



News You Can Use

Nutrition Education
with Seniors

January 2021

Macronutrients: Protein

Protein prevents age-related muscle loss, or sarcopenia. It also helps the body absorb nutrients, regulate metabolism, and repair tissue.



Sarcopenia is a big concern because it increases the risk of frailty and loss of independence. For general health, men ages 50+ years should eat 56 grams of protein daily and women ages 50+ years should eat 46 grams of protein per day. However, to prevent sarcopenia, the goal is to eat 90 grams of protein daily for both men and women ages 50+ years¹.

Protein is made up of amino acids. There are 20 different amino acids, which 9 of them are essential, meaning they cannot be made by the body. Foods that contain all 9 of the essential amino acids are called complete proteins. Complete proteins tend to be animal-based foods, such as beef, pork, poultry, eggs, seafood, dairy, and whole sources of soy (tofu, edamame, tempeh, and miso).

Incomplete protein foods lack one or more of the essential amino acids. These are plant-based like legumes, nuts, seeds, vegetables, and whole grains. No need to worry though if you eat a vegan or vegetarian diet, eating a wide variety of plant foods on a daily basis will allow for you to get the complete protein you need.

Examples of Protein-Rich Foods

Food	Amount	Protein in grams
Chicken or Pork (lean)	3 ounces	22
Egg (whole)	1 egg	6
Milk (Skim, 1%, 2%, Whole)	1 cup	8
Peanut Butter	2 Tbsp	8
Yogurt	1 cup	8 to 12
Soy Beans, roasted	1/4 cup or 1/5 ounces	17
Edamame	1/2 cup shelled or 1 1/8 cup in the pods	11



Dry Lentils

Selection:

- Choose bags without tears, which could mean the **lentils** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the box.

Storage:

- Store unopened packages in a cool, clean, dry place.
- After opening, put **lentils** in a tightly closed container.

Nutrition:

- 1/2 cup of **lentils** cooked:
- Provides 115 calories, 9g protein, and 8g of fiber.
- Counts as a 2-ounce equivalent of protein on MyPlate.

Uses:

- Add **lentils** to soups, salads and dips or blend them into pasta sauce for extra fiber and protein!
- Enjoy **lentils** and rice with a spinach salad, add plain Greek yogurt for a complete MyPlate meal.

¹Paddon-Jones & Leidy 2014, <https://doi.org/10.1097/MCO.0000000000000011>

Food Safety: Meal Planning and Preparation

Happy new year! Is your resolution meal planning and preparation? This not only saves time throughout the week, but it can save money and provide convenience with homemade, ready-to-go meals!

For meal planning, first see what you already have on hand. Then check out weekly grocery ads for ways to save when shopping!

Now that your meals are planned and prepared, you can eat some now and freeze some for later. Divide the dish into servings sizes that can be consumed at one or two meals.

A few things to keep in mind:

1. Leftovers should be eaten, frozen, or thrown away after four days! After four days, the risk of getting a foodborne illness increases.
2. Leftovers should be stored in a refrigerator until ready for use. Reheat the leftovers to 165°F.

STAY WARM WITH GROCERY PICK UP AND DELIVERY

Stay inside and take advantage of the curb-side pick-up and delivery options provided by grocery stores!

- Order your groceries online
- Select the option most appealing to you!

Delivery options may vary due to weather. Contact your local grocery store for greater detail.

Lentil Chili

Serves: 6 | Serving Size: 1 cup

INGREDIENTS

1/2 lb. ground beef or turkey
1 1/2 cups onion, chopped
1 clove garlic, crushed
2 cups lentils, cooked and drained
2 cans (14.5 oz each) diced tomatoes
1 Tbsp chili powder
1/2 tsp cumin, ground

INSTRUCTIONS AND TIPS

1. Cook lentils by package instructions.
2. In a large saucepan, brown beef or turkey over medium-high heat, and break it into bite sized pieces. Drain fat.
3. Add onion and garlic. Cook until softened.
4. Add lentils, tomatoes, chili powder, and cumin. Cook for about an hour. Stir occasionally.
5. Serve hot, topped with your favorite chili toppings.

Tips:

- Top with plain Greek yogurt to add extra protein!
- Use frozen chopped onions to save time!

Storage: This recipe freezes well! Freeze within four days.

Nutritional analysis (1 cup): 181 calories, 5g fat, 2g saturated, 236mg sodium, 22g carbohydrates, 9g fiber, 6g sugar, 14g protein.

This recipe is adapted from Choose MyPlate.

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lentil-chili>

SMART Goals

New Year's Resolutions always seem to be forgotten quickly. Ensure your success by making SMART goals!

Specific: Focus on 1 or 2 things at a time. Keep it simple.

Measurable: Track your progress! Can you document your successes?

Achievable: Make sure your goal aligns with abilities!

Relevant: Is the goal worthwhile and will it meet your needs?

Timely: Set a time limit! For example, "I will reach my goal in 3 weeks."

Helpful Resources

ISU Answerline
800- 262 3804

Fresh Conversations
A free nutrition class via your computer or tablet

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