



News You Can Use

Nutrition Education
with Seniors

September 2021

Complementary Proteins

Proteins are made up of building blocks called amino acids.

Complete proteins have all the amino acids our body needs. Animal protein sources (e.g., chicken, beef, pork, fish, eggs, etc.) are complete protein foods. Soy, although plant-based is a complete protein too.



Incomplete proteins are missing one or more essential amino acids that can't be made in the body. These are usually plant-based protein sources (e.g., legumes, nuts, etc.).

Although plant-based protein sources are incomplete proteins, you can get the missing essential amino acids by eating complimentary proteins. Doing so makes sure you're getting all the amino acids you need!

What are Complimentary Proteins?

Complimentary proteins are plant-based proteins that when eaten together provide all the essential amino acids thus making a complete protein. You've likely been eating complimentary proteins all along without knowing! Here is a list of some common ones.

- | | |
|---------------------------------|---------------------------------|
| -- Peanut butter on wheat bread | -- Hummus with pita chips |
| -- Grilled cheese sandwich | -- Macaroni and Cheese |
| -- Brown rice and Black beans | -- Whole grain cereal with milk |

Adapted from: <https://www.healthy-eating-support.org/complementary-proteins.html>



Canned Black Beans

Selection:

- Choose cans without obvious damage; this could mean the **black beans** are unsafe to eat.
- Check the "Best by" or "Best if used by" date on the container.
- Look for "Low sodium" or "No Salt Added" on the label

Storage:

- Store **canned black beans** in a cool, clean, and dry place before opening.
- Once opened, place **black beans** in an airtight container and store in refrigerator for up to 3 to 4 days.

Nutrition:

- 1/4 cup **black beans** counts as 1 ounce of protein on MyPlate

Uses:

- Add to casserole, soup or chili for additional protein and fiber!
- Add to salads, vegetable dips or salsas to mix it up!

Slow Cooker Food Safety Tips

Slow cookers are a great tool to make easy and nutritious meals. However, if not used correctly they could give you foodborne illnesses.



Foodborne illnesses often occur when foods sit out at temperatures between **40 to 135°F**. There is a period of time when using a slow cooker when the food is in that danger zone.

Use these tips to minimize your risk of foodborne illness.

- Begin with a clean cooker, utensils and work area. Wash hands before handling food.
- Keep perishable foods refrigerated until preparation time.
- Cook on HIGH for one hour before turning down to a lower setting to minimize time food is in the danger zone.
- Always thaw meat and poultry before putting it into a slow cooker so it cooks evenly with the rest of the ingredients.
- Keep the lid on as much as possible.

Adapted from: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/slow-cookers-and-food-safety>

Black Bean Soup

Serves: 5 | Serving Size: 2 1/2 cups

INGREDIENTS

2 Tbsp vegetable oil
1 onion, chopped
2 carrots, diced
2 celery sticks, diced
4 garlic cloves, peeled and minced
1 tsp basil, dried
1 tsp oregano, dried
2 tsp chili powder
3 15-ounce cans low-sodium black beans, drained and rinsed
8 cups water
1 cube low-sodium chicken bouillon

INSTRUCTIONS AND TIPS

1. Add oil to a large pot over medium heat. After oil is hot, add onion, carrots celery, garlic, basil, oregano, and chili powder. Cook for about 10 minutes.
2. Add the beans, water, and bouillon cube and raise to high heat. Bring to a boil. Turn to low heat and cook for about 2 1/2 hours until the mixture is uniform in color.

Optional: Squeeze 1/4 lime onto each serving and top with non-fat plain Greek yogurt.

Storage

Refrigerate in an airtight container for up to 5 days.

Nutritional analysis (1 cup): 322 calories, 6g fat, 0g saturated fat, 455mg sodium, 51g carbohydrates, 20g fiber, 4g sugar, 17g protein.

This recipe is adapted from <https://www.myplate.gov/recipes/myplate-cnpp/black-bean-soup>

Need help? Call 2-1-1 to Connect with Experts

Get help with

- Housing and/or utility expenses
- Food programs
- Healthcare expenses
- Mental health & more!

Simply dial 2-1-1 and follow the prompts to be connected to the resource you're looking for OR visit www.211.org for more information about resources near you.

Helpful Resources

Nutrition, Food Preparation and Food Safety Information

ISU AnswerLine
1-800-262-3804

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

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