



News You Can Use

Nutrition Education
with Seniors

April 2022

Lowering Cholesterol with the Diet

Your body needs cholesterol to make vitamins and hormones. But too much can put you at risk for heart disease.

Cholesterol travels in the blood on proteins called lipoproteins. Low density lipoproteins (LDLs) are “bad” cholesterol because they let cholesterol build up in blood vessels. High density lipoproteins (HDLs) are “good” cholesterol because they bring cholesterol back to the liver to be removed from the blood.



What we eat can help us keep blood cholesterol in a healthy range. A heart-healthy diet can lower “bad” cholesterol while raising “good” cholesterol! Making small changes to your diet can make a big difference!

Choose healthier fats. The cholesterol in food has little impact on blood cholesterol levels. It is the fat in foods that make a difference. Eat more unsaturated fats (e.g., olive oils, salmon, tuna, avocado, nuts, and seeds, etc.) to raise HDL levels. Limit saturated fats (e.g., full-fat dairy, meat products, cookies, cakes, etc.) to lower LDL levels.

Eat soluble fiber. Soluble fiber limits the absorption of cholesterol. Whole grain bread, oatmeal, bananas, apples, legumes, and lentils are examples of foods rich in soluble fiber.

Limit sodium, added sugar, and alcohol. While these three items aren't specific to lowering bad cholesterol, they're important for overall heart health. Too much sodium can increase blood pressure, and extra sugar and alcohol add extra calories which can lead to higher LDL, lower HDL, and being overweight.

Adapted from: <https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>



Applesauce

Selection:

- Choose cans or containers without obvious damage. This could mean the **applesauce** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.
- Look for “unsweetened” on the package.

Storage:

- Store unopened containers of **applesauce** in a cool, clean, and dry place.
- Once opened, place **applesauce** in an airtight container and store in refrigerator for 1 to 2 weeks.

Nutrition:

1 cup **applesauce**

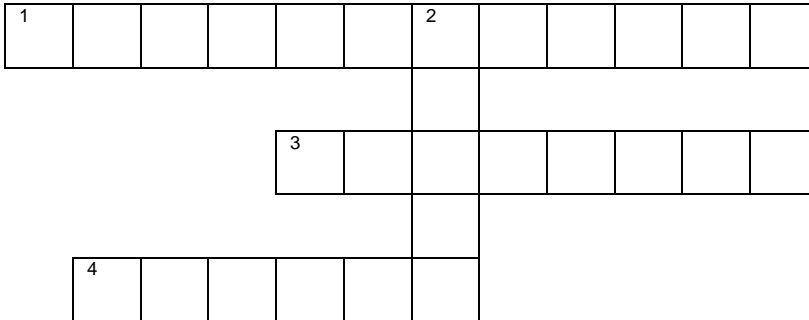
- Counts as 1 cup of fruit in MyPlate
- Provides 3g of fiber

Uses:

- Substitute **applesauce** for oil in baking recipes.
- Serve **applesauce** with nuts, whole wheat crackers, and cheese for a MyPlate friendly snack!

Save the Date!

Though they're not as exciting as birthdays or anniversaries, the dates on food labels are important to help you keep your food of the best quality. **Best if used-by, Sell-By, Use-by, and Freeze-by** dates are used by food companies to let you know when a food isn't at its highest quality. Fill out this cross word to test your knowledge of what these terms mean!



Down:

2. Last date recommended for *use* while at peak quality

Across:

- 1. Indicates when a food will be of *best* quality
- 3. Indicates when a food should be *frozen* to maintain peak quality
- 4. Tells the store how long to have the food for *sale*

1. Best if used by 2. Use by 3. Freeze by 4. Sell by

Apple Cinnamon Bread

Serves: 16 | Serving Size: 1 slice

INGREDIENTS

- 1/2 cup white sugar
- 1 1/4 cup unsweetened applesauce
- 1/3 cup oil
- 2 eggs
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1 1/2 tsp cinnamon, separated
- 1 apple, diced (~1 cup)
- 3 Tbsp brown sugar

INSTRUCTIONS AND TIPS

1. Preheat oven to 350°F. Spray a 9x5 inch loaf pan with nonstick spray.
2. In a small bowl, stir together white sugar, applesauce, oil, and eggs until well combined.
3. In a large bowl, stir together flours, baking powder, and 1 tsp cinnamon.
4. Add wet ingredients to dry. Stir together until just combined. Mix in diced apple.
5. Pour the batter into the loaf pan. Spread evenly through pan.
6. In a small bowl, stir together brown sugar and 1/2 tsp cinnamon. Sprinkle on top of batter. Bake for 45-50 minutes until a tester inserted in the center comes out clean.

Storage: Keep in an airtight container for up to 4 days.

Nutritional analysis (1 slice): 150 calories, 6g fat, 0.5g saturated fat, 40mg sodium, 24g carbohydrates, 2g fiber, 12g sugar, 3g protein.

Recipe adapted from: <https://spendsmart.extension.iastate.edu/recipe/apple-cinnamon-bread/>

Check Your Storage Temperatures!

It is important to check the temperatures of your freezer, refrigerator, and pantry often to maximize food safety and minimize food waste!

Make sure your food storage areas are at the proper temperatures listed below.

Freezer: 0°F or below

Refrigerator: 40°F or below

Pantry: 70°F or below

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