

NEWS

You Can Use

JUNE 2016

NUTRITION EDUCATION WITH SENIORS



Spinach and other leafy green vegetables are a good source of vitamin K, which helps your blood to clot. You may be on a blood thinner to prevent your blood from clotting too easily. This type of medicine helps prevent vitamin K from performing its blood clotting activity.

While taking a blood-thinner medication, you may not need to completely exclude dark green leafy vegetables from your diet. The key is to eat a consistent amount of foods with vitamin K daily.

Work with your healthcare provider to figure out how many vitamin K rich foods you can have daily without negatively affecting how your blood thinner works.

Food	Serving Size	Vitamin K (micrograms)
Kale, cooked	1/2 cup	531
Spinach, cooked	1/2 cup	444
Broccoli, cooked	1 cup	220
Spinach, raw	1 cup	145
Cabbage, cooked	1/2 cup	82
Green leaf lettuce	1 cup	71
Romaine lettuce	1 cup	57

Source: http://www.cc.nih.gov/cc/patient_education/drug_nutrient/coumadin1.pdf

Go Ahead, Enjoy Your Spinach!

Canned spinach is fully cooked, so it is safe to eat without cooking!

Selection:

- Choose cans that are free from any leaks, dents, or bulges, which could mean the canned product is unsafe to eat.
- 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 spinach in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.

Nutrition: 1 cup of **canned spinach**:

- Provides 60 calories and 4 grams of fiber.
- Contains 6 grams of protein
- Is naturally fat-free and a good source of vitamins C and A, and iron.
- Counts as one serving from the MyPlate vegetable group.

Uses:

- Add flavor to **canned spinach** with garlic, pepper, lemon juice, or Parmesan cheese.
- Include **canned spinach** with soups, pastas, or eggs.
- Combine **canned spinach** with lean meat, a baked potato, a glass of milk, and a piece of fruit for a complete MyPlate meal.

Spend Smart. Eat Smart.

Many of the recipes included in this newsletter are courtesy of ISU Extension and Outreach's **Spend Smart. Eat Smart.** website. This website offers many valuable resources to help plan, shop, and eat smart. The many tips can help you:

- Reduce **food expenses** by providing tips on how to manage spending and plan meals before going to the grocery store.
- Find **nutritious items** at the grocery store. It has information unit prices to find the best buy and tips on reading food labels.
- Save **time and money** while eating out or at home by using tips on reducing food waste and organizing your kitchen.

The website also features videos on food preparation, such as chopping fruits and vegetables, food safety, and proper storage. The recipes are endless, including fun and delicious appetizers, main dishes, side dishes, soups, salads, and desserts!

Visit www.extension.iastate.edu/foodsavings/ to learn all about these tips, tricks, and recipes!



Roasted Tomato and Spinach Pasta

Serves: 4
Serving Size: 1 1/4 cups

Ingredients:

- 2 cups cherry tomatoes*
- 4 tablespoons oil, divided
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1 14-ounce can **spinach**, drained
- 8 ounces whole wheat spaghetti
- 1 teaspoon Italian seasoning
- 5 tablespoons Parmesan cheese



Instructions:

1. Heat oven to 400°F.
2. Rinse the tomatoes under running water. Cut in half. Spread on greased baking pan.
3. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat.
4. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake.
5. Thaw, drain, and pat dry the frozen spinach. Set aside.
6. Follow package directions to cook spaghetti. Drain.
7. Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to the spaghetti. Stir until heated through. Serve with Parmesan cheese.

*You can substitute 2 large tomatoes for the cherry tomatoes. Remove the seeds and cut into quarters before roasting.

Nutritional analysis: 380 calories, 17g fat, 2g saturated, 0g trans, 280mg sodium, 47g carbohydrates, 7g fiber, 4g sugar, 11g protein

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

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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