



News You Can Use

Nutrition Education
with Seniors

January 2020

New Year, New Tips to Keep your Mind Sharp

One in five older adults experience mild cognitive impairment (MCI). MCI is a slight decline in mental abilities with memory and thinking skills.

MCI increases the risk of developing Alzheimer's disease and other forms of dementia. Adopting a lifestyle that stimulates and nurtures your brain can help prevent cognitive decline.

BETWEEN 2000 AND 2017
DEATHS FROM HEART
DISEASE HAVE DECREASED 9%
WHILE DEATHS FROM
ALZHEIMER'S HAVE
INCREASED 145%.

Tips to maintain your brain health:

- **Take care of your health:** Get recommended health screenings, manage chronic health problems, limit use of alcohol, quit smoking, and try for 7 to 8 hours of sleep nightly.
- **Eat healthy foods:** Embrace a diet high in fruits, vegetables, whole grains, nuts/seeds, with fish while eating less of other meat.
- **Be physically active:** Try to do short bouts (10 minutes) of movements throughout the day! Aim for 150 minutes weekly.
- **Keep your mind active:** Find and maintain hobbies! Try volunteering.
- **Stay socially connected:** Maintain close relationships and try to make new ones by getting involved in your community!

Need more information? Please, go to this website or call the Alzheimer's Association 24/7 HELPLINE 800.272.3900 <https://www.alz.org/>

Adapted from: <https://www.nia.nih.gov/health/cognitive-health-and-older-adults> and <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/improve-brain-health-with-the-mind-diet/art-20454746>



Captivating Canned Salmon

Selection:

- Choose cans without dents, or damages which could mean the salmon 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 **salmon** in a tightly covered container and refer to "Best if used by" or "Best by" date.

Nutrition:

- 3 ounces of **salmon**:
- Provides 120 calories and 20 grams of protein.
- Counts as 3 ounces from the MyPlate protein group.

Uses:

- Mix salmon in casseroles, soups, salads or wraps!
- Combine salmon in a wrap with veggies and a side of fruit with a glass of milk for a complete MyPlate meal.

SNAP: Supplemental Nutrition Assistance Program

SNAP helps you afford enough food to keep you strong and healthy. You can use SNAP at a variety of locations identified by an EBT sign.

The EBT card can be used to buy any foods and nonalcoholic beverages that are sold to be eaten at home. You can also buy plants and seeds to grow foods. You cannot use SNAP to buy foods that are already hot or meant to be eaten in the store, vitamins, medicines or other nonfood items.



2019-2020 Income Guidelines for Household Size:

Household size	1	2	3	4
Gross Monthly Maximum	\$1,354	\$1,832	\$2,311	\$2,790
Net Monthly Maximum	\$1,041	\$1,410	\$1,778	\$2,146

To apply, call 1-855-944-FOOD (3663). This hotline is open 8:00 am to 5:30 pm Monday through Friday with additional assistance provided after hours on high volume call days.

Salmon Patties

Serves: 6 | Serving Size: 1 patty

INGREDIENTS

1 can (~15oz) salmon, drained
 1 egg
 1 slice of whole wheat bread, shredded
OR 5 saltine crackers
 2 green onions
OR 1/3 cup white onion
 1/8 teaspoon garlic powder
 Dash of ground black pepper
 1/2 teaspoon seasoning (paprika, chili powder or dill weed)
 2 teaspoons oil

INSTRUCTIONS AND TIPS

1. Remove any large bones and skin from salmon. Break salmon into chunks with fork.
2. Break egg into large bowl. Whisk. Add salmon, bread or cracker, onion, and seasonings. Mix gently.
3. Form into 6 patties about 1/2 inch thick
4. Heat 1 tablespoon of oil in large skillet over medium heat. Place patties in skillet. Leave skillet uncovered. Cook 3 minutes. Turn over patties with a spatula. Cook the other side 3-4 minutes to a temperature of 145°F. Serve immediately.

TIP: Pair with vegetable toppings (lettuce, tomato, onion, etc.) in a wheat bun and a glass of milk with a side of fruit for a complete MyPlate meal.

Nutritional analysis (1 patty): 110 calories, 5g fat, 1g saturated, 0g trans, 230mg sodium, 3g carbohydrates, 1g fiber, 0g sugar, 14g protein. This recipe is adapted from *Spend Smart. Eat Smart.*

<https://spendsmart.extension.iastate.edu/recipe/salmon-patties/>

FAT is GOOD!

A diet higher in unsaturated fat has multiple benefits, including improving cholesterol levels, lowering inflammation as well as reducing risk of heart disease and Type 2 diabetes.

Healthy Fat Food:

- Nuts or seeds
- Vegetable oils (not coconut, this is high in saturated fat that increases risk of heart disease)
- Fish
- Soybeans
- Avocado

Adapted from:

<https://health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAfats.htm>

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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