NEWS You Can Use
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NUTRITION EDUCATION WITH SENIORS

Canned fruit is just as nutritious as fresh and frozen fruit. Since canned fruit may contain added sugar, it is best to drain the liquid then rinse the fruit with water to help decrease the amount of added sugar consumed. Choose canned fruits that are packaged in unsweetened fruit juice or light syrup more often in order to cut back on both sugar and calories.

Women ages 51+ should eat 1½ cups of fruits daily.
Men ages 51+ should consume 2 cups of fruits daily.

Canned Fruit Benefits:

- **Nutritious.** Canned fruits are equally as nutritious as their fresh or frozen counterparts. They offer the same vitamins and minerals.

- **Long shelf life.** Canned fruits can last for *two to three years* past the production date. Be sure to use the product by the "Best By" date, as the quality and flavor may decline after this date.

- **Easy to use.** Canned fruits are easy to prepare since they are pre-cut, easy to chew, and come in many fruit varieties.

MIX IT UP, WITH MIXED FRUIT!

Canned mixed fruit contains diced pears, peaches, and whole seedless grapes in syrup or juice. Each can is about 15½ ounces (1½ cups) and provides six servings (¼ cup each).

Selection:

- Choose cans that are free from dents, cracks, rust, and bulging.
- Be sure to check the expiration date before purchasing.

Storage:

- Store unopened cans in a cool, dry place such as a kitchen pantry or cabinet.
- After opening, store the fruit in an airtight container (NOT the open can) in the refrigerator for up to four days.

Nutrition:

- One cup of mixed fruit counts as one serving of fruit from the MyPlate fruit group.
- Mixed fruit packaged in heavy syrup contains approximately *100 calories* and *18 grams of sugar* per serving while mixed fruit packaged in light syrup contains about *60 calories* and *14 grams of sugar* per serving.

Preparation & Uses:

- Drain and rinse the fruit in a colander before eating or using in a recipe.
- Use as a topping for hot oatmeal, layered in a yogurt parfait, added to a gelatin dessert, or baked in a fruit cobbler

Tips for Living on a Tight Budget

If you have a limited income and you find yourself living frugally, remember these tips for budgeting and staying within your means:

1. **Track all expenses.** In order to stay within your personal spending plan, it's important to keep track of spending on purchases, bills, etc. Although it may be time consuming, writing down expenditures, separating each into a category, and totaling the categories will save you a headache when trying to compare your spending with your allotted budget.

2. **Plan for unexpected expenses.** Setting extra money aside in an "emergency fund" will be useful when an unpredictable event occurs such as a flat tire, illness, or broken appliances. Saving a little money each month may prevent the need for a loan or using your credit card.

3. **Smart shopping.** Before going to a clothing or grocery store, check the weekly ads to find out what items are on sale. Save extra money by clipping coupons and shopping at stores with discounted prices.

Yogurt Parfaits

Serves: 4
Serving size: 1 cup

Ingredients:
2 cups canned mixed fruit, drained
2 cups low-fat vanilla yogurt
Optional ingredients: raisins, dried fruit, chopped nuts, sunflower seeds, or crunchy cereal

Instructions:
1. Put ¼ cup fruit into the bottom of four glasses. Top with ¼ cup vanilla yogurt. Add another ¼ cup fruit and top with ¼ cup yogurt.
2. Top with optional ingredients if desired.
3. Chill until ready to serve.

Nutritional analysis (1 cup): 100 calories, 1g fat, 0g saturated, 0g trans, 85mg sodium, 19g carbohydrates, 2g fiber, 15g sugar, 6g protein

Source: **http://www.extension.iastate.edu/foodsavings/recipes/yogurt-parfaits**

Helpful Resources

Polk County Congregate Meals
(515) 286-2062

Commodity and Supplemental Foods
(515) 286-3679

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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