

# NEWS

You Can Use

January 2016

## NUTRITION EDUCATION WITH SENIORS



Fruits are a delicious and healthy part of a nutritious diet. Fruits contain a variety of nutrients that may reduce the risk of chronic diseases. The table below shows how fruits keep you healthy!

HIGH IN FIBER	LOW IN SODIUM AND HIGH IN POTASSIUM	VITAMIN C
Keeps you feeling full and helps control type 2 diabetes	Maintains healthy blood pressure	Supports a healthy immune system and protects cold and flu viruses

Adults 51+ should consume 1 ½ to 2 cups of fruit every day. You can include fruit in your diet as snacks or as part of a wholesome meal. Keep a bowl of whole fruits such as apples, oranges, and bananas on your kitchen table. Have trouble chewing? Choose soft, easy-to-chew, ready-to-eat canned fruits (in water or light syrup).



## PEARS—ABSOLUTELY PEAR-FECT!

**Canned pears** can be packed in heavy or light syrup, fruit juice, or water. Syrups contain much more sugar than juice or water. To help lower the amount of extra sugar you are getting from the syrup, put the canned pears in a strainer and rinse them with water before eating.



### Selection:

- Choose cans that are free from any leaks, dents, or bulges.
- Check the “Best by” or “Best if used by” date on the can.

### Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, keep pears in a tightly covered glass or plastic container for up to seven days in the refrigerator or two months in the freezer.

### Nutrition: 1 cup of **canned pears:**

- Provides about 140 calories and 4 grams of fiber.
- Is naturally fat-free and a good source of vitamins C and K, potassium and copper.
- Counts as one serving from the MyPlate Fruit Group.

### Uses:

- Pears are a great snack or dessert that can be eaten chilled or at room temperature.
- Top oatmeal or yogurt with pears to add natural sweetness to a filling breakfast.
- Mix pears in with salad or add to side dishes such as rice or stuffing.

## Freeze Your Foods — Safely!

Making and freezing large batches of recipes is an easy way to have healthy meals, without having to cook every night. Many foods, including soups, meats, casseroles, and vegetables, stay fresh for several months in the freezer. Follow these easy steps to have safe and delicious meals, right from your freezer!

- ◆ Make sure your freezer is set at 0°F.
- ◆ Let foods cool in the refrigerator before placing in your freezer.
- ◆ Use freezer safe containers or bags to keep the quality of your food.
- ◆ Use single-serving containers or bags. This way, you can thaw only the amount you are going to eat.
- ◆ Label containers or bags with the name of the food and the date.
- ◆ Do not overfill your freezer.
- ◆ Thaw food in the refrigerator for up to one day. Heat, serve, and enjoy!



For more food safety information, view free online food safety lessons at <http://www.extension.iastate.edu/humansciences/midlife-nutrition-wellness>.

### Slow-cooker Balsamic Chicken and Pears

**Serves:** 4

**Serving Size:** 1 chicken breast and 1/2 cup pears and mushrooms

#### **Ingredients:**

4 boneless, skinless chicken breasts

**1 can pears**, drained

1 cup sliced mushrooms

1/2 cup balsamic vinegar

1/2 teaspoon black pepper

#### **Instructions:**

Place all ingredients in slow cooker and let cook for 4-6 hours on low until chicken falls apart easily.

Add a side salad and glass of milk for a MyPlate-friendly and delicious meal!



**Nutritional analysis (363g):** 270 calories, 3.5 g fat, 0.5 g saturated, 0 g trans, 150 mg sodium, 31 g carbohydrates, 4 g fiber, 21 g sugar, 26 g protein

This recipe is adapted from <http://www.laaloosh.com/2013/04/01/crock-pot-balsamic-chicken-with-pears-and-portabella-mushrooms/>.

### **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

Prepared by  
Michelle Keane, Diet & Exercise Graduate Student  
[mnkeane@iastate.edu](mailto:mnkeane@iastate.edu)

Assisted by  
Sarah L. Francis, PhD, MHS, RD  
ISU Associate Professor & Human Sciences Extension and Outreach  
State Specialist, Nutrition and Wellness; [sfranci@iastate.edu](mailto:sfranci@iastate.edu)

## IOWA STATE UNIVERSITY Extension and Outreach

... and justice for all  
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.