



## News You Can Use

Nutrition Education  
with Seniors

August 2019

### Protect Your Eyes With Lutein!

The leading cause of blindness among people age 60 years and older is age-related macular degeneration or AMD. AMD occurs when there is a decline within the macular of the eye. The macular is the part of the eye that helps ensure you have clear and sharp vision.

#### AMD symptoms include:

- Blurry reading vision
- Seeing blank or blurry spots in front of you
- Seeing color not as bright
- Distorted vision (e.g. straight lines appearing bent)



Age-related Macular Degeneration  
Image from the National Eye Institute,  
National Institutes of Health

If you have experienced any of these symptoms, see your local eye doctor.

The antioxidant lutein can help prevent or slow the progression of AMD. Lutein protects the cells in the eye from damage—think of it as sunblock for the eye. Lutein is found primarily in dark green, orange and yellow vegetables.

Keep your eyes healthy by:

- **Eating lutein-rich foods:** kale, spinach, winter squash, green peas, brussel sprouts, & broccoli.
- **Quitting smoking, if you smoke:** smoking can advance the damage AMD can cause.
- **Wearing sunglasses:** Sunlight may promote AMD so always wear sunglasses in sunny weather.

This information was modified from <https://www.aoa.org/patients-and-public/caring-for-your-vision/nutrition/nutrition-and-age-related-macular-degeneration>



### Simply Spinach

#### Selection:

- Choose cans without leaks, dents, or bulges this could mean the spinach is 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, keep the **spinach** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.

#### Nutrition:

1 cup of **canned spinach:**

- Provides 50 calories and 5 grams of fiber.
- Contains 1 gram of omega-3 fat.
- Counts as one ounce equivalent from the MyPlate vegetable group.

#### Uses:

- Include **spinach** in omelets, casseroles, pastas, and soups.



## Taking Food Safety Outside!

The warmer temperatures increase the risk of food becoming unsafe to eat. Bacteria grows rapidly in temperatures between **41°F** and **140°F**.

### Follow these tips for outdoor eating:

- **Wash your hands.** Remember to wash before handling food items and after touching raw meat, poultry or fish.
- **Don't cross-contaminate.** Always clean plates and utensils used for raw meat before using them with cooked meat or vegetables.
- **Cook food to the minimum recommended temperature.**
  - Raw beef, pork, lamb, and veal steaks, chops and roasts: **145°F**
  - Ground meats, such as beef, pork, lamb and veal: **160°F**
  - Poultry: **165°F**
- **Keep foods at safe temperatures.** Use warming and cooling containers for food that will be sitting out longer than 1 hour (e.g. cold food bowl placed inside larger bowl of ice).
- **Don't leave food out.** When the temperature is above **90°F**, store leftovers within **ONE** hour of the time they were set out for service.

Adapted from United State Department of Agriculture website, [https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/grilling-and-food-safety/ct\\_index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/grilling-and-food-safety/ct_index)

## Berry and Greens Smoothies

Serves: 2.5 | Serving Size: 8 ounces

### INGREDIENTS

1 medium banana  
1 container of nonfat vanilla (Greek or plain) yogurt (5.3oz)  
1/3 cup of canned spinach  
1 package (12 ounces) frozen mixed berries  
1/2 cup milk (add more to achieve desired consistency)

### INSTRUCTIONS AND TIPS

1. Drain and rinse canned spinach.
2. Put banana, yogurt, and spinach in the blender. Blend until smooth.
3. Add berries to blender. Blend until smooth.
4. Add milk to empty berry package to mix with leftover juices and add to blender. Blend until smooth.
5. Serve immediately or freeze in individual servings.

### TIP

- Add granola and peanut butter to turn it into a smoothie bowl for a complete MyPlate meal.

Nutritional analysis (8 ounces): 190 calories, 2g fat, 1g saturated, 0g trans, 5mg cholesterol, 130mg sodium, 35g carbohydrates, **7g fiber**, 24g sugar (**all naturally occurring**), **9g protein**. This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/berry-and-greens-smoothies/>

## Canned Vegetables are Nutritious!

Canned vegetables are processed right after harvest and their freshness is preserved at their peak. Their nutritional value is the same as, if not higher than fresh vegetables.

Worried about sodium? Look for low sodium or no salt added canned vegetables. Drain and rinse with water to reduce sodium by 40%.

Adapted from <https://fruitsandveggies.org/stories/about-the-buzz-frozen-and-canned-fruits-and-vegetables-vs-fresh/>

## Helpful Resources

<https://www.extension.iastate.edu/humansciences/>

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