



News You Can Use

Nutrition Education
with Seniors

May 2020

Protein Isn't Just Meat!

Getting enough protein is important to maintain our muscles as we age. Do you picture meat when you think of protein? Meat isn't the only food that provides protein. **Many foods are good sources of protein including eggs, dairy foods, nuts, nut butters, legumes, and soy.**

Plant-based proteins (e.g. beans, nuts) may offer additional health benefits like lowering your risk for heart disease, high blood pressure, or type 2 diabetes. When planning your meals, mix up the type of protein you eat.

MyPlate recommends eating 5 to 5 ½ ounce equivalents of protein daily for adults aged 51+. Examples of an one ounce equivalent includes: 1 egg, 1 ounce of meat, 2 tablespoons of hummus, 1 tablespoon of peanut butter, ¼ cup of beans, peas or tofu and ½ ounce of nuts or seeds.

Tips to Vary Your Protein:

- Enjoy an **egg** in the morning for a protein-fueled start to your day.
- Switch your chicken for **seafood** to get essential fats along with your protein.
- Add **nuts or seeds** to salads or have them alone for a snack!
- Eat a **plant-based burger** like a veggie, soy or black bean burger.
- Dip your celery in **peanut butter** and your carrots in **hummus** for a more filling and nutritious snack!
- **Additional information:** Think small when it comes to meat portions and check sodium, especially on lunch meats.

Adapted from: <https://www.choosemyplate.gov/ten-tips-with-protein-foods-variety-is-key> and <https://www.todaysdietitian.com/newarchives/0217p26.shtml>



Power Up with Pinto Beans!

Selection:

- Choose cans without dents which could mean the pinto beans are unsafe to eat.
- Check the "Best by" or "Best if used by" date on the can.

Storage:

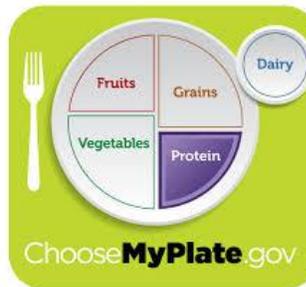
- Store unopened cans in a cool, clean, dry place.
- After opening, put **pinto beans** in a tightly closed container in the fridge for 3 to 4 days.

Nutrition:

- 1/2 cup of **pinto beans**:
- Provides 98 calories and 6 grams of fiber.
- Counts as 2 ounces from the MyPlate protein group.

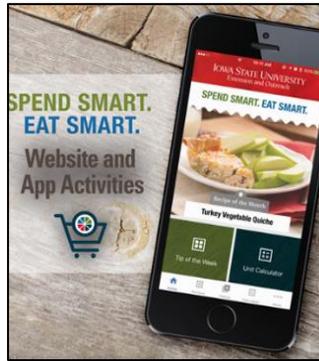
Uses:

- Add **pinto beans** in chili, burritos or as refried beans.
- Combine pinto beans with crushed tomatoes, cheese and a toppings in a whole wheat tortilla with fruit juice for a complete MyPlate meal.



Spend Smart. Eat Smart.®

Spend Smart Eat Smart® is a free nutrition program offered by Iowa State University's Extension and Outreach community. Spend Smart Eat Smart is available online through the website or as an app! Both are easy to use with a contents tab that will bring you to the information you want to know!



What it Offers:

- Grocery Budget Calculator
- Meal planner with calendars, worksheets, videos and more!
- Fun worksheet for learning about your food expenses.
- Information on what to look for when shopping for food.
- Everything you can think of for helping you cook at home!
 - Simple, nutrient-rich recipes with minimal costs
 - "How to" handouts and videos for organizing your fridge, pantry, and kitchen.
 - Produce basics: skills on picking, preparing and storing fresh veggies and fruits.

Visit Spend Smart Eat Smart® at

<https://spendsmart.extension.iastate.edu/>

Easy to make burritos

Serves: 3.5 | Serving Size: 2 roll-ups

INGREDIENTS

- 1/2 can (15 ounce) pinto beans, drained, rinsed
- 1 cup corn frozen, thawed or canned, drained
- 1 1/2 cup instant brown rice, cooked (3/4 cup dry with 3/4 cup water for cooking)
- 1 cup shredded cheese
- 1/2 cup salsa
- 7 whole wheat tortillas

INSTRUCTIONS AND TIPS

1. Stir together beans, corn, rice, cheese and salsa in large bowl.
2. Heat up individual portions in a microwaveable safe bowl for 2 minutes.
3. Place in tortilla and roll-up.
4. Store left overs in a sealed container for up to 3-4 days in the fridge.

Tip

Have with a side of pears for complete MyPlate meal. Use bean mixture on leafy greens for a salad, or as a dip with whole wheat chips!

Nutritional analysis (1 roll-up): 280 calories, 9g fat, 4g saturated, 580mg sodium, 41g carbohydrates, 6g fiber, 1g sugar, 11g protein.

This recipe is adapted from <https://spendsmart.extension.iastate.edu/recipe/make-ahead-mexican-rollups/>

How much protein do I need?

Protein needs increase as we age due to sarcopenia, which is age-related muscle loss. Eating 90 grams of protein daily can help lower sarcopenia risk. This adds up quickly when we make smart protein choices.

Food	Protein (g)
Eggs (2 whole)	12
Chicken (3 oz)	21
Bread (2 slices)	6
Milk (2 cups)	16
Mixed nuts (1/2 cup)	12
Greek yogurt (1 container)	17
Pinto beans (1/2 cup)	8
TOTAL	92

https://www.hopkinsmedicine.org/johns_hopkins_bayview/_docs/medical_services/bariatrics/nutrition_protein_content_common_foods.pdf

PREPARED BY

Savannah Schultz
Diet & Exercise Graduate Student;
schultzsz@iastate.edu

ASSISTED BY

Sarah L. Francis, PhD, MHS, RD
ISU Associate Professor & Human Sciences Extension and Outreach State Specialist, Nutrition and Wellness; slfranci@iastate.edu

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.