



## APRICOTS

This summer has flown by! Here at Greater Springfield Senior Services, Inc, we can't believe it's already September! This month, we're having an apricot and feta salad on the 18th. The origins of apricots are disputed, they have been found in Armenian, Chinese, and Indian histories. They are used in a variety of things; from drinks to food to Eastern medicine. They're often seen dried and have many health benefits.

### Health Benefits

#### *Vitamin A*

Apricots are a great source of beta-carotene (which our body turns into vitamin A). Beta-carotene is an antioxidant that helps the body fight disease. It also helps reduce risk of heart disease and some cancers. Vitamin A is important because it keeps our eyes, hair, and skin healthy.

#### *Fiber*

Apricots are also a great source of fiber. Fiber helps regulate blood glucose, cholesterol levels, and keep us regular.

#### *Iron*

Apricots are also a surprisingly high source of iron. Iron is a component of hemoglobin, which is found in our red blood cells. Hemoglobin carries oxygen to every cell in the body. It is oxygen that keeps each cell alive.

### Uses and Selection

Apricots can be used in many recipes from the main course to dessert, breakfast to dinnertime. They are good sliced in oatmeal or yogurt, chopped up in pancake batter or on top of waffles, sliced into fruit salads, added to stews, made into smoothies, or salsas. Apricots can be dried, frozen, or fresh. Be careful with dried apricots, however. Consuming 1 dried apricot is the same as consuming 1 FRESH apricots. With this logic, if you eat 10 dried apricots, that's like eating 10 whole apricots in one sitting!

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YOU FEELING REFRESHED!



MARY D