

# Nutrition Notes

SPRING 2021

**Area Agency on Aging District 7, Inc.**

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, Scioto and Vinton Counties in Ohio*

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## Age-Defying Nutrition

As you age, healthy eating is crucial for many reasons, most importantly disease prevention and management, and maintaining a healthy weight. But did you know that eating a healthful diet filled with a beautiful array of fruits and vegetables, nuts and legumes, lean proteins, and dairy can help boost your nutrition to another level? Whether by maintaining your bone strength, boosting your brain power, and/or delaying the process of aging, the benefits are endless!



So, how can you boost your nutrition? Here are a few easy tips that can help.

### **Build up your bones!**

o Including good sources of calcium (milk, yogurt, cheese, and even non-dairy sources like broccoli, almonds, kale and tofu) in your diet on a daily basis can help prevent bone breakdown and fractures. Keep your bones strong by eating these items daily!

### **Fiber! Fiber! Fiber!**

o Fiber helps with bowel regularity. As we age, our digestive systems slow way down so consuming adequate fiber daily can relieve GI discomfort. BUT did you know that eating a diet high in fiber can also help lower your risk for diabetes, heart disease, and strokes? All while improving skin health AND promoting weight loss. WOW!

o Two types of fiber include insoluble and soluble fiber. Insoluble fiber is the bulky fiber that aids with constipation and can be found in wheat cereals, whole grains, and vegetables like carrots, celery and tomatoes. Soluble fiber can help control blood sugar levels and reduce cholesterol. Food sources containing soluble fiber include beans, oatmeal, nuts, and fruits such as berries, apples, citrus and pears.

For women/men over 50, the daily recommendation for fiber is 21-30 grams per day.

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## Age Defying Nutrition...continued from Page 1

### Chow down on fruits and vegetables!

o Aim to fill half of your plate with fruits and vegetables at each meal, varying by color for additional health benefits!

### Choose good fats, NOT no fats!

Enjoying healthy fats that include a good source of Omega 3 fatty acids can help prevent disease and boost your mood and brain function. Adding a healthy fat source to each meal can also help promote weight loss by making you feel more satisfied, therefore reducing hunger and the urge to snack.

o Good sources of healthy fats include olive/canola/peanut/sesame oils, fatty fish (salmon, tuna, trout), avocado, nuts, peanut butter, soymilk, tofu, sunflower seeds, and flaxseeds.  
o On the flip side, it is beneficial to limit some fats, such as pre-packaged cookies, pastries, doughnuts, pizza dough, snack foods, fried foods, stick margarine, vegetable shortening, red meat, chicken skin, whole dairy products, lard, coconut oil, etc.

### Be carb smart!

o Did you know that although your senses can diminish as you age, the sweetness of sugars remains intact the longest? This can result in an over-indulgence of sugar and refined carbohydrates than what is recommended.

Unlike complex carbs that are rich in fiber and take longer to digest, simple carbs (white rice, white flour, and refined sugar) can cause a spike in blood sugar that is followed by a rapid crash, leaving you feeling hungry. So next time, reach for the brown rice or whole grain bread!

Adapted from <https://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm>

## Apple Cinnamon Quinoa Breakfast Bowl

### Ingredients

- 3/4 cup cooked quinoa
- 1 small apple, cored and chopped
- 1/4 cup almonds or other nuts
- 3/4 cup milk
- 1/2 tsp. cinnamon

### Directions

Place the quinoa, chopped apple and nuts into a bowl.  
Add the milk and sprinkle with cinnamon. Mix well.



### Nutrition Information

Yield 1

Serving Size full recipe

Amount Per Serving

Calories 476

Total Fat 22.7g

Saturated Fat 1.2g

Trans Fat 0g

Unsaturated Fat 21.5g

Cholesterol 0mg

Sodium 45.9mg

Carbohydrates 59.7g

Fiber 13.1g

Sugar 18.4g

Protein 14.9g

# Pack a Punch with Protein!

Another beneficial tip to eating a balanced diet is varying your protein sources. Eating high quality protein sources daily can help improve your mood, boost your immunity, and clarify your thinking. Incorporating more beans, legumes, fish, dairy, peas, eggs, nuts, and seeds into your diet rather than red and processed meats (hot dogs, bacon, deli meat) can lessen your chance of developing heart disease, cancer, and other health problems.



