

NEWS

You Can Use

September 2014

NUTRITION EDUCATION WITH SENIORS



Adults age 60+ years eat more vegetables than their younger counterparts. Eating 2 to 2½ cups of vegetables daily will help you stay ahead of the pack! Eating a variety of colorful vegetables provides key nutrients such as vitamins/minerals, fiber and antioxidants that protect against chronic diseases like diabetes and high blood pressure.

Color Your Way to Health

- **Dark green vegetables:** broccoli, kale, *spinach*, romaine lettuce, collard greens
- **Starchy vegetables:** corn, green peas, green lima beans, potatoes
- **Red and Orange vegetables:** squash, carrots, pumpkin, tomatoes, sweet potatoes
- **Beans and peas:** black beans, kidney beans, garbanzo beans (chickpeas), pinto beans
- **Other vegetables:** asparagus, eggplant, beets, cauliflower, green beans, mushrooms, zucchini

Spinach: Fall in Love with Popeye's Superfood

Canned spinach comes in many varieties including whole leaf, cut leaf, sliced and chopped. It is a fully-cooked product so it is safe to eat right out of the can.

Selection:

- ♦ Opt for low-sodium canned spinach if possible. Otherwise, rinse canned spinach under cool water to remove added salt before eating.

Storage:

- ♦ Store canned spinach in a cool, dry place such as a kitchen cabinet or pantry.
- ♦ Check the product's "Best By" or "Best if Used By" date. This date is for quality not safety. As long as the can remains damage-free and is stored properly, the spinach will still be safe to consume a little while after the printed date, but its quality may decrease.
- ♦ Once opened, place the leftover spinach in an airtight container or tightly-sealed plastic bag and refrigerate for up to four days.



Nutrition:

- ♦ Contains no fat or cholesterol and is low in sugar
- ♦ One cup canned spinach offers 30 calories, 70% of the daily value (DV) for vitamin A and 20% of the DV for vitamin C and counts as one cup from the MyPlate vegetable group.
- ♦ Spinach has lutein, a natural compound found in spinach, that protects against macular degeneration which is the leading cause of blindness in older adults.

Uses:

- ♦ Add to pasta dishes (e.g. spaghetti, lasagna), casseroles, soups and omelets

Kitchen Food Safety Checklist

Protect yourself from foodborne illness with this kitchen food safety checklist:

- ⊗ **Hand soap:** The easiest way to prevent foodborne illness is by washing your hands! Lather up and wash for 20 seconds or sing the “Happy Birthday” song twice.
- ⊗ **Paper towels:** Sponges and kitchen towels can easily foster and spread bacterial growth. It is best to use paper towels to clean surfaces and wipe up spills.
- ⊗ **Two cutting boards:** Use two cutting boards when working with meat and other foods. Use one cutting board for raw meat, poultry or seafood and the other for produce.
- ⊗ **Shallow, airtight containers:** Store leftovers in small containers. This will help the leftovers cool faster and stay safe for a longer period of time.



Source: www.homefoodsafety.org

Roasted Tomato and Spinach Pasta

Makes: 4 servings

Serving size: 1 1/4 cups

Ingredients:

- 1 (14-ounce) can Italian tomatoes, drained and rinsed
- 1 (13-ounce) can chopped spinach
- 8 ounces spaghetti, uncooked
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese

Instructions:

1. Rinse canned spinach and canned tomatoes under water and drain. Set aside.
2. Follow package directions to cook spaghetti. Drain.
3. Add Italian seasoning, spinach and tomatoes to the spaghetti. Stir until heated through.
4. Serve with Parmesan cheese.



Nutritional analysis (1 1/4 cup): 280 calories, 3 g fat, 1 g saturated, 0 g trans, 340 mg sodium, 51 g carbohydrates, 5 g fiber, 5 g sugar, 13 g protein

Source: Adapted from <http://www.extension.iastate.edu/foodsavings/recipes/roasted-tomato-and-spinach-pasta>

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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