

# NEWS You Can Use

FEBRUARY 2016

## NUTRITION EDUCATION WITH SENIORS



**B**eans are an easy-to-chew source of protein, which is important for muscle health. Strong muscles mean that you can continue doing what you need to do in order to stay independent. Beans are also good for intestinal health. Did you know kidney beans are named after their shape, which looks like a kidney? Kidney beans range in colors, including red, white, and pale green.

**There are about 40,000 varieties of beans in the world!** Beans have been called one of nature's healthiest foods because they are low in fat and provide many important nutrients, including:

- ◇ *Iron*, which is used in carrying oxygen to all parts of the body.
- ◇ *Folate*, which may support a healthy heart and brain.
- ◇ *Fiber*, which helps maintain a healthy weight and can control cholesterol and blood sugar.



Dry beans, even those that are canned, add variety and nutrition to your diet. Explore different types and find your favorite!

## IT'S BEAN TIME!

**Dry kidney beans** come in a 2-pound bag that provides about 24 1/2-cup servings. An easy way to prepare dry beans is by using a slow cooker (crock pot). Check the beans one handful at a time and throw away rocks or dirt. Once sorted, place in a strainer and rinse under cold water. Place 2 cups of beans in a slow cooker with 8 cups of water. Cook on low for 6 to 8 hours or until beans are soft.

### Selection:

- Choose bags that are free from any rips or tears.
- Check the "Best by" or "Best if used by" date on the bag.



### Storage:

- Store unopened bags in a cool, clean, dry place.
- After opening, store unused dry beans in a tightly covered glass or plastic container or plastic bag for up to one year.
- Once cooked, separate into 1-1/2 cup portions. Place in a tightly covered glass or plastic container or plastic bag. Store in the refrigerator for up to four days or freeze for up to six months.

### Nutrition: 1/2 cup of **cooked kidney beans**:

- Provides 120 calories, 8 grams of protein, and 6 grams of fiber.
- Is naturally free of fat, cholesterol, and sodium and is a good source of iron and folate.
- Counts as two servings from the MyPlate Protein Group.

### Uses:

- Add kidney beans to your favorite soups, stews, and casseroles.
- Add to your favorite salads for a boost of protein.

## Working, Helping, Sharing Together

SHARE (Self Help And Resource Exchange) is a Midwestern organization that builds strong communities through service and nutritious food. SHARE offers food packages of fresh fruits, vegetables and frozen meats at up to 50% off retail prices. SHARE posts monthly menus online to choose packages from. After ordering, food can be picked up at host site locations, typically on Saturdays.

SHARE encourages giving back to your community. Volunteering keeps you active, gives you social time, and helps with overall wellness. One study has even shown that it may help lower blood pressure.

Choose whatever you love to do, such as:

- ◆ help a neighbor with their yard work
- ◆ care for a sick friend
- ◆ assist with church activities
- ◆ help deliver meals to seniors



For more information, visit SHARE's website, [www.shareiowa.com](http://www.shareiowa.com), or call 800-344-1107.

### Easy Rice and Beans

**Serves:** 4

**Serving Size:** 1/2 cup rice + 1/2 cup vegetables and beans

#### Ingredients:

- 1 teaspoon oil
- 1 small onion, chopped
- 1/8 teaspoon garlic powder
- 1 tomato, diced
- 1 small green bell pepper, chopped
- 1 celery stalk, sliced
- 1/2 teaspoon dried oregano
- 2 cups kidney beans, cooked
- 2 cups instant brown rice, cooked



#### Instructions:

1. Place oil in large skillet and heat. Add onion and cook until soft.
2. Add garlic, tomato, green pepper, celery, and oregano.
3. Cover and simmer for about 5 minutes.
4. Add beans, stir, and simmer.
5. Cook rice according to package directions.
6. Serve vegetables and beans over cooked rice.

Include a glass of milk and a piece of fruit for a full MyPlate meal!

**Nutritional analysis:** 260 calories, 2.5 g fat, 0 g saturated, 0 g trans, 0 mg cholesterol, 20 mg sodium, 49 g carbohydrates, 9 g fiber, 3 g sugar, 11 g protein

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

### 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.