

# NEWS You Can Use

October 2014

## NUTRITION EDUCATION WITH SENIORS



**B**esides serving as a delicious, wholesome breakfast choice, **oatmeal** offers many health benefits. It provides energy to fuel your day, soluble fiber that may help lower “bad” (LDL) cholesterol and whole grains that aid in both weight management and blood sugar control.

### Choose the Perfect Oat for You...



- **Instant:** whole oats that are cut finer and rolled thinner for quick cooking
- **Old Fashioned:** whole oats that are rolled and flattened into flakes
- **Steel Cut:** cut into pieces instead of rolled; longer cooking time and heartier texture

All three types of oats are equally as nutritious since they contain all three parts of the grain kernel (bran, germ and endosperm).

**Adults age 51+ should aim for *three servings* of whole grains and *20+ grams* of fiber daily.**

**Boost Your Whole Grain Consumption!**

Diamond Quick Cooking Rolled Oats is available in a three-pound bag. This provides about 71 servings of oatmeal!

#### **Storage:**

- ◆ Store in a cool, dry place such as a kitchen cabinet or pantry.
- ◆ Check the product’s “Best By” or “Best if Used By” date which indicates how long the oats will remain at peak quality. As long as the oatmeal is stored properly, it will still be safe to eat a little while after the printed date, but their quality may decrease.
- ◆ After opening, make sure the package is tightly sealed to keep the oatmeal fresh! Store the oats in several smaller airtight containers or freezer bags. These can be stored in the pantry or freezer for up to one year. Just remember to write down the “Best By” or “Best if Used By” date on the container.

#### **Preparation/Cooking:**

**Stovetop:** Add oats to boiling water, cook for one minute, stirring. Remove from heat and let stand a few minutes before serving.

**Microwave:** Add oats to a microwave safe dish and fill with water (just covering oats). Heat on HIGH for about 1½ minutes or until oats have swelled and softened.

#### **Nutrition:** ½ cup cooked oats:

- ◆ Provides 83 calories, 2 grams of fiber, is low in sugar and is fat and cholesterol-free
- ◆ Counts as a one-ounce equivalent and a whole grain from the MyPlate grain group



#### **Uses:**

- ◆ Serve warm for breakfast or use as a topping for an afternoon snack such as a yogurt parfait

# What's Lurking in Your Kitchen?

A 2013 germ study discovered the “germiest” places in the kitchen. You may be surprised by what they found!

## Top 6 “Germiest” Kitchen Appliances:

1. Refrigerator vegetable drawer
2. Refrigerator meat drawer
3. Blender gasket
4. Can opener
5. Rubber spatula
6. Food storage container with rubber seal



Microorganisms that can come into direct contact with food and lead to sickness are found on everyday kitchen items. It's important to regularly clean these appliances and other items in your kitchen to reduce your risk for foodborne illness and maintain good kitchen safety practices.

Source: <http://www.nsf.org/consumer-resources/studies-articles/germ-studies/germiest-items-kitchen>

## Make-Your-Own Oatmeal Packets

Serving Size: 1 packet      Serves: 1

### PACKETS:

#### Apple or Raisin Cinnamon Oatmeal

- 1/2 cup uncooked oatmeal
- 2 teaspoon brown sugar
- 1/4 teaspoon cinnamon
- 2 Tablespoons chopped, dried apples OR raisins

#### Cocoa Oatmeal

- 1/2 cup uncooked oatmeal
- 1 teaspoon baking cocoa
- 1 teaspoon sugar

### Packet Instructions:

1. Mix ingredients and place in a plastic bag or airtight container. Seal/cover and store for future use.

### Cooking Instructions:

1. Empty packet into a microwave safe bowl and stir in 1 cup water or milk.
2. Microwave on HIGH for 1½ minutes or until cooked to your desired consistency. Stir before serving.

Nutritional analysis (1 packet): 230 calories, 3 g fat, 0.5 g saturated, 0 g trans, 105 mg sodium, 39 g carbohydrates, 4 g fiber, 13 g sugar, 14 g protein

Source: <http://www.extension.iastate.edu/foodsavings/recipes/oatmeal-packets>



## 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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