

NEWS

You Can Use

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NUTRITION EDUCATION WITH SENIORS



Dry beans, like **vegetarian beans**, have taken the spotlight in health news over the past several years. There are many reasons to include beans as part of your diet. Below are some nutrition, health, and budget-friendly benefits of eating beans.

- ◇ Beans are **high in protein**. This easy-to-chew protein source will help keep you feeling full longer and help you build strong muscles. Eating enough protein is also important for maintaining a healthy body weight.
- ◇ Beans, because they are a plant food, are naturally **cholesterol-free** which is good news for your heart. Beans also help lower blood pressure!
- ◇ Beans are an **inexpensive, nutrient-rich** food. They can be bought in canned and dried varieties, allowing easy and safe storage.

SERVING UP HEART HEALTH!

All beans, canned or dry, are healthy options. To reduce sodium in canned beans, just drain them in a colander and rinse with water.

Selection:

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

Storage:

- Keep in a cool, dry place such as a pantry
- Use before the “Best if used by” date on the can
- Stores for up to 2 to 5 years; however, the quality is best when eaten within 1 to 2 years.



Nutrition: 1/2 cup serving of **vegetarian beans** provides:

- 100 calories, 6 grams of protein, and 5 grams of fiber (goal per day is 20 to 30 grams)
- Good source of iron and calcium
- Is naturally free of fat and cholesterol
- Counts as 2 one-ounce equivalents from the MyPlate protein group

Uses:

- Heat and serve as a side dish with lean protein and colorful vegetables.
- Serve with brown rice with beans and pair with vegetables.
- Spread over a piece of toast for a snack, or pair with a fruit, vegetable, and glass of milk for a “MyPlate” meal.
- Include in vegetable soup, salad, and pasta recipes.

Dates on Food Packages: What do they mean?

Most packaged foods have dates listed on the package. Protect yourself and your family by knowing what this date means.



“**Use by**” is used on a variety of foods and indicates when the food will remain at its best quality. After this date the quality may change but it is still safe to eat.

“**Best by**” is mainly used on shelf-stable foods such as peanut butter and mustard. The date is how long the product will remain at its best quality while unopened. After the date, small quality changes may occur but you can usually still consume it past this date. Always follow package instructions after opening the product.

“**Sell by**” is found on perishable foods such as meat and milk. After this date, stores should not display the product. Always buy these foods before the date and keep them refrigerated. Meats can last 1-2 days beyond the date and milk will last for about a week.

“**Expiration**” dates specify when foods will go bad, and should be eaten before the date.

Adapted from *StillTasty.com* and *HealthMeUp.com*. Refer to these websites for questions about expiration dates on foods.

10 Minute Chili

Serves: 4
Serving Size: 1 cup



Ingredients:

1. 1/2 pound lean ground beef
2. 1 small onion, chopped
3. **1– 16 ounce can vegetarian beans**
4. 1– 14.5 ounce can diced tomatoes
5. 1 cup water
6. 1-2 Tablespoons chili powder

Instructions:

1. Cook ground beef and onion together in a saucepan.
2. Rinse the beef and onion mixture with warm water and drain to remove excess fat. Place back in the saucepan.
3. Add the rest of the ingredients to the beef and onion mixture.
4. Cook over medium heat until heated through, about 10 minutes.
5. Refrigerate leftovers.

Nutritional analysis 1 cup (296g): 230 calories, 9 g fat, 3 g saturated, 590 mg sodium, 28 g carbohydrates, 6 g fiber, 11 g sugar, 14 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings/recipes/10-minute-chili>

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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