

NUTRITION NIBBLES

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Resolutions For The New Year

One of the most common New Year’s Resolutions is to lose weight or “get healthy.” Getting healthy can look different for you now than it did when you were younger. Running marathons, working long hours at physically intense jobs and playing high intensity sports may no longer be part of your life, but there are still many ways to stay active.

Be Active Your Way!

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults>

- Adults at any age need at least 2 ½ hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.

If you are not sure about your level of fitness, check with your doctor before starting an exercise program or vigorous physical activity.

Tips for Better Aging

Americans are living longer.

The average life expectancy in 1900 was 49 and in 2013 was 79. But nearly 61% of Americans age 65+ have multiple chronic conditions.

Practice healthy aging:

- Be physically active
- Make smart food choices
- Get regular health screenings
- Participate in activities you enjoy



Build Your Own

Everybody loves chocolate and February is a chocolate lovers dream. Instead of making chocolates your main snack, try making chocolate the supporting ingredients in a make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, and a sprinkle of dark chocolate chips.

A Reminder on Storing Leftovers

By keeping food cold, stored in a refrigerator below 40°F, and hot when serving, above 140°F, you can avoid the danger zone where harmful bacteria can grow.

Store foods in a clean food-grade container. Cool leftovers in the fridge in a container less than 3 inches deep (a 13 x 9" pan works well), Once cooled, you can repackage in clean contain-

ers and refrigerate or freeze.

Make sure to reheat foods well. On the stovetop reheat soups, sauces and gravies to a rolling boil.

In the microwave cover and rotate foods for even heating.

After a meal put leftovers in the refrigerator as quickly a possible.

Eat leftovers promptly.



Photos by Ralg Kunze and Annette Meyer from Pixabay



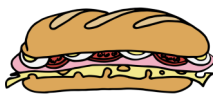
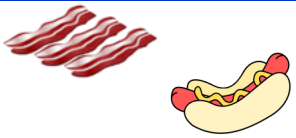
<https://fyi.extension.wisc.edu/foodwise/files/2019/10/How-to-Store-Leftovers-English-1.pdf>



Here's a tip

Different foods in each food group have different nutrients. Picking an assortment within every food group throughout the week will help you get many nutrients. For example, choose seafood instead of meat twice a week. The variety of foods will make your meals more interesting, too.

Leftover Storage Recommendations

	Raw meats like hamburger and chicken	1-2 days
	Soups, stews, cooked meats, salads, pizza and other leftovers	3-4 days
	Lunch meat (opened package)	3-5 days
	Bacon and hot dogs (opened packages)	1 week

For best guidance, look at food package dates. Unopened items that are kept cold should be good at least until the date marked on the package. Opened items may spoil more quickly and should be used promptly.

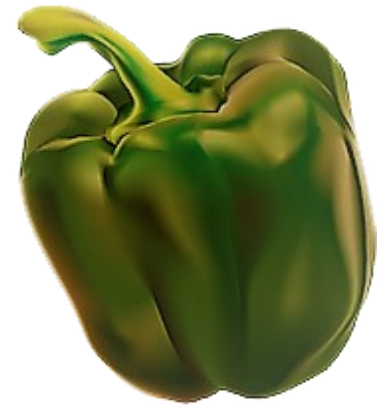
Cooking for One or Two!

Stuffed Green Peppers

Serves: 2

Ingredients:

- 2 green peppers (large, washed)
- 1/2 pound turkey, ground, 85% lean
- 1/2 cup rice, uncooked
- 1/4 cup onion (peeled and chopped)
- 3/4 cup tomato sauce, unsalted
- ground black pepper (to taste)



Directions:

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 °F.

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stuffed-green-peppers>

Healthier Cooking, Healthier Snacking

Carrot Sticks with Dip

- 1/2 cup carrot sticks
- 2 Tbsp hummus
- 6 whole-grain crackers

Pretzels and Dip

- 1/2 cup pretzels
- 1 Tbsp hummus
- 1 medium banana

Veggies and Dip

- 1 Tbsp Vegetable Dip
- 1 cup sliced vegetables

Veggie Dip

- 2 containers (5.3 oz.) plain Greek Yogurt
- 1 green onion thinly slice
- 2 tsp dried parsley flakes
- 1/2 tsp salt
- 1/4 tsp ground black

pepper

- 1/4 tsp garlic powder

Instructions:

1. Stir all ingredients together.
2. Store in an airtight container in the refrigerator overnight.
3. Serve with washed and prepared fresh vegetables.

New Foods to Choose!

Edamame

Edamame (pronounced ed-ah-mah-me) are young soybeans. They are available in the Pod – Whole (Edamame) or Shelled (Soybean). Asian cultures have been eating Edamame for centuries. In Japanese eda means “twig” and mame means “bean”. Edamame refers to young soybeans cropped with their twig or beans on the branch.

Fun & Nutrition Facts:

Edamame is a vegetable, in the Bean and Peas group, making it also a part of the Protein Foods Group.

<http://naturesclassic.com/healthy-food/edamame-young-soy-beans/>

Strawberry, White Bean and Edamame Salad Recipe

Serves: 4

Ingredients:

Salad

1 1/2 cup shelled edamame
1-15 oz. can low sodium white beans (drained and rinsed)
1/2 cup red onion (chopped)
2 Tablespoons chopped fresh basil
1/2 cup crumbled feta cheese
6 cup baby spinach

Vinaigrette:

1 1/2 cup strawberries
1 1/2 Tablespoons extra virgin olive oil
2 Tablespoons balsamic vinegar
1/4 cup apple juice
1/4 teaspoon salt
1/8 teaspoon pepper

Directions:

1. Cook edamame according to package directions, while preparing remaining ingredients.
2. Rinse under cool water and drain.
3. In a small bowl, whisk vinaigrette ingredients.
4. In a medium bowl, toss all ingredients except spinach and vinaigrette.
5. Serve on individual plates by nesting strawberry, white bean and edamame mix atop spinach.
6. Drizzle with vinaigrette dressing.

<https://www.choosemyplate.gov/recipes/myplate-cnpp/strawberries-white-bean-and-edamame-salad>



Serving Suggestion:

Serve with an 8 oz glass of non-fat milk and a slice of whole wheat bread or roll.



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FoodWise education is supported by the USDA Food Stamp Program, Extension, Food Share Wisconsin plus Ashland, Iron 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, Iron County Health and Human Services Department (715) 561-3636, or the Food Share office at Odanah (715) 682-7127 or Red Cliff (715) 779-3706.

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