



News You Can Use

Nutrition Education
with Seniors

March 2022

Stay Hydrated!

Staying hydrated, or getting enough fluid, is key to good health. Being hydrated helps regulate your body temperature, aids in the digestion of food and absorption of nutrients, lubricates joints, and improves cognition.



Despite these benefits, many older adults do not drink enough fluids to stay hydrated. This may be due to a loss of thirst sensation as well as concerns about bladder control. The general guidance is to get 6 to 8 cups of fluid a day. However, adults ages 60 and older tend to consume about 2 cups of fluid LESS than what is recommended!

The liquid found in all beverages and foods count toward your daily fluid intakes, not just water. To meet your fluid goals, try these tips:

- **Make hydration an all-day event.** Sip on water throughout the day rather than trying to drink large amounts at one time.
- **Mix it up.** All beverages count toward your daily fluid intake including coffee, tea, 100% juice, low-fat milk, soda, soup, etc.
- **Enjoy high fluid foods.** Many fruits and vegetables are good sources of fluid like melons, berries, pineapple, oranges, bell peppers, broccoli, celery, cucumbers, lettuce, and zucchini. Other fluid rich foods include soups, stews, and smoothies.

Remember to limit added sugars and sodium when making beverage and food choices.

Sources: Dietary Guidelines for Americans 2020-2025; [Harvard School of Public Health](https://bit.ly/337ByXC), <https://bit.ly/337ByXC>; [Cleveland Clinic](https://cle.clinic/3n0DIPY), <https://cle.clinic/3n0DIPY>; [Mayo Clinic](https://mayocl.in/3qMnsTS), <https://mayocl.in/3qMnsTS>



Canned Beef Stew

Selection:

- Choose cans without obvious damage. This could mean the **beef stew** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.
- Look for “low-sodium” on the package.

Storage:

- Store unopened **beef stew** cans in a cool, clean, and dry place.
- Once opened, place **beef stew** in an airtight container and store in refrigerator for 3-4 days.

Nutrition:

1/2 cup **canned beef stew**

- Provides 10g of protein

Uses:

- Serve **canned beef stew** over whole grain rice or noodles for a simple and filling meal.
- Or include a slice of whole wheat bread as a side.

Safe Selections – What NOT to bring home

Grocery items are sometimes damaged from shipping or stocking the shelves. Many times, grocery stores will discount these items, but be weary. Damaged goods may indicate food safety concerns.

To keep you safe from foodborne illness, stay away from dented cans, torn bags, crushed boxes, faded or ripped labeling, or any other obvious damage to the package. Do not buy any item that is leaking or has a visible break in the seal.

The discount may be enticing but put your health first and opt for the undamaged product.



Whole Wheat Bread in a Bag

Serves: 12 | Serving Size: 1 slice (1/12 loaf)

INGREDIENTS

2 cups all-purpose flour (plus extra for kneading)
1 cup whole wheat flour
3 Tbsp powdered milk
3 Tbsp sugar
1 tsp salt
1 Tbsp rapid rise yeast
3 Tbsp vegetable oil
1 cup water (warmed to ~120°F)

INSTRUCTIONS AND TIPS

1. Combine flours, yeast, sugar, salt, and powdered milk in a one-gallon resealable freezer bag. Squeeze extra air out and seal the bag. Shake and work bag to blend ingredients.
2. Add oil and warm water to dry ingredients. Reseal bag. Work bag with fingers until dough is completely mixed and pulls away from bag.
3. On a floured surface, knead dough for 5 minutes or until smooth and elastic. Add flour as needed. Put dough back in bag and let rest for 10 minutes.
4. Put dough into a greased 4-inch x 8-inch loaf pan. Cover with a clean cloth and let rise until double in size.
5. Preheat oven to 350°F and bake for about 30 minutes or until golden brown.
6. Flip pan to remove bread and cool right side up on a wire rack or clean cloth.

Tip: Divide dough into 12 rolls before baking. Watch carefully as the dough may bake differently in smaller portions.

Storage: Store in an airtight container and keep in a cool, dry place. You can freeze the baked bread for up to 3 months.

Nutritional analysis (1 slice – 1/12 loaf): 199 calories, 4g fat, 1g saturated fat, 198mg sodium, 36g carbohydrates, 1g fiber, 3g sugar, 5g protein.

Recipe adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bread-bag>

Keep Moving in March!

Regular movement throughout the day benefits the entire body. Even your brain benefits from a short stroll around the house!

Keep your body moving by deep cleaning a part of your home, walking around, dancing, and stretching tight muscles.

Meet the physical activity guidelines by moving your body 150 minutes per week or exercising vigorously 75 minutes per week.

Helpful Resources

PREPARED BY

Chandler Kendall
Diet & Exercise Graduate Student;
Iowa State University (ISU), Dept.
Food Science & Human Nutrition
ckendal@iastate.edu

ASSISTED BY

Sarah L. Francis, PhD, MHS, RD
ISU Associate Professor & Human
Sciences Extension and Outreach
State Specialist, Nutrition and
Wellness; sfranci@iastate.edu

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.