

# NEWS

## You Can Use

August 2015

### NUTRITION EDUCATION WITH SENIORS



Adults age 51+ should consume 2 to 2 ½ cups of vegetables *every day*. It is important to include a variety of colors and types of vegetables because they provide many different nutrients to the body.

*There are many tasty vegetable options to put on your plate!*

The chart below shows how many vegetables of different groups you should try to eat during the week. Fresh, frozen, and canned vegetables are all healthy options. Pick the one that's best for you!

	<b>Dark Green Vegetables</b>	<b>Red and Orange Vegetables</b>	<b>Beans and Peas</b>	<b>Starchy vegetables</b>	<b>Other vegetables</b>
Examples of vegetables	Broccoli, dark green lettuce, green beans	Beets, bell peppers, squash, tomatoes	Black beans, chickpeas, split peas	<i>Corn</i> and potatoes	Brussels sprouts, mushrooms, zucchini
Women 51+	1 ½ cups	4 cups	1 cup	4 cups	3 ½ cups
Men 51+	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups

### *Iowa's Golden Food!*

If you are trying to limit the amount of sodium in your diet, you can help lower the amount of sodium in canned corn by draining it in a colander and rinsing it with water.

#### Selection:

- Choose cans that are free from leaks, bulges, and dents

#### Storage:

- Keep in a cool, dry place such as a pantry
- Stores for up to 2-5 years
- Use before the "Best if used by" date on the can
- Once opened, store in a refrigerator for up to 4 days or in a freezer for up to 2 months

#### Nutrition:

1 cup canned corn provides:

- 120 calories, 4 grams of fiber and 4 grams of protein
- Is in the starchy vegetable group
- Counts as one serving from the MyPlate vegetable group



#### Uses:

- Canned corn makes a great side dish with any meal
- Include in pasta or lettuce salads
- Use in your favorite soup and casserole recipes

***Did you know that corn has been the leading crop in Iowa for more than 150 years?***

The nutrient-rich soil, adequate rainfall, and warm growing season all support healthy growth of corn!

# The Congregate Meal Program

## Great food, people and activities

The Congregate Meal Program provides meals and social activities for adults age 60+. Spouses of any age are also welcome. The meals are healthy and offered at either a free or reduced price.

Along with meals and the chance to socialize, educational and activity opportunities are offered. At the meal site, you can also find information about other programs and services from the Iowa Department of Aging.



There are 16 mealsites to choose from in Polk County! For more information about the Congregate Meal Program, or to find a meal site close to you, call 1-800-747-5452 or visit [www.agingresources.com](http://www.agingresources.com).

### Summer Corn Salad

**Serves: 6**  
**Serving Size: 1/2 cup (132 g)**

#### Ingredients:

**1 can of corn**  
1 avocado (peeled and diced)  
1 pint cherry tomatoes (or 1 can of diced tomatoes)  
½ cup chopped red onions  
2 tablespoons lime or lemon juice  
¼ teaspoon salt  
¼ teaspoon pepper

#### Instructions:

1. Drain corn; cut avocado; dice tomatoes; chop onions.
2. Combine all ingredients in a medium-sized bowl.
3. Chill in refrigerator for 45 minutes.
4. Toss before serving.

Nutritional analysis (132g):  
80 calories, 3.5 g fat, 0.5 g saturated, 0 g trans, 170 mg sodium, 11 g carbohydrates, 2 g fiber, 2 g sugar, 2 g protein

This recipe is adapted from  
<http://www.yummly.com/recipe/external/Avocado-Tomato-Corn-Salad-973153>



### Helpful Resources

Polk County Congregate Meals  
(515) 286-3679

Commodity and Supplemental Foods  
(515) 286-3655

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

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### Extension and Outreach

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