

NEWS

You Can Use

APRIL 2016

NUTRITION EDUCATION WITH SENIORS



The **MyPlate Grain Group** is made up of a variety of foods like rice, bread, and cereal. Half of your daily grains should be whole grains, but the other half can be refined grains. When refined, the grains lose fiber, vitamins, and minerals. However, the vitamins and minerals are added back in through fortification. So, although fiber is not added back in, refined grains are still good for you.

Aim for 5-6 ounce equivalents of grains daily, making at least half whole grain. The table below gives examples of 1 ounce grain equivalents.

EXAMPLES OF WHOLE GRAINS	EXAMPLES OF REFINED GRAINS
* 1 regular slice whole wheat bread	* 1 regular slice white bread
* 1 small, 6-inch whole wheat tortilla	* 1 small, 6-inch flour tortilla
* 1/2 cup cooked oatmeal	* 1/2 cup cooked cream of wheat
* 1/2 cup cooked brown rice	* 1/2 cup cooked white rice
* 1 cup bran flakes	* 1 cup corn flakes

Did you know? – The average American consumes 25 pounds of rice every year!

There are many kinds of rice, including white, brown, and wild rice varieties. Rice, if stored correctly, can last for a long time, so it is a great item to keep in your pantry!

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, keep rice in a sealed airtight container or place the original bag in a heavy duty sealable bag.
- Uncooked rice will keep indefinitely in the pantry, the refrigerator, or freezer, though quality may decrease.
- After cooking, keep rice in a tightly covered glass or plastic container for up to four days in the refrigerator or up to six months in the freezer.

Nutrition: 1/2 cup of **rice**:

- Provides 100 calories, 2 grams of protein, and is naturally fat-free.
- Counts as 1 serving from the MyPlate Grain Group.



Uses:

- Include rice in soups, casseroles, and salads.
- Combine rice with lean meat, poultry, or fish and vegetables, a glass of milk, and a piece of fruit for a complete MyPlate meal.

Older Adults and SNAP: *Get help paying for healthy food!*

SNAP (Supplemental Nutrition Assistance Program) allows you to buy foods that are nutritious and provide health benefits. Eating a healthy diet protects against diabetes, heart disease, depression, and improves activities of daily living, such as carrying groceries. Listed below are some facts about the SNAP program.

1. SNAP is for everyone who qualifies, regardless of age.
2. Applying for SNAP benefits will not take away benefits from others.
3. Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.

Receiving SNAP benefits can improve health, stimulate the economy, and support jobs. The **Iowa Food Bank Association** provides services to help people apply for and receive SNAP benefits. They have a **Hotline—1-855-944-FOOD (3663)**—that is open **8:00am to 4:30pm Monday through Friday.**



Adapted from the National Council on Aging's infographic, *Seniors & SNAP: 5 Myths Busted.*

Sweet and Sour Rice

Serves: 5

Serving Size: 2/3 cup rice and 1 1/4 cup topping

Ingredients:

- 2 cups **rice**, uncooked
- 1 package (16 ounces) frozen stir-fry vegetables
- 1 pound boneless, skinless chicken breast
- 1 teaspoon oil (canola or vegetable)
- 1/4 cup sweet and sour sauce
- 1 can (8 ounces) pineapple chunks in 100% juice



Instructions:

1. Cook rice according to package directions.
2. Remove stir-dry vegetables from freezer to thaw.
3. Cut chicken into 3/4 inch pieces. Heat oil in skillet over medium heat. When oil is hot, add chicken and cook until done.
4. Stir in the pineapple (undrained), vegetables, and sweet and sour sauce. Reduce heat to medium low and cook about 5 minutes.
5. Serve chicken and vegetables on top of rice.

Pair with a side of fruit and a glass of milk for a My-Plate friendly meal.

Nutritional analysis (1 serving): 320 calories, 4 g fat, 1 g saturated, 0 g trans, 60 mg sodium, 48 g carbohydrates, 4 g fiber, 14 g sugar, 27 g protein.

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

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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