

NEWS

You Can Use

OCTOBER 2015

NUTRITION EDUCATION WITH SENIORS



Peaches are a delicious fruit that offer many important vitamins and minerals that help your body perform well so that you remain independent. The peak season for fresh peaches is July through September. Don't limit yourself to peaches to last summer through early fall though. Enjoy peaches year round by choosing canned and frozen peaches.

- ◆ **Vitamin A** promotes eye and bone health.
- ◆ **Vitamins C and E** protect your cells from damage which help you stay healthy and protected from illness.
- ◆ **Potassium** may prevent heart disease.
- ◆ **Folate** aids in brain and nervous system health.



NUTRITION THAT MAKES YOU FEEL "PEACHY"

Canned peaches are packed in heavy syrup, light syrup, fruit juice, or water. Syrups contain much more sugar than juice or water. To help lower the amount of extra sugar in canned peaches in syrup, place them in a strainer and rinse with water.

Selection:

- ◆ Choose cans that are free from cracks, dents, leaks or bulges.
- ◆ Check the "Best by" or "Best if used by" date on the can.

Storage:

- ◆ Store unopened canned peaches in a cool, dry place for up to 12-18 months.
- ◆ Once opened, store in a covered glass or plastic container for up to 5-7 days in the refrigerator.
- ◆ Canned peaches may also be placed in airtight containers or freezer bags and frozen for up to 1-2 months after opening.



Nutrition: 1 cup serving (2 peach halves) of **canned peaches:**

- ◆ Provides 120 calories and is a good source of vitamin A, vitamin C, and potassium
- ◆ Is naturally fat- and cholesterol-free
- ◆ Counts as a serving from the MyPlate fruit group

Uses:

- ◆ Blend peaches in a smoothie with yogurt and ice
- ◆ Top cereal with peaches
- ◆ Add peaches to yogurt or cottage cheese for a protein and calcium-rich snack

Eating Healthy while Eating Out

Going out to eat is a fun way to be social, taste new foods, and enjoy some of your favorite dishes. Here are a few tips on how to make healthy choices while eating out.

- ◆ **Ask for changes.** Many restaurants will grill instead of fry, which will lessen the amount of fat in the food.
- ◆ **Make the swap.** If your meal comes with fries, ask for a salad or a side of seasonal vegetables or fruit instead.
- ◆ **Split a meal.** Restaurant portions are often double a normal portion, so order one meal and share. This is also healthy for your wallet!
- ◆ **Skip sugary drinks and desserts.** Drinking water with your meal keeps you hydrated, and saves you both calories and money!

Adapted from "20 Tricks to Eating Healthy While Eating Out." *Reader's Digest*. <http://www.rd.com/health/healthy-eating/eating-out-healthy/>

Microwave Peach Crisp

Serves: 1
Serving Size: 1 peach crisp

Ingredients:

1/2 cup sliced **canned peaches**
1 teaspoon vanilla
2 tablespoons rolled oats
2 teaspoons brown sugar
1/2 tablespoon unsalted butter



Instructions:

1. Peel and slice the peaches into a microwavable bowl or mug.
2. Splash vanilla over peaches and stir.
3. In a separate bowl, combine oats, brown sugar, and butter with a fork.
4. Pour these mixed ingredients over the peaches.
5. Microwave for 3-5 minutes.
6. Let cool for 1 minute and enjoy!

Nutritional analysis: 200 calories, 7g fat, 4g saturated, 0 g trans, 10mg sodium, 32g carbohydrates, 2g fiber, 18g sugar, 2g protein

This recipe is adapted from <http://www.wilmingtonparent.com/family/peach-crisp-for-one/>

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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