



News You Can Use

Nutrition Education
with Seniors

March 2020

MyPlate: Vegetable Group

We all hear, “Eat your fruits and vegetables!” So why should we? Vegetables are packed with vitamins, minerals, and antioxidants. Antioxidants protect the cells from damage as well as provide color to the produce! Eating produce helps lower the risk of Type 2 diabetes, heart disease, and certain cancers.



An easy way to remember how much produce to eat is to make half your plate fruits and vegetables. Women ages 51+ should aim to eat 2 cups daily and while men should try to eat 2 ½ cups daily. A cup of vegetables looks like 1 large bell pepper, 10 florets or broccoli, 12 baby carrots or 2 whole (6-7” long), 1 medium potato, 1 small yellow squash or 1 cup of tomato juice. One exception to the 1 cup rule is leafy vegetables, which you will need 2 cups for it to count as one.

Tips for getting your vegetables:

- Buy vegetables in their **simplest form** (e.g. pre-cut, pre-washed, ready-to-eat, canned or frozen)
- Cut up fresh veggies before storing so they are **ready to use**
- Add **vegetables with your meat** in spaghetti
- Try **stir frying vegetables** (the frozen varieties make this easy)
- Get creative with **baked goods** by added carrots or zucchini
- Liven up your **eggs** with **onions, mushrooms, spinach and bell peppers**
- **Season your pizza** with different vegetables

Adapted from: <https://www.choosemyplate.gov/ten-tips-liven-up-your-meals> & <https://idph.iowa.gov/Portals/1/userfiles/185/2017%20Annual%20Report.pdf>



Get Creative with Canned Green Beans!

Selection:

- Choose cans without dents which could mean the green beans are 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, put **green beans** in a tightly closed container in the fridge for 3 to 4 days.

Nutrition:

- 1/2 cup of **green beans**:
- Provides 16 calories and 2 grams of fiber.
- Counts as 1/2 cup from the MyPlate vegetable group.

Uses:

- Add **green beans** in cold vegetable salads or hot casseroles, soups and pastas.
- Combine green beans with meats, cheese and a cream soup sauce; a whole wheat bun and fruit juice for a complete MyPlate meal.

Resources to Help You Remain at Home!

We all need some help from time to time. Here are two local resources that can help you, a friend, or a family member out!

Lifelong Links is supported by the Iowa Department on Aging and is specifically designed to aid Iowan older adults when they are in need. They:

- Give information about and assist in finding local services and resources.
- Send referrals for local service providers.
- Provide counseling on:
 - Information on choices available for long-term independence
 - One-on-one consultations
 - Person-centered plan

<https://www.iowaaging.gov/programs-services/supportive-services/lifelong-links>

2-1-1 is for anyone in Iowa or Nebraska and is supported by multiple organizations including Iowa State University and United Way. Any resources you need they can connect you to including health care, transportations, mental health, crisis services, and information specifically for older adults.

<http://211iowa.org/search-for-resources/>

Lifelong Links

Call: 866-468-7887

Area Agency on Aging
5835 Grand Ave. #106
Des Moines, IA 50312
515-255-1310



Canned Green Beans & Chicken Salad

Serves: 4 | Serving Size: 1 1/2 cup

INGREDIENTS

- 1 can green beans, no-salt added (31 ounces)
- 1 can white chicken meat, salt-free (20 ounces)
- 3 stalk celery, chopped (or carrots and onions)
- 1 tablespoon Dijon mustard OR 1 teaspoon ground mustard with 2 teaspoons water
- 2 tablespoons oil (olive or canola)
- 2 tablespoon lemon juice or vinegar
- 1/2 teaspoon thyme
- 1/4 teaspoon pepper

INSTRUCTIONS AND TIPS

1. Drain green beans and rinse. Drain chicken.
2. Add green beans, chicken and chopped vegetables (celery, carrots, and/or onions) together (optional add 3 tablespoons of chopped almonds).
3. Mix mustard, oil, lemon juice or vinegar, and seasonings in a small bowl.
4. Pour and mix dressing on the green bean mixture.

Tip

Add chopped up dry fruits (e.g. cranberries) and place salad over brown or wild rice with a glass of milk for a complete MyPlate meal.

Nutritional analysis (1 1/2 cup): 251 calories, 13.5g fat, 2.0g saturated, 8.0g monounsaturated, 360mg sodium, 11g carbohydrates, 5g fiber, 5g sugar, 23g protein. This recipe is adapted from the American Heart Association

<https://recipes.heart.org/en/recipes/chicken-and-green-bean-salad>

National Nutrition Month®

March National Nutrition Month®. The theme is “Bite by Bite,” meaning small changes and goals can have big health impacts. Every little bite and step you take in the right direction helps. Goals are personal and can focus on any aspect of health that you want!

Ideas for Small Goals:

- Meditate or self-reflect 5 minutes a day.
- Drink milk at dinner
- Try a new recipe
- Go on a walk after lunch
- Be social. Schedule a “coffee” date with a friend.

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

PREPARED BY

Savannah Schultz
Diet & Exercise Graduate Student;
schultzsz@iastate.edu

ASSISTED BY

Sarah L. Francis, PhD, MHS, RD
ISU Associate Professor & Human Sciences Extension and Outreach State Specialist, Nutrition and Wellness; slfranci@iastate.edu

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.