

# NEWS

You Can Use

April 2014

## NUTRITION EDUCATION WITH SENIORS



**B**reakfast is one of the most important meals of the day. Everyone, regardless of age, needs to eat a nutrient-rich breakfast in order to provide fuel for both the brain and body. People who eat breakfast regularly tend to snack less throughout the day and weigh less than those who do not eat breakfast.

Cereals like bran flakes or **toasted oats** are commonly consumed at breakfast. Not all cereals are equal when it comes to nutrition. Those that are high in sugar can leave you feeling hungry not long after eating. The key is finding one that is nutrient-rich and tastes great.

Here are some tips to choosing a healthy breakfast cereal:

- ◆ **Fill up on fiber.** Choose a breakfast cereal that has at least three grams of fiber per serving. Five or more grams per serving is preferred. The Nutrition Facts Label indicates the amount of fiber per serving; 5% of the Daily Value (DV) or less is low in fiber and 20% DV or more is high in fiber. Look for “whole wheat,” “whole bran,” or “whole oats” as the first ingredient.
- ◆ **Cut back on sugar.** Choose cereals with eight grams of sugar or less. Added sugars may be listed as the following on the label: high fructose corn syrup, sucrose, dextrose, maltose, brown sugar, or molasses.
- ◆ **Pay attention to key vitamins and minerals.** Vitamins (A, C, D, B12, B6, thiamin, riboflavin, niacin, folate) and minerals (iron, zinc, calcium, phosphorus, magnesium) should be between 10 and 25% of the DV. B vitamins are beneficial for brain health, iron is needed for energy and immune function, and calcium is essential for bone health.



## Enjoy the Taste of Toasted Oats!

### Storage:

- ◆ Store in a cool, dry place such as a kitchen cabinet or pantry. Toasted oats can be stored in the original box, but be sure to tightly seal the packaging after use to prevent them from going stale.
- ◆ Unopened cereal lasts for 6-8 months past the printed “Best before” date.
- ◆ Opened cereal can last up to 4-6 months if stored properly.

### Nutrition:

One cup of toasted oats (a one-ounce equivalent from the MyPlate grain group) provides:

- ◆ About 100 calories and 3g of sugar
- ◆ Between 10-25% of the DV for fiber and the vitamins and minerals mentioned above

### Uses:

- ◆ Breakfast main course, no-bake snack bars, trail mix, or as a snack.

## Purchasing Cereal On a Budget

Eating a delicious, nutrient-rich breakfast cereal doesn't require spending extra money. Here are a few tips that may help you save a few bucks:

- **Buy generic.** Purchasing a name brand cereal is typically more expensive than buying generic cereal. Generic cereal is often equally as nutritious and contains the same ingredients as its name brand counterpart.
- **Do a cost comparison.** When comparing cereals at the grocery store, pay attention to the total cost as well as the cost per serving. A 14-ounce box of name brand toasted oat cereal costs around \$0.20 per cup while a 14-ounce box of generic toasted oat cereal costs about \$0.11 per cup.
- **Buy in bulk.** Purchasing cereal in bulk quantities may save you a few dollars per cereal box. Remember, unopened cereal lasts about 6-8 months past the "Best before" date, so it's okay to have some extra unopened boxes in your pantry.



### Popcorn Trail Mix

**Serves:** 7

**Serving size:** 1 cup

#### Ingredients:

3 cups air popped or low-fat/low-sodium microwave popcorn

1 cup chocolate Chex® (or Chex® of your choice)

1 cup **toasted oat cereal**

1 cup pretzel twists

1 cup honey flavored shredded wheat

½ cup peanuts (optional)

#### Instructions:

Combine all ingredients in a large bowl or bag.

Nutritional analysis (1 cup): 55 calories, 0.5g fat, 0g saturated, 0g trans, 95mg sodium, 11.5g carbohydrates, 1g fiber, 2g sugar, 1.5g protein

*Source:* <http://www.extension.iastate.edu/foodsavings/recipes/popcorn-trail-mix>



### 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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