



# News You Can Use

Nutrition Education  
with Seniors

November 2020

## Macronutrients: Carbohydrates

Macronutrients are foods the body needs in large amounts to stay healthy. There are three types of macronutrients: carbohydrates, proteins, and fats.

Carbohydrates are the preferred energy source for the body. There are two types: simple and complex. **Simple carbohydrates** turn to sugar quickly and don't provide much nutrition (candy bar or regular soda). Simple sugars are useful when you need a quick pick-me-up; choosing foods like an apple or other fresh fruit have both simple and complex carbohydrates along with other nutrients to give you energy, vitamins, and minerals.

**Complex carbohydrates** take longer to break down and provide more nutrition. These foods fuel the body to help you do daily tasks. Examples include whole grains, fruits, starchy vegetables and milk. Grains are a very common source of carbohydrates. The key is to make half of your grains whole grains.

### Recommended Grain Intakes for Those Age 50 Years and Older:

- MEN: 6-ounce grain equivalents
- WOMEN: 5-ounce grain equivalents

### Examples of Ounce Equivalents

| Food                | One Ounce Equivalent                                 |
|---------------------|------------------------------------------------------|
| Bread               | 1 regular slice                                      |
| Crackers            | 5 whole wheat crackers<br>7 square or round crackers |
| English Muffin      | ½ muffin                                             |
| Grits               | ¼ cup uncooked or 1 cup cooked                       |
| Pasta               | ½ cup cooked<br>1 ounce dry                          |
| Popcorn             | 3 cups, popped                                       |
| Ready-to-eat cereal | 1 cup flakes or rounds                               |

Adopted by: <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#food-groups>



## The Nitty Gritty Details

### Selection:

- Choose boxes or bags without tears, which could mean the **grits** are unsafe to eat.
- Check for uniform color throughout when possible. Dark specks may be contaminants.
- 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, put **grits** in a tightly closed container.

### Nutrition:

- 1 cup of **grits**:
- Provides 151 calories and 1.6 gram of fiber.
- Counts as 2 one ounce equivalents from the MyPlate grains group.

### Uses:

- Incorporate **grits** into any meal by adding flavorful fruits, vegetables, or proteins.
- Combine **grits** with cheese, spinach, tomatoes, and a lean protein for a complete MyPlate meal.

# Cooking Temperatures & Handling Leftovers

With the holidays just around the corner, keep yourself and loved ones safe by cooking your foods to the proper temperature. This will kill harmful bacteria and other pathogens that can cause foodborne illnesses. Remember to keep hot foods hot (140°F or higher) and cold foods cold (40°F or lower)

| Food                     | Type                                         | Internal Temperature (°F) |
|--------------------------|----------------------------------------------|---------------------------|
| Ground meats             | Beef, pork, lamb                             | 160                       |
|                          | Turkey, chicken                              | 165                       |
| Fresh beef, veal, lamb   | Steak, roasts, chops<br>(Rest for 3 minutes) | 145                       |
| Poultry                  | Breasts, legs, thighs,<br>whole bird, etc.   | 165                       |
| Pork and Ham             | Pork and Ham                                 | 165                       |
| Leftovers and Casseroles | Leftovers and casseroles                     | 165                       |
| Grains and vegetables    | Grains and vegetables                        | 140                       |

Adapted from: <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

## Eggs Over Kale and Sweet Potato Grits

Serves: 4

### INGREDIENTS

1 large sweet potato (orange flesh)  
2 cups fresh kale (chopped)  
1 tablespoon vegetable oil (divided)  
1 1/2 cups water  
1 cup non-fat milk  
3/4 cup grits (quick cooking)  
1/4 teaspoon salt  
4 eggs

### INSTRUCTIONS AND TIPS

1. Preheat oven to 350°F.
2. Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
3. Make 3-4 slits in sweet potatoes; cook in microwave until just soft.
4. Peel and cut sweet potatoes into chunks. Puree in food processor.
5. Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
6. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
7. Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish).
8. Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow.
9. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

Nutritional analysis (1/4 recipe): 280 calories, 9g fat, 2g saturated, 410mg sodium, 38g carbohydrates, 4g fiber, 7g sugar, 12g protein.

This recipe is adapted from: <https://www.choosemyplate.gov/recipes/myplate-cnpp/eggs-over-kale-and-sweet-potato-grits>

## Mindful Eating

During the holidays it is easy to overeat. It's also a little easier to enjoy more treats than usual. Here are a few tips to help you eat mindfully this holiday season.

- Use a smaller plate.
- Use the MyPlate diagram to portion your meal.
- Eat slowly and don't rush your meal or snack.
- Wait a few minutes before reaching for a second helping.
- Ask yourself if you're hungry.

## Helpful Resources

**Answerline:**  
800-262-3804

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712 789 2449  
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**Fresh Conversations program offered each month online. Free Nutrition Education Program without leaving home!**

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