NEWS You Can Use

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NUTRITION EDUCATION WITH SENIORS

Have you ever been in a pinch to create a healthy meal from a few food items in your house? Stocking your pantry and refrigerator with food staples can aid in the preparation of quick, tasty, nutrient-rich meals.

Stock your ***pantry*** with these items:

- Vegetable oil (e.g., canola, olive)
- Canned foods:
  - Beans (low sodium)
  - Vegetables (low sodium)
  - Fruits (canned in juice or light syrup)
  - Meat or seafood (e.g. tuna, chicken)
- Brown rice
- Pasta
- Pasta sauce
- Peanut butter
- Cereal and rolled oats
- Nuts, seeds and dried fruit
- Chicken/beef/vegetable broth

Stock your ***refrigerator*** with these items:

- Reduced fat, 1% or fat-free milk
- Butter or margarine
- Low-fat or non-fat yogurt
- Eggs
- Cheese (e.g. cheddar, mozzarella)
- Condiments: ketchup, mustard
- Fruit preserves (i.e., jam, jelly)

Stock your ***freezer*** with these items:

- Frozen fruits and vegetables
- Poultry, lean ground beef, seafood
- Whole grain/wheat bread and bagels
- Pizza dough

Munch on Macaroni Madness!

Dry, elbow macaroni is enriched with B-vitamins and iron which are important for keeping your brain, muscles and blood healthy.

Storage:

- Store unopened macaroni in a cool, dry place such as a kitchen pantry or cabinet.
- Once opened, place macaroni into a tightly sealed plastic bag or airtight container.
- Check the "Best By," "Best if Used By," or "Use By" date on the package to determine how long the macaroni will remain at peak quality. As long as the pasta remains unopened and the package is free from damage, it is most likely safe to eat for a little while longer past the printed date.

Nutrition: One-half cup uncooked macaroni:

- Is a one ounce equivalent from the MyPlate grain group
- Provides about 110 calories and 4 grams of protein
- Is low in fat and contains no cholesterol, sodium or added sugars
- Yields about one cup of cooked macaroni

Uses:

- Pasta salad, added to soups or casseroles or topped with tomato sauce and cheese as a main dish

Eat Healthy, For Less!

While eating healthy can be expensive, it doesn't have to be. Keeping track of what, how much and where you buy food can save you money and stretch your food dollar.

- **Ask about senior day.** Find out if your grocery store offers a senior day. On this day, the store will usually offer a discount to those age 65+ years.
- **Buy only what you need.** Make a list of the perishable items in your refrigerator and the non-perishable items in your pantry and note what needs to be restocked. When shopping, purchase items that were only included on your "to buy" list.
- **Choose produce that is in season.** Seasonal produce is typically cheaper. If you want a fruit or vegetable that isn't in season, buy the frozen version to save on cost.
- **Plan your meals.** Planning your meals ahead of time will allow you to account for leftovers. Less money will be spent because those leftovers can be used to create another meal during the week.

Healthy Macaroni Salad

Serves: 2 **Serving size**: about ½ cup

Ingredients:

½ cup uncooked elbow macaroni
2 cups water
1/4 cucumber
1 hard-boiled egg, chopped
1/4 cup low-fat shredded cheese
1/4 cup celery, chopped
½ cup carrot, grated
1/4 cup light mayonnaise
½ teaspoon lemon juice

Instructions:

1. Cook macaroni according to package directions.
2. Drain macaroni and let cool. Add lemon juice.
3. Add the remaining ingredients and refrigerate until adequately cooled.

Nutritional analysis (~½ cup): 190 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 230 mg sodium, 19 g carbohydrates, 1 g fiber, 3 g sugar, 8 g protein

Adapted from: http://www.food.com/recipe/healthy-macaroni-salad-148152

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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