Here is a lineup of plant-based protein sources:

**Beans** - *whether black, kidney, chickpeas, or even cannellini – ALL beans provide an excellent source of nutrition to spruce up any dish. For instance, adding black beans to taco meat or roasted chickpeas to a salad can take your recipes up a notch. With a very similar nutrient panel, beans provide around 12 grams of protein, 200 calories, 34 grams carbohydrates, and 10 grams of fiber per 1 cup serving.*

**Lentils** – *a tiny member of the legume family, lentils are inexpensive to buy and cook rather quickly! They pack a punch, providing 18 grams of protein and 16 grams of fiber per 1 cup (cooked or canned) serving.*

**Edamame** – *“young” soybeans that provide a nutty flavor AND a crunch, edamame is considered a complete protein source that provides 17 grams of protein and 8 grams of fiber per 1 cup (canned or cooked) serving.*

**Quinoa** - *like rice, quinoa is a whole grain that cooks quickly. Unlike rice; however, quinoa is considered another complete protein source providing 8 grams of protein and 5 grams of fiber per 1 cup serving!*

**Peanut Butter** – *whether added to smoothies or consumed by the spoonful, peanut butter is the perfect snack! Per 2 Tbsp. serving, peanut butter offers 8 grams of protein and 2 grams of fiber. But beware – those calories can add up quickly so always measure out a serving size!*



**Almonds or Pistachios** – *the perfect grab and go snack, 1 ounce provides 6 grams of protein and 3 grams of fiber! And they get an honorable mention for being a great source for healthy fats!*

*Adapted from CookingLight.com*



# Powerful Plant-Based Proteins

Find these words:

- ALMONDS
- BLACK BEANS
- CHICKPEAS
- EDAMAME
- KIDNEY BEANS
- LENTILS
- LIMA BEANS
- PEANUT BUTTER
- PEAS
- PISTACHIOS
- QUINOA

O Q E B U F R P M V H V Y D Z  
 K X R G D L I M A B E A N S I  
 I P P I S T A C H I O S C M T  
 D C E N G R S V E F L F L K O  
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 Y C P P L U G A W H M Q T Q G  
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 A E A S T E A K U V G P S N M  
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 S S A U K A V R P E T H B A N  
 V X M P X Z E Q E C A E G P D  
 N A E X T W T S A T F N R R S  
 K B P Y A D D Y P Y U D S L X

## Black Bean Corn Salad

### Ingredients

- 1 (14.5 oz) can black beans, rinsed and drained well
- 1 cup fresh or frozen corn, thawed according to package instructions
- 1 cup chopped tomato (Roma, cocktail, grape, etc.)
- 1 cup seeded and chopped orange bell pepper
- 1/3 cup diced red onion, rinsed and drained
- 1 medium avocado, diced (fairly firm but ripe)
- 1 small jalapeno, seeded and minced (optional)

### For the dressing:

- 3 Tbsp. olive oil
- 2 1/2 Tbsp. fresh lime juice
- 1/3 cup chopped fresh cilantro
- 1 clove garlic, minced (1 tsp.)
- 1 tsp. honey
- 1/4 tsp. each ground cumin and chili powder
- Salt and freshly ground black pepper

### Directions

1. Whisk together all dressing ingredients in a small mixing bowl, season with salt and pepper to taste. Chill until ready to use.
2. Add black beans, corn, tomatoes, bell pepper, red onion, avocado and jalapeno to a large bowl.
3. Pour dressing over and toss gently to coat with dressing. Serve right away paired with grilled chicken breast or salmon, or over quinoa! Yields 6 servings.

Recipe adapted from [cookingclassy.com](http://cookingclassy.com)

<b>Nutrition Facts</b>	
Black Bean and Corn Salad	
Amount Per Serving	
Calories 228	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Saturated Fat 2g	13%
Sodium 215mg	9%
Potassium 577mg	16%
Carbohydrates 25g	8%
Fiber 9g	38%
Sugar 5g	6%
Protein 6g	12%
Vitamin A 1087IU	22%
Vitamin C 48mg	58%
Calcium 44mg	4%
Iron 2mg	11%

\* Percent Daily Values are based on a 2000 calorie diet.