The Scoop on Gluten
What is gluten? How does it impact health?

While there is a lot of publicity surrounding gluten, many may not know what it is and what function it serves.

Gluten is a protein found in grain products. It provides structure to hold foods together and maintain their shape.

The top reason many choose to buy gluten-free products is because they are thought to be healthier. However, health benefits to eating gluten-free are seen only in individuals with celiac disease.

Celiac disease affects ~1% of the population. It is an auto-immune condition in which the body mistakes gluten as a foreign invader and tries to get rid of it. This reaction can cause serious damage to the body.

What foods contain gluten? Think BROW: Barley, Rye, Oats*, Wheat

*Most oat products are cross-contaminated with wheat. Look for oat products that are certified gluten-free.


Selection:
- Choose a package without rips or tears. Rips and tears could mean the rice is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.

Storage:
- Store uncooked rice in a cool, dry place indefinitely.
- Once cooked, keep rice in a tightly sealed container or freezer bag for up to four days in the refrigerator or up to six months in the freezer.

Nutrition:
1/2 cup serving of enriched, long grain white rice:
- Provides 100 calories, 22g carbohydrates, 2g protein and contains added iron, vitamins, and calcium.
- Counts as a 1/2 cup equivalent from the MyPlate Grain group.

Uses:
- Long grain rice pairs best with dishes such as casseroles, stews, and pilaf.
- Serve up as a side dish for any meal.
- Can be used to make pudding and bread desserts.
Senior Farmers Market Nutrition Program

Starting June 1st to October 31st participating farmers’ markets and roadside stands will have fresh produce, herbs and honey for purchase.

The Aging Resources of Central Iowa will provide eligible older adults with a booklet of checks that can be used at local vendors. This is based on a first come first serve basis.


Contact Aging Resources of Central Iowa to find out more information, or apply to receive the benefits: (515) 255-1310 or email: info@agingresources.com

Article adapted from: http://www.agingresources.com/programs-services/nutrition-healthy-living-programs/senior-farmers-market-nutrition-program

Tasty Taco Rice Salad

INGREDIENTS
1 pound lean ground beef
1 1/2 cups long grain white rice, dry
2 cups water
1 cup onion, chopped
1 Tbsp chili powder
3 cups tomatoes, chopped
1 seeded jalapeno, chopped finely
2 cups spinach
1 cup 2% fat cheese, shredded

Recipe adapted from ISU Extension and Outreach’s Spend Smart Eat Smart

INSTRUCTIONS
1. Cook ground meat in a large skillet until brown (160°F) Drain off fat. Rinse meat to remove grease.
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes or until rice is cooked.
5. Place layers of spinach, rice mixture, and cheese on plates to serve.

Nutritional analysis (1 serving): 260 calories, 35g carbohydrates, 19g protein, 6g fat, 3g dietary fiber, 190mg sodium, 417mg potassium

SERVES: 8 | SERVING SIZE: 1 1/2 cups

Questions?
Contact Ann Parker at aeparker@iastate.edu or 515-204-3397

Region 6 & 12 Nutrition and Wellness Happenings:
May 7- Food Preservation 101- Cherokee
May 9- Food Preservation 101- Ida Grove
May 14- Spend Smart Eat Smart in Child Care training- Rockwell City
May 20- Fresh Conversations- Denison
May 21- ServSafe- Denison
May 23, 30- Healthy and Homemade Series- Denison
May 28- Food Preservation 101- Guthrie Center

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