Fuel Your Body

What we eat can make a difference in reducing chronic disease risk, managing health conditions, and staying independent as we age. Follow MyPlate for Older Adults guidelines to make the most of your daily nutrient needs. Envision a meal plate with...

- 1/2 plate **fruits and vegetables**, various colors and forms
- 1/4 plate **whole grains**, fortified and fiber-rich
- 1/4 plate **protein** rich foods (e.g. beans, fish, poultry)
- Cooked in **healthy oils** (e.g. soybean, corn, canola, olive)
- Side serving of **low-fat dairy**

Additional ways to maximize health include:

- **Fluids**: thirst tends to decline with age, despite fluid needs staying the same. Fluids include all forms of liquid (e.g. water, coffee, soups, tea, 100% fruit juice, etc.)

- **Reduce sodium use**: This doesn’t necessarily mean reduced flavor! Switch out salt with additional herbs and spices and limit your intake of processed foods.

It’s never too late to make changes! Start with small steps. Talk with a registered dietitian for more specific nutrition guidance.

Adapted from: http://hnrrca.tufts.edu/myplate/files/MPFOA2015.pdf
Food Date Breakdown

Food product packages use a variety of “date” terms to explain their quality and safety. These terms have different meanings and are easy to confuse. Let’s break them down.

**Use by:** Indicates when the food will remain at its best quality. After this date the quality may change, but it is still safe to eat.

**Best by:** How long the product will remain at its best quality while unopened. Often used with shelf-stable items such as peanut butter.

**Sell by:** After this date, stores are not allowed to sell the product. It’s used on perishable items such as meat and milk. Meats can last 1-2 days past the date and unopened milk will last for about a week after.

**Expiration:** Lets you know when foods will go bad. Eat before this date.

Adapted from: http://www.stilltasty.com/articles/view/5

Stuffing with Vegetables

**INGREDIENTS**
- 1 can (15.5 oz) mixed vegetables
- 1 tablespoon margarine
- 1 package (6 oz) low sodium stuffing mix
- 1 can (14 oz) low sodium chicken broth
- 1 tsp garlic powder

Recipe courtesy of Iowa State University Extension and Outreach’s Spend Smart Eat Smart Website

**INSTRUCTIONS**
1. Rinse and drain canned mixed vegetables.
2. Place vegetables in a large bowl.
3. Melt margarine and pour over vegetables. Stir to combine.
4. Add stuffing mix, broth, and garlic powder. Stir to combine.
5. Scoop into a glass or ceramic casserole dish. Microwave on high for 10-12 minutes or bake in the oven at 350°F for 45 minutes.
6. Dish is ready when the center is hot.

Nutritional analysis (1 cup): 200 calories, 33g carbohydrates, 8g protein, 4g dietary fiber, 3.5g fat, 0.5g saturated fat, 320mg sodium

**SERVES: 6 | SERVING SIZE: 1 cup**