



Nutrition Education with Seniors

News You Can Use

An Apple(sauce) a Day...

Selection:

- Choose a can without leaks, dents, or bulges. Leaks, dents, and bulges could mean the **applesauce** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

Storage:

- Store an unopened can of **applesauce** in a cool, clean, dry place for up to 12 to 18 months.
- After opening, keep **applesauce** in a tightly covered glass or plastic container for up to 1 week in the refrigerator or up to 1 month in the freezer.

Nutrition:

A 1/2 cup serving of **canned, unsweetened applesauce**:

- Provides 51 calories, 1.3 grams fiber, and 14 grams of carbohydrates.
- Counts as a 1/2 cup equivalent from the MyPlate Fruit group.

Uses:

- Sprinkle applesauce with cinnamon for a tasty and nutritious dessert option.
- Try as a unique topping for pork, pancakes, and waffles.



Budget Friendly, Healthy Holiday Gifts

Holiday season is upon us! Looking for the perfect seasonal gifts for friends and family? Holiday food gifts have been popular for years. However, often these treats tend to be high-sugar, high-calorie temptations for individuals’ healthy lifestyle goals.

Contrary to belief, holiday food gifts can be **tasty, budget-friendly, and nutritious**:

- Keep it simple! Fewer ingredients decrease cost and complexity.
- Pick nutrient-dense foods for friends and family to enjoy.

Healthy Food Gift Ideas:

Homemade jams or jellies
 Granola
 Dry soup kits
 Seasoned mixed nuts
 Whole grain baked bread
 Homemade, high-calcium cocoa mix

For recipe suggestions check out:

<https://blogs.extension.iastate.edu/wellness/2016/12/07/healthy-gifts-from-the-heart/>



“Healthy=Expensive” Myth Busted!

Eating “healthy” doesn’t have to break the budget! Try these ideas to **increase** your MyPlate food intake while **decreasing** your grocery bill.

<p>Fruits and Vegetables</p> <ul style="list-style-type: none"> • Canned and frozen are low cost and just as nutritious as fresh! • Buying “in season” can be less pricey and greater quality 	<p>Protein</p> <ul style="list-style-type: none"> • Canned fish is a cheap protein source with heart healthy fats! • A dozen eggs costs \$1-2 and often contains 12 MyPlate servings of protein!
<p>Grains</p> <ul style="list-style-type: none"> • Whole wheat bread, brown rice and whole wheat pasta are low cost grain options 	<p>Dairy</p> <ul style="list-style-type: none"> • Milk is low cost and high in protein, calcium, and vitamins

In general, always price compare products. You’ll be surprised how comparable healthy food options can be to less healthy items!

Source: <https://www.choosemyplate.gov/tips-for-every-aisle>

Carver Dip

INGREDIENTS

- 1/2 can (7.5 oz) sweet potatoes
- 1/4 cup unsweetened applesauce
- 1/8 tsp cinnamon
- 1/2 tsp sugar

Recipe is courtesy of Iowa State University Extension and Outreach’s Spend Smart Eat Smart website:.

INSTRUCTIONS

1. Drain liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 1/2 minutes or until heated through.
4. Stir until smooth.
5. Dip fruit, crackers, or chips in and enjoy!

Nutritional analysis (1/4 cup): 70 calories, 0g fat, 0g saturated, 0g trans, 20mg sodium, 16g carbohydrates, 2g fiber, 5g sugar, 1g protein.

SERVES: 4 | SERVING SIZE: 1 /4 cup

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