

NEWS

You Can Use

March 2015

NUTRITION EDUCATION WITH SENIORS



Pasta, one of America's most popular foods, is both versatile and budget-friendly. When combined with tomato sauce, fiber-rich vegetables, protein-packed poultry and lean meat or heart-healthy seafood, it can create a delicious, nutrient-rich meal.

Fun Pasta Facts from the National Pasta Association:

- The United States is the second largest producer of pasta (4.4 billion pounds per year).
- The average American eats 20 pounds of pasta annually.
- There are over 600 different shapes of pasta made around the world.
- Not only is pasta available in different shapes, but it also comes in other varieties such as added fiber or omega-3 fatty acids, whole grain or flavors like tomato, garlic and more!



Spaghetti: Simple. Delicious. Nutritious.

Enriched, dry spaghetti is created from durum wheat semolina and water. The term "enriched" means that vitamins (e.g., B vitamins) and minerals (e.g., iron) are added to the spaghetti. Each one pound package of contains about 32, ½ cup servings of cooked spaghetti.

Storage:

- ◆ Store unopened spaghetti in a cool, dry place such as a kitchen pantry or cabinet for up to three years.
- ◆ Once opened, place the dry spaghetti in an airtight container or resealable plastic bag.
- ◆ After the spaghetti has been cooked, store in the refrigerator for up to four days.

Cooking:

1. On a stovetop or electric skillet, bring water to boil in a large pot.
2. Add spaghetti and bring to a boil, stirring often.
3. Cook (uncovered) for approximately 8-10 minutes or until spaghetti is easy to bite, yet firm.
4. Remove from heat and drain.

Nutrition: ½ cup cooked spaghetti:

- ◆ Contains 110 calories and 4 grams of protein
- ◆ Is cholesterol, sodium and sugar-free and is low in total fat
- ◆ Is considered a one-ounce equivalent from the MyPlate grain group



Uses:

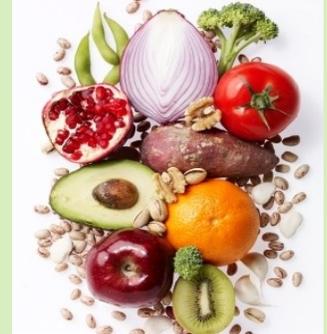
- ◆ Tossed with spaghetti sauce, cooked vegetables and lean meat/poultry or seafood for a nutritious meal
- ◆ Baked spaghetti casserole topped with low/reduced-fat cheese
- ◆ Combined with sliced olives, chopped onion, red and green peppers and tomatoes as well as light Italian dressing to create a cold spaghetti salad

Celebrate National Nutrition Month This March!

National Nutrition Month is an annual nutrition education campaign created by the Academy of Nutrition and Dietetics. The theme for March 2015 is “*Bite into a Healthy Lifestyle*,” which encourages individuals to consume fewer calories, choose nutrient-rich foods and be physically active in order to manage one’s weight and reduce the risk of chronic diseases such as heart disease or diabetes.

Here’s how you can “Bite into a Healthy Lifestyle:”

- Choose a nutrient-rich breakfast of whole grains, dairy and fruit
- Make half of your grains whole grains
- Choose low-fat or fat-free dairy products and lean protein foods (e.g., beef, poultry, pork, fish)
- Skip the “extras” such as added butter, mayonnaise or creamer
- Snack on fruits, vegetables and protein-rich foods like nuts or seeds
- Take the stairs instead of riding the elevator or park further away from the store
- Take a walk with a friend or lift weights while watching TV



Quick Pad Thai

Serving Size: 6
Serves: 1¼ cups



Ingredients:

6 ounces dry spaghetti
1 tablespoon vegetable oil
24 ounces frozen vegetable mix
3 tablespoons light soy sauce
¼ cup water
¼ cup peanut butter
2 tablespoons sugar
1 1/3 cups canned chicken, drained
(can also use ½ pound fresh, boneless chicken breast)
3 eggs
1/3 cup chopped peanuts

Instructions:

1. Cook spaghetti according to package directions. Drain in colander and toss with 1 tablespoon oil.
2. Defrost vegetables in microwave for 5 minutes and drain well (as spaghetti cooks).
3. Combine soy sauce, water, peanut butter and sugar in a small bowl. Stir until smooth and set aside.
4. Crack eggs into a small bowl and beat. Add to pan with chicken and scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
5. Add the soy sauce mixture to the pan and stir to coat veggies and spaghetti.
6. Place in serving bowl and sprinkle peanuts on top.

Nutritional analysis (1¼ cups): 420 calories, 18 g fat, 3 g saturated, 0 g trans, 450 mg sodium, 45 g carbohydrates, 9 g fiber, 6 g sugar, 24 g protein

This recipe is courtesy of ISU Extension and Outreach’s Spend Smart Eat Smart website, <http://www.extension.iastate.edu/foodsavings>

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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Prepared for Polk County Congregate Meal Sites and Supplemental Foods Program.