The Power of Snacking

Did you know over 60% of adults snack two or more times a day!

Snacking in between meals helps your body get the energy and nutrition it needs on a daily basis. Using foods from the different food groups can make snacks nutritious and delicious!

Make the most out of your snacks with these tips!

**Pair foods from different food groups.** Healthy snacks often pair a fruit or vegetable with a protein rich food that keeps you fuller longer. For example, pair apple slices with your favorite nut butter!

**Keep nutrient-dense foods close by.** Stock your home, car, or workspace with convenient and affordable snacks like fruit, vegetables, nuts, whole grain crackers, and cheese.

**Pre-portion your snacks for convenience.** When you get home from the grocery store, assemble your snack packs for easy, on-the-go nutrition you grab on your way out the door.

**Look for “low sugar” or “low sodium” options.** If you prefer to buy prepackaged snacks from the store, choose snacks with 5% or less daily value for added sugar, 5% or less daily value for sodium, and snacks that include whole grain ingredients. This information is on the Nutrition Facts Label.

Adapted from: https://www.healthyeating.org/nutrition-topics/meal-planning/snacking/adults

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**Canned Pinto Beans**

**Selection:**
- Choose cans without obvious damage. This could mean the **pinto beans** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.
- Look for “low-sodium” on the package.

**Storage:**
- Store unopened **pinto bean** cans in a cool, clean, and dry place.
- Once opened, place **pinto beans** in an airtight container and store in refrigerator for 3-4 days.

**Nutrition:**
- 1/2 cup **canned pinto beans**
  - Counts as 2-ounce equivalents of protein in MyPlate.
  - Provides 5g of fiber and 6g of protein.

**Uses:**
- Drain and rinse **canned pinto beans** before adding to recipes to reduce sodium.
- Use **canned pinto beans** in chili, burritos, or in refried bean recipes.
- Try a southern favorite of pinto beans mixed with cornbread and onions.
Eliminate Cross Contamination

Cross contamination occurs when germs from one food item gets on another. This can occur even after a food has been rinsed. It is important to limit the amount of cross contamination in your kitchen to keep you safe from food borne illness.

Follow these tips to lower cross contamination in the kitchen:

**Wash your hands.** Before you handle any food (fresh produce, ready-prepared foods, raw meats, etc), wash your hands for 20 seconds with soap and running water.

**Separate foods.** Keep eggs, meat, poultry, and seafood separate from all other foods in your grocery cart. Use a separate cutting boards and knives for raw produce and meat, poultry, fish, and seafood. Store these foods separate from other foods in the refrigerator.

**Clean your space.** Wash surfaces with soap and water after handling eggs, meat, poultry, and seafood. If you use a disinfectant chemical, let it sit for 3-4 minutes, then wipe off with a damp towel.

Adapted from: [https://spendsmart.extension.iastate.edu/cook/cook-at-home/](https://spendsmart.extension.iastate.edu/cook/cook-at-home/)

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**Slow Cooker Pork Chili**

Serves: 6 | Serving Size: 1 1/4 cups

**INGREDIENTS**

- 2 pounds boneless pork butt, roast, or shoulder
- 1 medium bell pepper, diced
- 1 medium onion, diced
- 1 1/2 cup salsa
- 1 15 ounce can low sodium pinto beans
- 1 15 ounce can low sodium diced tomatoes

**INSTRUCTIONS AND TIPS**

1. Trim visible fat from pork. Cut into 2-inch chunks and place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on low for 6 hours or high setting for 3 hours.
4. Remove meat and shred with a fork. Put half (~2 cups) of shredded pork in the refrigerator or freezer. This can be used for sandwiches!
5. Return remaining pork to slow cooker. Add pinto beans and diced tomatoes.
6. Cook for another 30 minutes until hot.

**Tip:** Pork chop, boneless pork rib, or pork loin can be used. They will have less fat but will be more expensive.

**Storage:** This recipe freezes well! Freeze within 4 days.

Nutritional analysis (1 1/4 cups): 250 calories, 8g fat, 3g saturated fat, 520mg sodium, 21g carbohydrates, 6g fiber, 6g sugar, 18g protein.

This recipe is adapted from [https://spendsmart.extension.iastate.edu/recipe/slow-cooker-pork-chili/](https://spendsmart.extension.iastate.edu/recipe/slow-cooker-pork-chili/)

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Get Moving

Physical activity is important for healthy aging.

Current physical activity guidelines for older adults include getting 150 minutes a week of moderate intensity activity, 2 days a week of strengthening activities and including balance activities.


Source: *How much physical activity do older adults need?* | Physical Activity | CDC

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