



News You Can Use

Nutrition Education
with Seniors

March 2021

New and Improved MyPlate Website

Your plate can be a guide to healthy eating. MyPlate is a tool created by the USDA to simplify the science behind what we should be eating every day.

MyPlate has different resources to help you get the most out of your daily eating habits!

MyPlate Quiz- This is a quick and easy tool that compares your current eating habits to the MyPlate recommendations. The results of this quiz will give you tailored results to help you improve your diet in a sustainable manner.

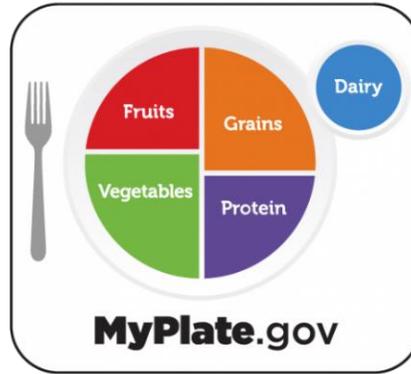
MyPlate App- This is an application you can download to your smartphone to set simple goals based on your personal needs. You can even sync the results from your MyPlate Quiz and see your progress.

MyPlate Plan- Don't have a smartphone? No problem. Instead of using the MyPlate App, visit the MyPlate Plan website ([MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/MyPlate-Plan)).

- Click "Start" then enter your information. Click "Calculate food plan".
- Select "Calories to achieve a healthy weight".
- This is a break down of how the calories should be distributed between the food groups.
- Print this page or write the goals down on a piece of paper to reference throughout the day!

MyPlate Kitchen- This resource has *hundreds* of healthy, budget friendly recipes that contain nutrition facts and food group information.

MyPlate.gov also provides an online tip sheet focused on nutrition tips for older adults. You can access it at <https://www.myplate.gov/tip-sheet/healthy-eating-older-adults>



Canned Green Beans

Selection:

- Choose cans without dents or obvious damage; this could mean the **green 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, and dry place.
- After opening, rinse leftover **green beans** and store in an air tight container for to 4 days in the refrigerator.

Nutrition:

- 1/2 cup of **canned green beans**:
- Provides 20 calories and 2 grams of fiber.

Uses:

- Use **canned green beans** in casseroles or as a side to your main dish.
- Rinse before use to reduce the amount of sodium in the **canned green beans**.

Check Your Temperature!

A kitchen gadget that often gets overlooked is the food thermometer. These are very important for making sure foods like chicken, fish, burgers, and other foods are not undercooked.

To make sure the cooking thermometer is accurate, it must be calibrated. Get a small glass of ice water and hold the thermometer in the middle of the glass (don't let it touch the bottom, that could affect the calibration). Make sure the thermometer reads 32°F. If it doesn't follow the manufacturer instructions to properly reset the thermometer so it reads the correct temperature.

Recommended Storage Temperatures	
Freezer	≤ 0°F
Fridge	≤ 40°F
Pantry	50-70°F

Source: https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct_index

Green Bean Sauté

Serves: 6 | Serving Size: 1/2 cup

INGREDIENTS

1 cup onion
(chopped)
1 cup mushroom
(sliced)
1 tsp garlic (minced)
1 can green beans
(16oz, drained, cut)

INSTRUCTIONS AND TIPS

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Tip: 1 serving counts as 1/2 cup of vegetables.

Storage: Store in an airtight container in refrigerator for one week, or in the freezer for several weeks.

Nutritional analysis (1/2 cup): 32 calories, 0g fat, 0g saturated, 175mg sodium, 6g carbohydrates, 2g fiber, 2g sugar, 2g protein.

This recipe is adapted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-bean-saute>

A Helping Hand

Estimate portions using your hand!

Palm- 3-4 ounces; one portion of meat.

Cupped Hand- 1/2 cup or 1oz; one portion of nuts, grains, or dried fruits.

Fist- about 1 cup; one portion of fruit or vegetables.

Fingertip- about 1 teaspoon; one portion of fat.

Thumb- about 1 tablespoon; one portion of cheese or peanut butter.

Helpful Resources

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