



## News You Can Use

Nutrition Education  
with Seniors

September 2019

### Dairy: Healthy Food Group!

Dairy products are quality sources of **protein**, **calcium** and **vitamin D**. All play a role in maintaining **physical functional** while aging including **preserving muscle** and **bone strength**.

#### Fighting osteoporosis:

Combination of **high calcium** and **vitamin D** in dairy products **helps prevent** and/or **reduce progression** of osteoporosis. About **50%** of women and **25%** of men aged 50 years and older will experience a **broken bone** due to osteoporosis. Breaking a bone at an older age is **very serious**. It can lead to increased mortality and loss of functionality.

#### More benefits:

Another serious health condition associated with aging is **sarcopenia**. Sarcopenia is the decrease of muscle mass; however, protein intake helps maintain muscle mass. Dairy products are a **good source of protein**. In fact, cottage cheese and Greek yogurt have been labeled as **low-cost products for obtaining protein**. **Fermented** dairy products such as **cheese** and **yogurt** have **additional health benefits** for blood cholesterol levels and reducing risk of heart disease.

**Where's the dairy?** Easy ways to include dairy three times a day!

- **Morning:** Yogurt, a glass of milk, bowl of cereal or cheese on eggs!
- **Lunch:** Cream based soups, cheese on sandwich or salad!
- **Snack:** Milk in smoothie, cheese with crackers, yogurt, cottage cheese or ice cream!
- **Dinner:** Macaroni and cheese, cheesy potatoes, cream based casseroles or glass of milk!

Adapted from: <https://www.health.harvard.edu/blog/dairy-health-food-or-health-risk-2019012515849> and <https://www.americandairy.com/news-and-events/dairy-diary/dairy-farming/learn-how-drinking-milk-keeps-seniors-moving.stml>



### Say Cheese!

#### Selection:

- Choose cheese packages that are unopened without any slits, or mold present, which could mean the cheese is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.

#### Storage:

- Store unopened packages in a refrigerator.
- After opening, re-wrap cheese tightly in clean wrap and store in refrigerator. Refer to “Best by” or “Best if used by” date.

#### Nutrition:

- 1 slice of **cheese**:
- Provides 70 calories and 4 grams of protein.
- It is a good source of calcium.
- Counts as one-cup equivalent from the MyPlate dairy group.

#### Uses:

- Include **cheese** in sandwiches, casseroles, salads, and soups.
- Combine cheese with pasta, lean meat and vegetables with a glass of fruit juice for a complete MyPlate meal.



# More BANG for your BUCK!



Nutrient-rich foods (e.g., produce, dairy, nuts, etc) provide more quality nutrition than common snacks (e.g., candy, soda, chips, etc) at a lower cost. Food products that are NOT nutrient-rich typically contain more added sugar, higher amounts of fat, or be either lighter and whiter or artificially bright in color. Choose food products that help maintaining physical function as well as brain and heart health.

## Make the SWITCH:

Drink flavored water	<b>INSTEAD OF</b>	Soda
Try a potato in different ways (cooks in less than 10 minutes in microwave)	<b>INSTEAD OF</b>	Potato chips or fast food fries
Drink chocolate milk or cream frozen bananas	<b>INSTEAD OF</b>	Ice cream treats or pudding
Keep a plate of fresh cut up vegetables, fruit, cheese or a bowl of nuts	<b>INSTEAD OF</b>	Salty or sweet snacks

Adapted from Michigan State University Extension  
[https://www.canr.msu.edu/news/nutrient\\_dense\\_foods\\_getting\\_more\\_bang\\_for\\_your\\_buck](https://www.canr.msu.edu/news/nutrient_dense_foods_getting_more_bang_for_your_buck)

## Supreme Grilled Cheese

Serves: 4 | Serving Size: 1 open face sandwich

### INGREDIENTS

1 cup bell pepper (any color fresh or frozen)  
 1/2 cup onion  
 1 cup spinach leaves  
 4 slices of cheese (mozzarella preferred)  
 1 pinch of garlic powder  
 2 tablespoon olive oil or mayonnaise  
 4 slices of bread (whole wheat or grain)

### INSTRUCTIONS AND TIPS

1. Thaw vegetables if using frozen.
2. Slice peppers and onions very thin.
3. Pour oil on skillet or small plate. Dip one side of bread in it or spread mayo on it. Leave or put extra oil in skillet.
4. Sprinkle bread lightly with garlic powder. (can add other seasonings such as basil or oregano)
5. Add in layers the spinach, peppers, onions and cheese on top.
6. Heat skillet to medium low with sandwiches. Cover until cheese melts or until bottom is golden brown.

### TIP

- Add chicken or beans to sandwich and a side of fruit or fruit juice for a complete MyPlate meal.

Nutritional analysis (1 sandwich): 270 calories, 12g fat, 2.5g saturated, 0g trans, 350mg sodium, 31g carbohydrates, 1g fiber, 12g sugar (naturally occurring), 4g protein. This recipe is adapted from *Spent Smart. Eat Smart.*

## Myth Debunked!

Are full fat dairy products bad? Recent studies have shown **no link** between consuming full fat dairy products and heart disease. However, that doesn't mean you can eat all you want.

Remember to watch portion sizes and choose dairy foods that are nutrient rich (e.g. yogurt) over dairy foods that are not (e.g., frozen yogurt).

Adapted from  
<https://www.health.harvard.edu/staying-healthy/is-low-fat-or-full-fat-the-better-choice-for-dairy-products>

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