



News You Can Use

Nutrition Education
with Seniors

December 2021

How to Meet Your Age-Related Nutrition Needs

The nutrients that support healthy aging change over time. The 2020 Dietary Guidelines for Americans states that every American needs to focus on calcium, vitamin D, and fiber. Adults ages 60 years and older also need extra protein and vitamin B12.



Calcium and Vitamin D are important for preventing bone loss and keeping your bones strong. Fiber is good for gut health. Protein helps reduce age-related muscle loss. Vitamin B12 absorption often decreases in those 60 years and older, so getting more B12 in your diet makes sure you are still getting what you need to reduce your risk of B12 deficiency memory loss.

Eating from all five food groups (dairy, fruit, grain, protein, and vegetable) daily helps you get the nutrients you need to stay strong and healthy. For each meal, aim for foods from three different food groups.

Use these tips when planning meals and snacks

- Choose low- or fat free dairy products to help meet calcium, Vitamin D, and protein needs.
- Eat more legumes, nuts and seeds for extra fiber and protein.
- Add fresh, frozen or canned fruits and vegetables to meals and snacks for flavor and fiber!
- Select fortified whole grain cereals for extra fiber, calcium, protein, or vitamin B12.
- Visit <https://spendsmart.extension.iastate.edu> for low-cost, easy to prepare and healthy recipes for all food groups.

Adapted from: MyPlate.gov <https://bit.ly/2YnsvQe> and the Dietary Guidelines for Americans, <https://bit.ly/3mtKo87>



Corn and Rice Cereal

Selection:

- Choose boxes without obvious damage. This could mean the **cereal** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the container.

Storage:

- Store unopened boxes of **cereal** in a cool, clean, and dry place.
- Once opened, place **cereal** in an airtight container and store in a cool, dry place for up to a few months.

Nutrition:

1 1/2 cup **corn or rice cereal**

- Counts as 3-ounce equivalents of grains in MyPlate
- Provides 60% of your daily iron recommendation

Uses:

- Top **corn or rice cereal** with berries for extra taste, color and nutrients!
- Mix **corn or rice cereal** with dried fruits and nuts for a nutritious snack!

LIHEAP for Joy!

With the Low-Income Home Energy Assistance Program!

The colder months bring more expensive utility bills as we keep the house warm and cozy. Don't let the added costs keep you out in the cold. Try these tips to lower energy costs.

Energy Saving Tips	
Turn the heat down when you're not home.	Clean filters and lint traps of appliances to keep them running efficiently.
Use LED light bulbs.	Avoid leaving TVs and lights on when you're not in the room.
Use cold water when doing laundry whenever possible.	Seal windows and place draft stoppers on doors to reduce heat loss.
Keep your water heater at 120°F rather than the factory setting of 140°F.	Apply for LIHEAP for assistance.

No matter how many energy savings tips you try, it can still be too costly. The Low-Income Home Energy Assistance Program (LIHEAP) helps those with a fixed income live in a warm home without financial hardship.

Visit <https://humanrights.iowa.gov/dcaa/liheap> or call 515-281-3861 to check your eligibility for LIHEAP benefits and learn where to apply.

Adapted from: <https://benrose.org/-/resource-library/financial-health-and-wellness/budgeting-tips-for-older-adults>

Popcorn Trail Mix

Serves: 14 | Serving Size: 1 cup

INGREDIENTS

6 cups popcorn (air popped)
2 cups Chex® (chocolate flavored)
2 cups cereal (toasted oat)
2 cups pretzel twists
2 cups Frosted Mini Wheats®
1 cup peanuts (optional)

INSTRUCTIONS AND TIPS

1. Wash your hands before handling ingredients
2. Combine all ingredients in a large bowl or bag. Enjoy!

Tip: Divide into servings. Place servings in individual bags that you can take for lunch or snacking on the go.

Nutritional analysis (1 cup): 110 calories, 1.5g fat, 0g saturated fat, 200mg sodium, 22g carbohydrates, 2g fiber, 4g sugar, 2g protein.

This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/popcorn-trail-mix/>

Know your dates!

Packaged foods often have a date on the package. Here is a short list to help you understand what those dates mean.

Best if Used By/Before- Indicates when a food will be of best quality.

Sell-By- Tells the store how long to have the product for sale.

Use-By- Last date recommended for use while at peak quality.

Freeze-By- Indicates when a food should be frozen to maintain peak quality.

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