

Food and Fitness



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Serving: Adair, Adams,
Cass, Fremont, Harri-
son, Mills, Montgomery,
Page,
East Pottawattamie,
West Pottawattamie,
Ringgold, Union, Taylor

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Extension and Outreach

Dish it · Top it · Dip it

Be creative in how you reach your recommended amount of fruits and vegetables in a day. (Men age 51+ should eat at least 2 cups of fruit and 2 1/2 cups of vegetables daily; Women age 51+ should consume at least 1 1/2 cups of fruit and 2 cups of vegetables daily). If you're bored of having fruits and vegetables on their own, try to incorporate them into your everyday eating!

- Add vegetables to casseroles, stews, and soups.
- Add lettuce, onions, and tomatoes to sandwiches.
- Order veggie toppings on your pizza.
- Top your ice cream or cake with fresh fruit for dessert.



Just Add Water...and Nutrients

Premade and packaged meals are quick and easy to make; however, they are often high in sodium with few nutrients normally found in vegetables and fruits. You can still enjoy these meals, but enhance their nutrient value by getting creative and adding your own touches to the meals. These add beneficial nutrients, flavors, texture, and color to your plate!

Macaroni & Cheese AND...

- Peas & tuna
- Hamburger, salsa, green pepper, and onion
- Salsa, black beans, corn, and green pepper



Cheesy Nacho or Chili Macaroni Hamburger Helper® AND...

- Green & red pepper, corn, and black beans

Fettuccine Alfredo Chicken Helper® AND...

- Broccoli & carrots

Cheesy Pasta or Tuna Melt Tuna Helper® AND...

- Corn & peas

\$SMART \$SHOPPING

Grocery shopping may be a dreaded event, especially during the holiday season when the stores are even more crowded, adding to the stress of preparing meals. Use these tips to help you shop smartly and to keep your grocery bill and stress levels low.

- **Make a shopping list.** Think ahead about the meals you want for the week. This makes you less likely to buy things on impulse.
- **Compare unit prices.** The best way to find the best buy is to compare the unit price. Even if an item costs more, looking at the unit price will tell you if it is a better buy.
- **Watch out for end of aisle displays.** These “on sale” items may not be the best deal. Other brands down the aisle may be better priced.
- **Buy in bulk.** For example, buy a large container of yogurt and spoon it into individualized servings when you get home.
- **Buy in-season fruits and vegetables.** Not only are they less expensive, they will be fresher and tastier!



For shopping tips and healthy, easy recipes, go to **Spend Smart, Eat Smart**, <http://www.extension.iastate.edu/foodsavings>

Source: http://brown.edu/Student_Services/Health_Services/Health_Education/nutrition_&_eating_concerns/eating_off_meal_plan.php

Moving For Health

During the stress of the season, continue doing your regular physical activity. Regular, moderate physical activity can reduce fatigue and help you manage stress better! If you are not currently participating in regular physical activity, now is as good of time as ever to start. Once you become active, you're more likely to have more energy than you did before. As you start to do more, you may see that you can do things more easily, faster, and for longer than you could before—that includes preparing meals, keeping up with grandchildren, and running errands during the holidays!

Talk to your health care provider before beginning any activity program

Source: *Exercise & Physical Activity, National Institute on Aging*



Satisfying Snacks

Black Forest Snack

Make a tasty and easy snack with these three ingredients:

- 1) Pumpernickel bagel (bread can also be used)
- 2) Peanut butter
- 3) Sun-dried cherries

Spread the peanut butter onto the bagel (or bread). Top with the cherries. Enjoy!

Resources

Polk County
Congregate Meals
(515) 286-2062

Commodity &
Supplemental Foods
(515) 286-3655

Nutrition, Food
Preparation & Food Safety
ISU AnswerLine
1-800-262-3804

...and justice for all

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