



## News You Can Use

Nutrition Education  
with Seniors

October 2019

### Benefits of Snacking!

Eating enough food to provide your body with enough energy and nutrients is important for maintaining your health. However, many things may prevent us from doing so. Factors such as physical decline, illness, limited money and living alone can make us eat less.

#### Possible solution: Snacking!

For some, snacking may have a bad reputation but it can be a healthy habit. A study observing diets of more than 2,000 older adults, found snacking to be an **“important dietary behavior”**. This study showed higher nutrient intakes among snackers.

A concern of snacking is eating too much and gaining excess weight. However, following these tips can help you snack healthfully.



- Portion out how much you want to eat
- Eat for satisfying hunger needs
- Be mindful of potential distractions (e.g., television)
- Pre-make healthier snack alternatives (e.g., granola bars, trail mix, popcorn, fruit or veggie bowl/salad)
- Enjoy eating the food and keep a positive attitude (e.g., not feeling guilty, feeling satisfied and empowered)
- Check in with your hunger/fullness feelings when eating
- Remember eating is a self-care

This information was modified from  
<https://www.sciencedaily.com/releases/2007/05/070502074232.htm>



### Shredded Wheat, a Healthy Crunch

#### Selection:

- Choose boxes/bags without cuts, tears, or openings this could mean the cereal 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 inside bag tightly closed and refer to “Best by” or “Best if used by” date.

#### Nutrition:

- 1 cup of **shredded wheat cereal**:
- Provides 170 calories and 6 grams of protein.
- Counts as almost 2-ounce equivalents from the MyPlate grains group.

#### Uses:

- Include **shredded wheat** in cereal, granola bars, muffins, or toss in with seasonings for a tasty cracker.

# Safe Snacking on the Go

Snacking is a healthy habit. Make sure your snacks stay safe by following these food safety tips.



**Clean:** Wash your hands for 20 seconds with soap and warm water before eating. Also, clean the surfaces you use when prepping snacks.

**Separate:** Prepare produce and meats on separate cutting boards or wash the cutting board after each food use to prevent cross-contamination. This includes your hands!

**Chill:** Use an ice pack or frozen items to keep cool food cold. Freeze a snack or food item to help keep that food chilled as well as the other foods around it. Finally, use insulated bags to ensure foods stay cool.

Adapted from [https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keeping-bag-lunches-safe/CT\\_Index](https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keeping-bag-lunches-safe/CT_Index)

## Shredded Wheat Grab'n Go Peanut Butter Bars

Serves: 14 | Serving Size: 1 bar

### INGREDIENTS

1 tablespoon firmly packed brown sugar  
1/3 cup honey  
3/4 cup peanut butter  
3 cups Shredded Wheat (spoon size) cereal  
3/4 cup raisins

*Optional:*  
Chocolate chips, coconut flakes, cranberries, anything you want!  
Add milk for a softer bite and extra calcium.

### INSTRUCTIONS AND TIPS

1. Mix sugar, honey and peanut butter in large microwaveable bowl. Microwave on high for 1.5-2 minutes or until bubbly at edge. Stir until well blended.
2. Stir in crushed cereal and raisins.
3. Press firm into pan/container with cooking spray.
4. Cool. Cut into bar. Store in airtight container.

### TIP

- Crumble up the granola bar in a bowl of yogurt for extra protein and calcium.

**Nutritional analysis (1 bar):** 170 calories, 7g fat, 1.5g saturated, 0g trans, 0mg cholesterol, 60mg sodium, 25g carbohydrates, 1g fiber, 15g sugar, 4g protein, 17mg calcium, 1mg iron, 188mg potassium.

This recipe is adapted from <https://www.doctoroz.com/recipe/grab-n-go-peanut-butter-bars>

## Nutrient-Rich Candy

October means Halloween and chocolate in every aisle at the store. Dark chocolate is one sweet that can help you stay healthy. Dark chocolate contains more cocoa per bite and is lower in sugar and fat compared to other types of chocolate.

About 20-30 grams (about 1/2 a bar) of dark chocolate can help protect against heart disease, arthritis, and Type 2 diabetes.

Enjoy some dark chocolate with your MyPlate friendly meals! Just remember, moderation is key.

Adapted from: [www.medicalnews.com/articles/324747.php](http://www.medicalnews.com/articles/324747.php)

**Barb Fuller, MA, RD, LD**  
712 789 2449  
[bfuller@iastate.edu](mailto:bfuller@iastate.edu)

**Nutrition, Food Preparation and Food Safety**  
ISU AnswerLine  
1-800-262-3804

**PREPARED BY**  
Savannah Schultz  
Diet & Exercise Graduate Student; [schultz@iastate.edu](mailto:schultz@iastate.edu)

**ASSISTED BY**  
Sarah L. Francis, PhD, MHS, RD  
ISU Associate Professor & Human Sciences Extension and Outreach State Specialist, Nutrition and Wellness; [sfranci@iastate.edu](mailto:sfranci@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](mailto:extdiversity@iastate.edu).