging

If you're in a diet rut, modifying your own menu can be one of the easiest, least expensive ways to feel better and enjoy a full and active life-style. By paying attention to what you consume, health care professionals say it's possible to reduce your risk of developing heart disease, diabetes and certain types of cancer.

Forget bland, too. There are dozens of delicious and filling Power Foods you can easily integrate into your weekly meals.

Here are 5 winners:

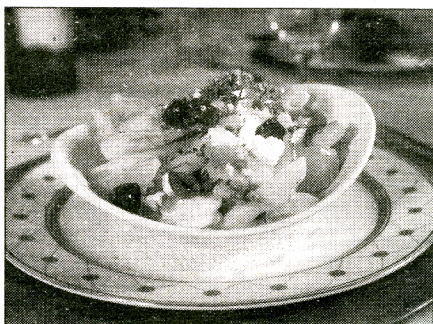
1. **Whole Grains** – for general health protection
2. **Yogurt** – for boosting immunity
3. **Salmon** – for bones and heart health
4. **Blueberries** – for cognitive health and fighting disease
5. **Tomatoes** – for prostate health and cancer protection

The first and most important step before undertaking a diet change is to talk with your health care provider, who will discuss your general health related to diet.

Taste your way to better health, have fun and get ready to explore!

For the full article on "24 Power Foods for Older Adults" visit: www.matherlifeways.com/whitepapers.

Mather LifeWays is a not-for-profit organization



Tomato Feta Pasta with Shrimp as prepared by Splendido's Executive Chef Al Dileo.

that enhances the lives of older adults by creating Ways to Age Well.SM Mather LifeWays operates Splendido, a Continuing Care Retirement Community (CCRC) located in Tucson, Arizona, that offers a 90% refundable entrance fee, guaranteed access to health services at Sonora, Splendido's health center, as well as delicious, healthy Custome! And Conscious Cuisine served at four onsite dining venues. To get additional information on Splendido, call (520) 878-2612 or e-mail info@splendidotucson.com.

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How to Control Your Future in this Present Economy

Splendido, Tucson's newest retirement community, has pulled together a panel of experts just for you! Attend with a friend and gain valuable tips on what you need to do to be in control of your finances, your health care, and your future.

Panelists include a trust expert and lawyer, as well as a Splendido resident and advisor. There will be a Q&A Session following.

TUESDAY, FEBRUARY 26, 2008

2:00 P.M.

SPLENDIDO

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Enjoy our pastry chef's desserts & tours of Splendido.

R.S.V.P. by Friday, February 22, to 878-2612

or info@splendidotucson.com.



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