



News You Can Use

Nutrition Education
with Seniors

August 2020

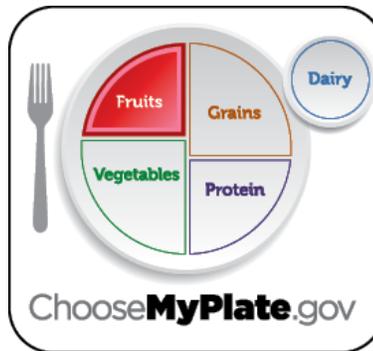
MyPlate: Fruit Group

Have you ever heard the phrases, “Eat more fruits and vegetables,” or “An apple a day keeps the doctor away?” Fruits and vegetables are packed with a variety of nutrients like vitamins A, C, and E as well as magnesium and zinc. These nutrients help the body stay healthy so that we can live a **fruitful** life!

Women ages 50 years and older should eat 1.5 cups of fruit per day while men ages 50 years and older should eat 2 cups of fruit per day.

Try these tips to help you get fruit in your diet:

- Buy fresh fruit in season when it’s less expensive.
- Opt for canned or frozen fruits. These are just as healthy as fresh fruit but last longer and can be less expensive.
- Add fresh or dried fruit to a salad for extra texture and flavor.
- Choose fruit as a refreshing snack.



What does a cup of fruit look like?

Apple	1/2 large (3 1/4” diameter)
Apple Sauce	1 snack container
Banana	1 large 8-9” long)
Dried Fruit	1/2 cup (1 cup equivalent)
Fruit Juice (100%)	8 fluid ounces
Grapes	32 seedless grapes
Orange	1 large (3” diameter)
Peach	2 halves, canned
Strawberry	8 large strawberries

Adapted from: <https://www.choosemyplate.gov/eathealthy/fruits>



Canned Peaches

Selection:

- Choose cans rid of dents and torn labels, which could mean the **peaches** are unsafe to eat.
- Opt for those with “unsweetened,” “no sugar added,” or “lite” on the label.
- 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 **peaches** in a tightly closed container and store in refrigerator.

Nutrition:

- 1 cup of **peaches** in lite syrup:
- Provides 120 calories and 2 gram of fiber.
- Counts as 1 cup equivalent from the MyPlate fruit group.

Uses:

- Add to cottage cheese or waffles.
- Add to a fruit smoothie
- Enjoy as a snack
- Make a sandwich with whole wheat bread, lean protein, leafy greens, and cheese and a bowl of **peaches** for a complete MyPlate meal.

Tips and Tricks to Help You Save

The average adult spends \$70 per week on groceries. This can vary depending on how many times an individual eats out during the week. Another factor may be the types of food an individual is buying at the grocery store.



To help lower your grocery spending:

- **Plan ahead.** Decide your meals/snacks ahead of time to reduce waste and convenience spending.
- **Make a grocery list.** Base your list on your weekly meals and snacks. Having a list will also help lessen the chance of impulse buying of items you don't need.
- **Check the penny saver.** Use grocery ads and coupons to lower your total at check out.
- **Store safely.** Spoiled food is not only risking your health, but is wasting the money spent!

Adapted from: <https://spendsmart.extension.iastate.edu/plan/what-you-spend/>

Fruit Crisp

Serves: 8 | Serving Size: 1/2 cup

INGREDIENTS

- 1 can (29oz) sliced peaches in light syrup/juice, drained
- 1/2 cup quick or old fashioned rolled oats
- 1/3 cup all-purpose or whole wheat flour
- 1/3 cup white or brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup margarine or butter, cold (cut into chunks)
- 1/4 cup dried cranberries, raisins, or chopped nuts (optional)

INSTRUCTIONS AND TIPS

1. Preheat oven to 375°.
2. Grease or apply cooking spray to the bottom of an 8" round or square pan.
3. Spread drained peaches on bottom of pan
4. Stir together oats, flour, sugar, cinnamon, and salt. Cut in the margarine using a pastry cutter, knives, or by squeezing it through your clean hands. Add dried fruit or nuts, if desired.
5. Sprinkle flour mixture over fruit.
6. Bake uncovered for about 25 minutes or until topping is golden and fruit is bubbly.

Tip

- Substitute 4 cups of peeled and sliced apples instead of peaches.

Storage

Store in an airtight container in refrigerator for 1 week, or in the freezer for several weeks.

Nutritional analysis (1/2 cup): 150 calories, 6g fat, 3.5g saturated, 120mg sodium, 23g carbohydrates, 1g fiber, 14g sugar, 1g protein. This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/fruit-crisp/>

SPEND SMART. EAT SMART.

Spend Smart. Eat Smart.™ is an Iowa State University Extension and Outreach website that helps people eat healthy on a budget.

Visit the website, <https://spendsmart.extension.iastate.edu> or download the free app to:

Find affordable recipes

like appetizers, sides, entrees, salads, desserts, one-pot meals, snacks, etc.

Learn more shopping strategies.

View helpful food and exercise videos.

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

Chandler Kendall
Diet & Exercise Graduate Student;
Iowa State University (ISU), Dept.
Food Science & Human Nutrition
ckendal@iastate.edu

ASSISTED BY

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