

NEWS

You Can Use

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NUTRITION EDUCATION WITH SENIORS



Breakfast cereals have been around for over 150 years! The first cereal was made in 1863, when a man named James Caleb Jackson created dried dough pieces that needed to be soaked in milk overnight to soften. After that, new varieties such as Corn Flakes, Puffed Wheat, Wheaties, Chex, and CheriOats (later named Cheerios) began to show up in stores.

During the mid-to-late 1900s, Frosted Flakes, Fruity Pebbles, and Chocolate Pebbles were born. Now, there are hundreds of types of cereals on the market, some healthier than others.

With all of the different options, it can be hard to choose a healthy kind. Here are some guidelines for picking the breakfast cereals with the most nutrition:

- ◇ Look for “100% whole grain” on the ingredient list.
- ◇ Choose a cereal that has less than 200 calories, 220 mg of sodium, and 10 grams of sugar per serving.
- ◇ Aim for 5 grams of fiber per serving.
- ◇ Add fruit for sweetness and substitute low-fat yogurt for milk to add more protein.

“Cereal”-ously Satisfying

Selection:

- Choose boxes that are free from any rips or tears. Rips and tears could mean the cereal is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the box.

Storage:

- Store unopened boxes of cereal in a cool, clean, dry place for up to one year.
- After opening, keep the cereal tightly closed in the original package or in a resealable plastic bag for up to two months.

Nutrition: 1 1/4 cup of **crispy hexagons**:

- Provides 135 calories.
- Is naturally fat-free and a good source of iron and vitamins A and C.
- Counts as one ounce equivalent from the MyPlate grain group.

Uses:

- Cereal is not just a breakfast food.
- Use **crispy hexagons** to add a crunchy layer to a yogurt and fruit parfait.
- Mix **crispy hexagons** with pretzels, popcorn, dried fruit, and peanuts for a sweet-and-salty snack.
- For a MyPlate friendly meal, try combining **crispy hexagons** with lowfat milk and berries.



How to Save on Holiday Meals

The holiday season is a joyous time spent with family and friends. It can also bring financial stress along with it. Follow these tips to save money when planning for holiday meals.



- ◇ **Take inventory of your pantry before shopping.** It is easy to spend extra money when you buy items that are already sitting on your shelves.
- ◇ **Start buying items** you will need a few weeks before the big day. Buy shelf-stable items and items that can be kept in the freezer. This way you are not spending money all at once.
- ◇ **Make it a potluck.** Don't place all of the pressure on yourself! Be in charge of one dish and have guests bring other dishes to make a complete meal. It'll also let you try new foods!
- ◇ **Use leftovers.** Extra turkey and ham are great for soups, sandwiches, and casseroles. Let the joy of the holidays extend beyond just one day!

Adapted from <http://www.goodhousekeeping.com/life/money/advice/a19540/budget-friendly-holiday-cooking/>

Peanut Butter Banana Pops

Serves: 1
Serving Size: 1 banana pop

Ingredients:

- 1 ripe medium banana, cut in half
- 1 tablespoon creamy peanut butter
- 1/4 cup crispy hexagons, coarsely crushed
- 1 tablespoon chopped peanuts
- 1 craft stick



Instructions:

1. Insert stick into the cut end of the banana.
2. Spread 1 tablespoon of peanut butter.
3. Roll in crushed cereal and chopped peanuts.

Enjoy immediately, or place in airtight container and keep in refrigerator for up to four days. Place in freezer for a tasty and healthy frozen dessert!

Pair with chopped vegetables and dip for a My-Plate friendly snack.

Nutritional analysis (1 pop): 210 calories, 10 g fat, 2 g saturated, 0 g trans, 120 mg sodium, 23 g carbohydrates, 2 g fiber, 11 g sugar, 5 g protein

This recipe is courtesy of <http://www.chex.com/recipes/gluten-free-peanut-butter-banana-pops/>.

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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