



News You Can Use

Nutrition Education
with Seniors

February 2020

Fiber for your gut health!

Almost all adults, 97%, are not getting enough fiber in their diet. Fiber is a plant-based carbohydrate that cannot be digested. Fiber can be water-soluble or insoluble, which most plant foods contain both, but they can have different effects on your gut!



Soluble fiber can help with constipation, diarrhea, regulate blood sugar, and lower cholesterol levels. It is found in a variety of foods like Brussels sprouts, beans, oats, citrus fruits, whole grains and the skins of many fruits and vegetables.

Insoluble fiber aids with constipation only. It is found in most of the same soluble fiber foods as well as nuts, cauliflower and other vegetables.

Check the nutrition facts label to ensure you get enough fiber!

- Look for the 1:10 ratio. For every 10g of carbs there is at least 1g of fiber.
- Pick grain products with “whole grain” as the first ingredient.
- Achieve the dietary recommendations for your age and gender! 51 years and older require 21g for females and 30g for males.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from:

<https://www.health.harvard.edu/blog/should-i-be-eating-more-fiber-2019022115927>



Oatmeal

Selection:

- Choose packages without dents, or damages which could mean the oats are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the box.

Storage:

- Store unopened packages in a cool, clean, dry place.
- After opening, keep **oatmeal** in a tightly covered container and refer to “Best if used by” or “Best by” date.

Nutrition:

- ½ cup of **cooked oatmeal**:
- Provides 83 calories and 2 grams of fiber.
- Counts as 1 ounce-equivalent of grain for the MyPlate.

Uses:

- Add oatmeal to snacks or dessert items to make a healthier, more filling option!
- Combine oatmeal with dried fruit, peanut butter and yogurt with a veggie smoothie for a complete MyPlate meal.

Slow Cooker Food Safety

Slow cookers are an easy way to make warm, tasty meals with less oversight and dishes! Ensure your food is not only mouthwatering, but also safe by following these tips!



- **Start clean!** Wash everything that will have contact with food, including your hands.
- **Thaw first.** Thaw meat and poultry first. Slow cooking won't get the food out of the temperature danger zone (40°-140°F) fast enough and could result in unsafe food.
- **Preheat cooker.** Add hot liquid for steam while pre-heating.
- **Do NOT cook on warm.** You want food to get up to 140°F ASAP!
- **Put vegetables on bottom or sides.** Vegetables cook slower so keep them closer to the heat.
- **Keep the lid on** to keep steam in, which aids in cooking the food.
- **Check temperature of food** to stay out of temperature danger zone and get up to 165°F for most dishes and 160°F for roasts.
- **Cool and store properly.** Do not let food cool in crock pot, place it in smaller containers to cool faster.
- **Do NOT use for reheating leftovers.** Use stovetop or microwave to reheat up to 165°F.

Adapted from <https://extension.umn.edu/preserving-and-preparing/slow-cookers>

Chewy Granola Bars

Serves: 24 | Serving Size: 1 bar

INGREDIENTS

2 cups quick cooking oats
2 cups crispy rice cereal
20 mini pretzels, crushed
¾ cup syrup or honey
½ cup peanut butter
1 teaspoon vanilla
Dash of cinnamon

INSTRUCTIONS AND TIPS

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour syrup or honey into a microwave safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13-inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using wax paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!

***Store in an air tight container up to 1 week, or freeze some up to 2 months.**

TIP: Add dried fruit to the dry mixture, pair bars with a glass of milk and a side of veggies for a complete MyPlate meal.

Nutritional analysis (1 bar): 100 calories, 3.5g fat, 0.5g saturated, 0g trans, 85mg sodium, 15g carbohydrates, 1g fiber, 3g sugar, 2g protein. This recipe is adapted from *Spend Smart. Eat Smart.*

<https://spendsmart.extension.iastate.edu/recipe/chewy-granola-bars/>

♥♥ DASH Diet ♥♥

The Dietary Approaches to Stop Hypertension (DASH) diet helps prevent and manage blood pressure. The eating pattern encourages fiber and unsaturated fats. It includes many foods you likely already enjoy!

- Whole grains
- Fruits and vegetables
- Low-fat dairy products
- Leans meats, poultry and fish
- Nuts, seeds and legumes
- Vegetable oils

Adapted from:

nhlbi.nih.gov/health-topics/dash-eating-plan

Nutrition, Food Preparation and Food Safety

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