

Nutrition Nibbles

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Eating for Healthy Aging

“Anti-aging” is impossible, but the choices made now or at any age and health condition can slow the changes and the challenges that come with getting older. The results? Feeling better longer, and enjoying life now and in the years to come. Sound good? Start right now, eat smarter and move more! Good lifestyle choices can be power-

ful influences on healthy aging!

Whether you’re over fifty or over seventy, you need the same nutrients – proteins, carbohydrates, fats, vitamins, minerals, and water – but

perhaps in slightly different amounts. Physical changes with aging affect how your body digests food, absorbs its nutrients, and excretes wastes. Eating enough fiber-

rich foods aids digestion and helps prevent the discomfort of constipation – two problems that may come with aging.



JOKES:

- ◆ Time flies like an arrow. Fruit flies like a banana.
- ◆ This is some pretty good tapioca. That's one way of pudding it.
- ◆ People who like yogurt are well cultured.

Aged to Perfection!

Thirty minutes of moderate physical activity each day are recommended as a smart lifestyle choice. Smart food choices and active living today may help you feel younger, stay healthier, be more productive and self-sufficient, enjoy a higher quality of life – and even prevent, or at least

delay, health problems that often come with aging.

The Benefits of Activity are Ageless!

By being active you will:

- ◆ Feel more energetic
- ◆ Sleep more soundly
- ◆ Have fewer aches & pains
- ◆ Maintain independence
- ◆ Meet new people
- ◆ Have a positive attitude
- ◆ Have less risk of disease





Nutrient-Rich: Spending Calories Wisely

As people get older, most use less energy, or calories, than they did in their younger years. In fact, calorie needs may decrease by as much as 25% for two reasons. First, adults use energy at a slower rate as they age. This is because most adults lose a small amount (2-3%) of their lean body mass, or muscle, during their adult life. The body uses less energy to maintain body fat than to maintain muscle. Second, many mature adults need fewer calories for their less physically active lifestyles. Yet nutrient needs don't change much, and in some cases they're somewhat higher.

“The challenge for healthy, older adults is to get about the same amount of nutrients as before, but likely with fewer calories!”

Doesn't seem like many calories to you? Chosen carefully, these calories can – and should – be nutrient-rich! The problem for many older adults is: as calorie intake declines, vitamin and mineral intake often does too. That's why nutrient-rich foods are so important!

The challenge for healthy, older adults: Get about the same amount of nutrients as before, but likely with fewer calories! To do that:

- ◆ Make smart choices with plenty of variety from all five food groups to get the nutrients you need – including those of special concern for older adults. Make the most of your discretionary calories with more healthful oils in place of saturated and trans fats.
- ◆ Get the most nutrition from your food and beverage choices. Pick foods such as fruits, vegetables, whole-grain products, fat-free or low-fat milk and milk products, lean meat, poultry, fish, and eggs. Go nutrient-rich!
- ◆ Find a balance between food and physical activity. That includes paying attention to your food and drink portions – and being physically active in ways that match your lifestyle and health.

Source: Complete Food and Nutrition Guide, 3rd Edition from the American Dietetic Association

Eat Your Fruits & Vegetables!



Colorful and nourishing, fruits and vegetables are mostly nutrient rich. Along with their many health-promoting benefits, their fiber can help overcome constipation.

Their potassium may help counter the effects of sodium on blood pressure, and their antioxidants may provide anti-aging properties that may reduce disease risk.

Plain, frozen vegetables and no-salt-added canned vegetables may be better choices for a low-sodium diet and frozen fruit without added sugars may be better choices for healthy eating.

Cooking For One or Two

Meatloaf in a Mug

Serves: 1 Serving Size: 3/4 cup

Ingredients

- 1/4 pound lean ground beef
- 2 Tablespoons oatmeal
- 1 Tablespoon ketchup
- 2 teaspoons milk
- 1 teaspoon dry onion mix



Instructions

1. Combine all ingredients and stir to mix
2. Spray microwave-safe mug with cooking spray
3. Pat beef mixture into mug. Make a small hole in the center, all the way to the bottom
4. Microwave on High (100%) for 3 minutes or until done.

Tips

Cooking time will increase if more than one meat loaf is placed in the microwave at a time.
Leftover dry onion mix can be used as a seasoning for baked or microwaved vegetables.

Source: ISU Extension

Surprise! Popcorn is a whole grain. Work in a serving with this crunchy treat below.



Popcorn Delight

- 3 cups popped fat-free unsalted popcorn
- 1 tablespoon sliced almonds or peanuts
- 2 tablespoons raisins or other dried fruit
such as cranberries, apricots, or dates
- 1/2 teaspoon ground cinnamon

1. In a medium bowl, combine the ingredients and toss well.

Serving size: Recipe makes 1 serving

Nutrition Facts per Serving:

Calories: 230	Fat: 7 g	Saturate fat: 1 g
Trans fat: 0	Protein: 6 g	Sodium: 274 mg
Carbohydrates: 39 g	Fiber: 6 g	Cholesterol: 0 mg

Dear Sue...From Nana Nibble

Dear Sue,

I live alone and find it really easy to have bags of chips and candy in my cupboards. I know that's not the best choice for me, but I need something to have on hand when my grandchildren visit me. I find myself eating with them and it's usually not healthy foods.

Nana Nibble

Dear Nana,

Snacking can be good for you! Healthy snacks provide vitamins and minerals that may be lacking from your main meals (and from your grand-children's).

Choose a variety of nutrient-rich snacks from all five food groups. Keep fruit washed and vegetables cleaned and sliced in your refrigerator, they will seem like treats, even to the children.

Eat snacks two to three hours before mealtime so that you don't ruin your appetite (or the children's). Snacks should settle your hunger until your next meal, not make you full.

Snack only when you're hungry. Try not to snack when you are just bored or stressed. Find something else to do, like take a walk (exploring with the children) instead of eating. Planning for "snack attacks" can actually improve your overall diet.

Sue

Source: University of Florida Extension



FoodWise Nutrition Education Program

Feedback? Suggestions for future articles? Please contact our office, we would love to hear from you!

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FoodWise education is supported by the USDA Food Stamp Program, UW-Extension, Food Share Wisconsin plus Ashland and Bayfield County partners. In Wisconsin, Food Share can help provide a healthy diet. To find out more about Food Share call Ashland County Health and Human Services Department (715) 682-7004, Bayfield County Department of Human Services (715) 373-6144, or the Food Share office at Odanah (715) 682-7127 or Red Cliff (715) 779-3706.



Set Some Goals!



Date:

List two goals about adding nutrient-rich foods and activity to your daily lifestyle!

List two goals about adding colorful fruits and vegetables to your diet!

