

NEWS

You Can Use

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NUTRITION EDUCATION WITH SENIORS



Peanut butter is a favorite among many Americans, especially when added to a classic PB and J sandwich. However, you may be asking yourself...why is **peanut butter** considered “healthy” if it is higher in calories and fat?



- Peanut butter is an important source of protein and *monounsaturated fats*.
- Monounsaturated fats are unsaturated (i.e., “healthy”) fats that may aid in keeping the heart and blood vessels healthy and maintaining healthier blood sugar levels.



For a Protein-Packed Nutritious Punch, Choose Peanut Butter



Peanut butter contains ground peanuts mixed with added vegetable oil. Each jar contains 18 ounces (about 2 cups) or 16 servings (2 tablespoons each).

Selection:

- ◆ Peanut butter comes in many forms including creamy, crunchy and powdered.

Storage:

- ◆ Store unopened peanut butter in a cool, dry place for up to two years.
- ◆ Once opened, natural peanut butter must be refrigerated and can be stored up to six months. Oil separation will occur naturally, so simply stir back in the peanut mixture prior to eating.
- ◆ Shelf-stable peanut butter, once opened, can be stored in the pantry for up to three months. For longer storage, refrigerate 3-4 months following pantry storage.
- ◆ Unopened powdered peanut butter can be stored for 10-12 months. Once opened, it is best to eat it within 4-6 months.
- ◆ Do not freeze peanut butter.

Nutrition: 2 tablespoons peanut butter:

- ◆ Provides 188 calories and 7g of protein
- ◆ Contains heart-healthy monounsaturated fat
- ◆ Counts as a one-ounce equivalent from the MyPlate protein group

Uses:

- ◆ Spread on toast or pair with a banana, apple, celery sticks or graham crackers for a filling snack.
- ◆ Stir in your hot oatmeal for a tasty, nutty flavor.
- ◆ Create a classic PB and J sandwich using creamy or crunchy peanut butter and add a sliced banana or other fruit for a kick.



Spring Cleaning For Your Kitchen Pantry

Need to rearrange your kitchen pantry, but don't know where to start? Follow these simple tips to keep your pantry food safe and well-organized:

- **Step 1: Clean your pantry**—Remove all items and separate them into four main piles: 1) items to keep (i.e., are not expired and will be used), 2) items to throw away (i.e., expired or opened food that won't be eaten), 3) items to donate (i.e., unopened food that is not expired and will not be used) and 4) non-food items.
- **Step 2: Relocate non-food items**—Consider moving non-food items to other storage spaces like kitchen cabinets or a supply closet. This will allow plenty of room for non-perishable foods and help keep your pantry less cluttered.
- **Step 3: Create categories**—Group the items you desire to keep into different categories like grains, canned goods, boxed goods, baking items, spices, cooking oils, snack foods, etc.
- **Step 4: Learn to label**—Consider labeling your shelves based on the categories you created. Using a permanent marker, label items with the expiration date as you place them in the pantry and rotate "older" items to the front of the shelves.

Adapted from <http://www.womansday.com/home/organizing-cleaning/tips/a5330/wds-guide-to-a-well-organized-pantry-112582/>

Peanut Butter Balls

Serves: ~12
Serving Size: 2 balls



Ingredients:

½ (15-ounce) can great northern beans, drained and rinsed
2 2/3 tablespoon honey
1½ teaspoons vanilla
½ cup + 2 tablespoons **peanut butter**
¾ cup quick cooking oats

Instructions:

1. Mash the great northern beans with a fork in a bowl until smooth.
2. Add the honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in oatmeal.
5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 25 balls).
6. Store leftover balls in an airtight container in the refrigerator.

Nutritional analysis (2 balls): 140 calories, 8 g fat, 1.5 g saturated, 0 g trans, 110 mg sodium, 14 g carbohydrates, 3 g fiber, 5 g sugar, 6 g protein

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

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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