



News You Can Use

Nutrition Education
with Seniors

April 2021

The Value in Variety

Eating a variety of produce each day helps you get all the nutrients you need to stay healthy, strong and independent!



Each fruit and vegetables offers nutritional benefits. Dark green and orange produce is rich in vitamin A (e.g., carrots, apricots, etc.) which is important for eye health. Cooked tomato products are high in lycopene which lowers prostate cancer risk. Others are high in potassium- (e.g., spinach, potatoes, and bananas).

There's fresh, frozen, canned, and pre-packaged. All of these provide valuable nutrition.

Pros and Cons of Different Fruit and Vegetable Options

| | Pros | Cons |
|---------------|--|---|
| Fresh | <ul style="list-style-type: none"> • Not processed • Can be used in many ways | <ul style="list-style-type: none"> • Higher cost • May spoil faster than you eat it • Requires some preparation (e.g., washing, peeling, chopping) |
| Frozen | <ul style="list-style-type: none"> • More affordable • Convenient • Ready-to-use • Easy to cook | <ul style="list-style-type: none"> • May have added sugar, sodium, or preservatives |
| Canned | <ul style="list-style-type: none"> • More affordable • Convenient • Long shelf life • Ready-to-use • Easy to cook • Easy to chew | <ul style="list-style-type: none"> • Cans may be hard to open • May have added sugar, sodium and preservatives |
| Dried | <ul style="list-style-type: none"> • Convenient • Ready-to-use | <ul style="list-style-type: none"> • Not as satisfying • Hard to chew |



Canned Apricots

Selection:

- Choose cans without dents or obvious damage; this could mean the **apricots** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

Storage:

- Store unopened cans in a cool, clean, and dry place.
- After opening cans, put **apricots** in an air tight container and store up to 4 days in the refrigerator.

Nutrition:

- 1/2 cup of **apricots**:
- Provides 120 calories and 25% of your daily need for Vitamin A.
- Choose cans with “lite syrup” for less added sugar

Uses:

- Eat **apricots** with low fat cottage cheese to include extra calcium and protein in your diet!
- **Apricots** also add nutrients and color to salads, sides, and desserts!

Let's Talk Legal Aid

Barb Wollan, Family Finance; ISU Extension & Outreach

Many of the challenges we face throughout our lives have a legal element, from consumer complaints to landlord-tenant disputes to grandparent rights. This month we feature three consumer-friendly sources of legal information.



The Legal Hotline for Older Iowans (1-800-992-8161).

This provides free legal advice and, in some cases, will provide legal representation. The hotline is operated by Iowa Legal. Anyone over age 60 is eligible to be served, regardless of financial situation. They are experts in protecting a spouse's financial well-being when the other spouse needs Medicaid assistance to pay for long-term care, along with a range of other issues.

Iowa Legal Aid (www.iowalegalaid.org)

The website holds a treasure trove of consumer-friendly information about a wide range of legal topics. Topic areas include, Elder Law, Housing, Family and Juvenile Law, Consumer Law, Disaster Relief, and Public Benefits.

Apricot Pops

Serves: 8 | Serving Size: 1 pop (1/2 cup)

| INGREDIENTS | INSTRUCTIONS AND TIPS |
|--|---|
| 1 can (15 oz) apricots (in juice or lite syrup) 2 cartons (6 oz) vanilla yogurt (low fat) 8 small paper cups 8 wooden sticks or plastic spoons | 1. Drain apricots. 2. Combine apricots with yogurt. Blend until smooth in a blender. 3. Pour mixture into 8 small paper cups and place in freezer for about 30 minutes. 4. After 30 minutes, stand the wooden stick or plastic spoon in the pop. 5. Freeze for another 3-4 hours. 6. Remove paper cup and enjoy! |
| Tip Serve like ice cream. Pour mixture into plastic container, cover, and freeze 3-4 hours or until firm. Thaw 10 minutes before serving. | |
| Storage Cover with cling wrap and store in freezer for several weeks. | |
| Nutritional analysis (1/2 cup): 50 calories, 0g fat, 0g saturated, 20mg sodium, 11g carbohydrates, 1g fiber, 8g sugar, 2g protein. | |
| This recipe is adapted from https://spendsmart.extension.iastate.edu/recipe/apricot-pops/ | |

More Legal Resources

Iowa Concern is a telephone hotline (**800-447-1985**) for all Iowans dealing with various stressors.

Along with providing information, making referrals, and serving as a listening ear, they also offer legal education.

Their attorney can help you understand what your rights are, what the law says, and what options you have to address your situation.

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