



News You Can Use

Nutrition Education
with Seniors

August 2022

Vegetables are full of fiber that can maintain a happy and healthy digestive system, provide a lot of nutrients for very little calories, and are great sources vitamins and minerals that help your immune system and overall health.

According to MyPlate, women 60+ years old and over should eat 2 to 3 cups of vegetables while men ages 60+ and older should aim for 2.5 to 3.5 cups daily. One cup from the vegetable group is generally 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy salad greens.

The color of a vegetable indicates the different health-promoting compounds and nutrients it contains. The more color you eat, the more benefit you get! Visit the MyPlate website, <https://www.myplate.gov/> to learn more!

The chart below shows how many vegetables of different groups you should try to eat during the week. Fresh, frozen, and canned vegetables are all healthy options. Pick the one that's best for you!



Vegetable Type	Examples	Suggested Weekly Intakes	
		Females aged 60+ years	Males aged 60+ years
Dark Green	Broccoli, spinach, romaine lettuce, mixed greens	1 ½ cups	1 ½ cups
Red and Orange	Bell peppers, sweet potato, tomatoes, carrots	4 cups	5 ½ cups
Beans and Peas	Black beans, chickpeas, lentils	1 cup	1 ½ cups
Starchy	Corn, potatoes, green peas	4 cups	5 cups
Other	Cabbage, summer squash, mushrooms	3 ½ cups	4 cups



Canned Carrots

Selection:

- Choose cans without obvious damage. This could mean the **canned carrots** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.

Storage:

- Store unopened cans of carrots in a cool, clean, and dry place.
- Once opened, place the **canned carrots** in an airtight container and store in a refrigerator for up to 4 days.

Nutrition:

- 1/2 cup **canned carrots** has 30 calories, potassium, and vitamin A!

Uses:

- Add **canned carrots** to soups, stews, chilis, stir fries and casseroles.
- Sprinkle canned carrots with cinnamon for a sweet taste or curry powder for a spicy kick!
- Season them with a little butter, garlic, and herbs.
- Toss them in a smoothie.

Produce Saving Tips

Fresh, frozen, canned, and dried forms of fruits and vegetables are all nutritious and great for quick meals.

During the summer months, stores are filled with seasonal produce. Use these tips to stretch your food dollar when buying fruits and vegetables.



Make a list. This helps you remember exactly what you need while leaving behind any unneeded purchases.

Buy in season. Fresh fruits and vegetables are least expensive when they are in peak season. The Iowa Department of Agriculture and Land Stewardship has an Iowa Fruit and Vegetable Harvest calendar at <https://go.iastate.edu/IOIR2Q>.

Store your produce properly. Visit <https://www.foodsafety.gov/> to learn how to select quality produce and how to keep fruits and vegetables fresh.

Meatloaf

Serves: 6 | Serving Size: 1/6 loaf

INGREDIENTS

1 pound ground beef
1/2 onion, chopped (~ 1/2 cup)
1 cup canned carrots, chopped
1/2 cup dry quick oats
1/4 cup nonfat milk
1 egg
1/2 teaspoon ground black pepper
1/4 teaspoon salt
1/2 cup ketchup, divided
2 tablespoons sugar (brown or white)

INSTRUCTIONS AND TIPS

1. Preheat oven to 350° F.
2. Mix the ground beef, onion, carrots, oats, milk, egg, pepper, salt, and 1/4 cup ketchup.
3. Form the mixture into a loaf and place on broiler pan. * Bake for 50 minutes.
4. Stir the remaining 1/4 cup ketchup and sugar in a small bowl.
5. Remove meatloaf from oven and spread the sauce over the top and sides of meatloaf.
6. Bake for 10 minutes or until a meat thermometer reads 160°F.

Tip: you can substitute ground pork (cook to 160°F) or ground turkey (cook to 165°F) in place of ground meat.

Storage: Keep refrigerated in an airtight container for up to 4 days. Freeze single servings for later use.

Nutritional analysis (1/6 loaf): 280 calories, 13g fat, 4.5g saturated fat, 390mg sodium, 17g carbohydrates, 2g fiber, 10g sugar, 23g protein.

Recipe adapted from: <https://spendsmart.extension.iastate.edu/recipe/meatloaf/>

Self-Care

August is national wellness month. This month focus on YOU with self-care.

Self-care is when you allow yourself to take a breather from your fast-paced life. It involves you taking a step back from all the stress to fill your drained physical and emotional cup.

Self-care helps manage stress and promotes happiness.

Try some of these easy, low-cost, self-care ideas.

- Socialize with others
- Read a new book
- Do something creative
- Go for a walk
- Make time to relax

Helpful Resources

ISU Extension and Outreach AnswerLine
1-800-262-3804

PREPARED 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.