



# News You Can Use

Nutrition Education  
with Seniors

April 2020

## Sugar: Added or Naturally-occurring, does it matter?

**YES!** Sugar provides energy in the form of calories. This is true whether a food has sugar in it naturally or if the sugar has been added. The goal is to choose foods with naturally occurring sugars more often than foods with added sugar.

**Naturally-occurring sugars** are present in whole foods like fruits, some vegetables, and milk. These foods also provide vitamins, protein and/or fats that make them nutrient-rich.

**Added sugar** is sugar that is added by a manufacturer or yourself to a food product for taste and has **zero nutritional value, only additional calories**. These foods are okay in moderation, however eating too much can negatively impact chronic diseases like type 2 diabetes, heart disease, and tooth decay.

The *Dietary Guidelines for Americans* recommends eating less than 10% of your total calories from added sugar. This can be monitored by looking at the % Daily Value column on the nutrition facts label. Add up the percentages next to added sugars of all foods eaten in the day to ensure it is less than 10%.

### Tips to cut back on added sugar:

- Gradually add less sugar to coffee and tea or try using honey!
- Pick out unsweetened cereals and sweeten them yourself with fruits!
- Drink milk or water with meals instead of pop or chose a smaller size.

Adapted from: [https://health.gov/dietaryguidelines/2015/resources/dga\\_cut-down-on-added-sugars.pdf](https://health.gov/dietaryguidelines/2015/resources/dga_cut-down-on-added-sugars.pdf)

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## Perfect Canned Pears!

### Selection:

- Choose cans without dents which could mean the pears are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

### Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, put **pears** in a tightly closed container in the fridge for 3 to 4 days.

### Nutrition:

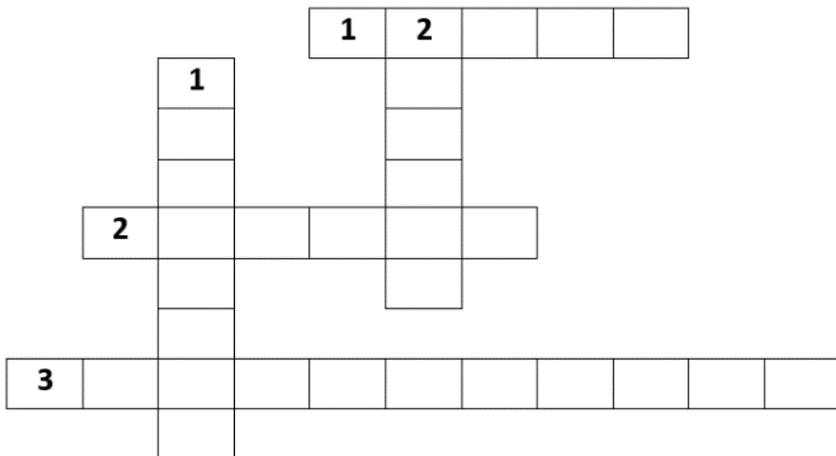
- 1/2 cup of **pears**:
- Provides 60 calories and 2 grams of fiber.
- Counts as 1/2 cup from the MyPlate fruit group.

### Uses:

- Add **pears** to spring salads, grill them for a more savory taste, have for dessert or snack.
- Top pears on a mixed green salad with lean protein, cheese and a whole wheat bun for a complete MyPlate meal.

# Test Your Knowledge on Food Dates!

Fill in the crossword puzzle using your knowledge on food dates. Dashes and or spaces are not included, for example write out sellby not sell-by.



## DOWN

1. The date a food product should be frozen to maintain peak quality.
2. The date the food product remains on the shelves and used by inventory managers.

## ACROSS

1. The date of the best quality or flavor for a food product.
2. Recommended last day to consume food for peak quality.
3. Only food product with a regulated use-by date.

ANSWERS: Down: 1. Freezeby, 2. Sellby, Across: 1. Useby, 2. Bestby, 3. Babyformula

Adapted from: <https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>

## Grilled Pears with Cinnamon Drizzle

Serves: 4 | Serving Size: 1 Pear half

### INGREDIENTS

- 1 can of pear halves
- 2 Tablespoons of honey
- 1 Tablespoon of cinnamon
- 1/4 cup of pecans (any type of nut)
- 1 Teaspoon of canola oil

### INSTRUCTIONS AND TIPS

1. Fire up grill, get a sauté pan or preheat oven to 425 degrees.
2. Brush or rub oil on pears and place pears on grill, in an oven safe pan (glass or non-stick) or the sauté pan.
3. Cook until you see grill or golden marks (15 minutes).
4. In small bowl combine honey and cinnamon. Mix well.
5. After 15 minutes in oven, let pears sit.
6. Drizzle honey mixture over pears and top with pecans.

### Tip

Have after chicken and vegetable fajitas in whole wheat tortillas with a glass of milk for a complete MyPlate meal.

Nutritional analysis (1 pear half): 90 calories, 6g fat, 0.5g saturated, 0mg sodium, 11g carbohydrates, 1g fiber, 10g sugar, 1g protein. This recipe is adapted from <https://ahouseinthehills.com/2014/02/25/grilled-pears-with-cinnamon-drizzle/>

## Dietary Supplements- Do you need them?

Look at what you eat regularly. Are there any vitamins or minerals you're lacking? Supplements can help fill these nutrient gaps.

As we age, it becomes harder to get enough **vitamin B12, vitamin D** and **calcium**. These nutrients help with brain health, bone strength, and immune function. Make sure to eat foods rich in these nutrients. One easy source is dairy! Remember, talk with your health care provider before starting any supplement.

Adapted from: <https://www.eatright.org/food/vitamins-and-supplements/dietary-supplements/vitamins-minerals-and-supplements-do-you-need-to-take-them>

## Helpful Resources

**Nutrition, Food Preparation and Food Safety**  
ISU AnswerLine  
1-800-262-3804

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