



“Raisin” Shine, it’s Summer Time!

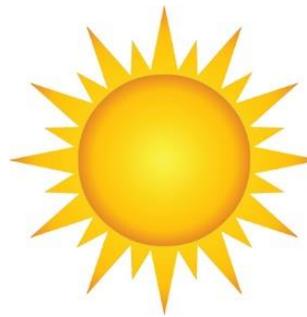
News You Can Use

Nutrition Education
with Seniors

July 2020

Sunny Vitamin D

Did you know your skin helps make vitamin D for your body? Sun exposure enables your skin to produce vitamin D. Researchers suggest that just 5 to 30 minutes a day, a couple days each week is enough to make enough vitamin D.



Getting enough Vitamin D keeps your bones and muscles healthy. Vitamin D may also help:

- Decrease inflammation
- Prevent certain cancers
- Improve brain function

Adults ages of 51 to 70 years should aim for 15 micrograms (mcg) of Vitamin D in their diet each day. Those ages 70 years and older should aim for 20 mcg daily. This does not include the Vitamin D provided by the skin. There are very few foods that offer Vitamin D. The below table lists some foods that offer Vitamin D. Try to include these foods in your regular meal plan.

Food	Amount	Vitamin D (micrograms)
Trout	3 ounces	16.2
Salmon	3 ounces	14.2
Tuna (canned)	3 ounces	5.7
Dairy milk, fortified	1 cup	3.2
Soy milk, fortified	1 cup	2.9
Ready-to-eat cereal, fortified	1 serving	2.0
Large egg with yolk	1	1.1

Adapted from: <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

Selection:

- Choose boxes or bags without tears, which could mean the **raisins** are unsafe to eat.
- Shake the package to check freshness; if they rattle, they may be too dry.
- Check the “Best by” or “Best if used by” date on the box.

Storage:

- Store unopened boxes in a cool, clean, dry place.
- Store in refrigerator to prolong shelf life.
- After opening, put **raisins** in a tightly closed container.

Nutrition:

- 1/4 cup of **raisins**:
- Provides 108 calories and 1 gram of fiber.
- Counts as 1/2 cup equivalent from the MyPlate fruit group.

Uses:

- Add **raisins** in baked goods, salads, or cereals.
- Combine **raisins** with cheese, spinach, lean protein, and a roll for a complete MyPlate meal.

Grocery Shopping and Refrigerator Tips

As quarantine measures are slowly being lifted, continue to protect yourself and your food.

1. **Shop during the hour designated to those at higher health risks.** Have a list ready so you can get your items quickly.
2. **Grocery shop from home.** Many stores are offering curbside pick-up and delivery options to limit your contact with others. Visit the website of your preferred grocery store to learn more. On food assistance? No problem. In Iowa, food assistance can be used for online groceries from Amazon and Walmart. Learn more about the program online at <https://www.fns.usda.gov/snap/online-purchasing-pilot>.
3. **Store groceries properly.** Reduce foodborne illness risk by putting your cold foods away as soon as you get home. Make sure your refrigerator is set at 41°F or lower and is arranged to keep your foods safe.
 - **Top shelf:** ready-to-eat foods. These foods won't need cooked before eating.
 - **Second shelf:** produce. A lot of refrigerators have the produce drawers on the bottom. To prevent raw meats dripping, always place the meats on a plate or pan.
 - **Third shelf:** foods needing to be cooked to 145°F (e.g., seafood, whole cuts of beef and pork, eggs, etc)
 - **Fourth Shelf:** foods needing to be cooked to 155°F (e.g., ground meat)
 - **Bottom shelf:** foods needing to be cooked to 165°F (e.g., poultry, leftovers, etc).

Unable to afford food to last a month? Call **Iowa Food Assistance Hotline at 855-944-FOOD (3663) between 8am-5:30pm** to see if you are eligible. For other local social services available, call **2-1-1**.

Adapted from: <https://www.statefoodsafety.com/Resources/Posters/fridge-storage-for-food-safety>

Take Along Trail Mix

Serves: 16 | Serving Size: 1/2 cup

INGREDIENTS

- 2 C unsweetened cereal (Cheerios®, Wheat Chex®, etc.)
- 2 C sweetened cereal (Honey Nut Cheerios®, Frosted Mini-Wheats®, etc.)
- 2 C small pretzel twists
- 1 C dried fruit (raisins, dried cranberries, dried apricots, etc.)
- 1 C unsalted peanuts

INSTRUCTIONS AND TIPS

1. Wash hands.
2. Chop dried fruit into small pieces.
3. Mix all ingredients together in a large bowl.

Tip

- Measure 1/2 C portions into snack size baggies so they're easy to grab on the go.

Storage

Store in an airtight container in cupboard for 1 week, or in the freezer for several weeks.

Nutritional analysis (1/2 cup): 150 calories, 5g fat, 0.5g saturated, 210mg sodium, 24g carbohydrates, 3g fiber, 10g sugar, 4g protein. This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/take-along-trail-mix/>

Nutritious & Delicious Treats

- **Make the swap!** Raisins and other dried fruits are nature's fruit snacks. Consider these the next time you are looking for a sweet, chewy fruit snack.
- **Keep it simple!** Combine oats, honey, and raisins for a granola bar.
- **Pair with nuts!** Have a handful of raisins with your favorite nuts to make a tasty, protein-packed trail mix. Add your favorite candies for an irresistible snack!

Helpful Resources

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