

July 2019

## Evolve at Rye

295 Lafayette Rd.  
Rye, NH 03870



### Today's Trend No Meat Meals

Meat is one of the most expensive sources of protein. Many people save money by focusing on other protein-rich foods, such as whole grains, beans, nuts, eggs and cheese.

Eating less meat can also increase longevity. A diet rich in vegetables, fruits and whole grains has been shown to decrease the risk of diabetes and several types of cancers and to protect against heart disease. If weight loss is a goal, keep in mind that research shows people on plant-based diets tend to have lower body weight. Experts think this is because they consume more fiber and fewer calories.

Buying less meat can also reduce your carbon footprint and save fuel and water, since raising animals for food takes large amounts of natural resources.

### *Upcoming Events in Our Community:*

Our **Happy Birthday Bash** will be held on  
Thursday, July 18th at 3:00 p.m.

Our **Courtyard Celebration BBQ** will be held on  
Thursday, July 25th at 5:00 p.m.

**Taste and Tell with Chef Jeff** will be held on  
Tuesday, July 30th at 1:30 p.m.

***Looking forward to seeing you!***



Taste and Tell with Chef Jeff

*"The dandelions and buttercups gild all the lawn: the drowsy bee stumbles among the clover tops and summer sweetens all to me."*

-James Russell Lowell

## **Nutrients that can help Fight Seasonal Allergies:**

**Omeegas 3 fats** can lower risk of developing allergies & help combat inflammation associated with seasonal allergies. *Can be found in Walnuts and Flax.*

**Calcium** buffers the acidic stage of allergic reaction & help reduces histamine production/ *Can be found in: Kale & Chia Seeds*

**Probiotics** offer inflammatory & anti-allergic effects especially when given during pregnancy. *Can be found in: Fermented Food*

**Carotenoids** are anti-inflammatory and proven to limit the prevalence of seasonal allergies *Can be found in: Sweet Pot & Mango.*

**Resveratrol** is a powerful antioxidant with anti-inflammatory properties that can help reduce allergy symptoms. *Can be found in: Grapes and Red Wine*

**Vitamin C** High levels of Vitamin C reduce histamine & help it down faster once its been released. *Can be found in: Berries & Broccoli*

**Magnesium** has a calming affect on bronchial tubes & acts as an antihistamine. *Can be found in: Nuts & Seeds*

**Vitamin E** the gamma-tocopherol form of Vit. E decreases allergy-related inflammation in very high dose. *Can be found in Almonds*

## ***Evolve at Rye Wishes Our Residents and Employees a Very Happy Birthday!***

### **Residents:**

Dotty W 7/6  
Joanne Jurgens 7/7  
Marcie Jenny 7/12  
Charles Leslie Jr. 7/15

### **Employees:**

Mark L 7/2  
Kierstin B 7/4  
Jenine B 7/4  
Aryana D 7/7  
Nicole J 7/8  
Richard C 7/12  
Marcia M 7/15  
Valdelice F 7/23  
Julia C 7/28

