NEWS You Can Use

November 2014

NUTRITION EDUCATION WITH SENIORS

When asked which foods are the best sources of protein, most people name meat, fish, poultry, peanut butter or beans. However, low-fat and fat-free dairy foods such as milk, cheese and yogurt are also great sources of protein. Powering up your meals with protein-rich foods helps you do the things you love because protein aids in brain health and the maintenance of muscle.

Low-Fat Yogurt

1 cup = 9-11 g protein

Low-fat Cottage Cheese

1 cup = 28 g protein

Skim Milk

1 cup = 8.3 g protein

Instantly Delicious!

Instant nonfat dry milk is a white powder created by removing water from pasteurized skim milk. Vitamins A and D are added for nutritional benefits.

Storage:

- Store unopened dry milk in a cool, dry place such as a kitchen pantry or cabinet.
- Check the product's "Best By" or "Best if Used By" date which indicates how long the dry milk will remain at peak quality. If the dry milk is stored properly, it will be safe for a little while after the printed date, but its quality may decrease.
- Once opened, place the dry milk in a tightly-sealed plastic bag or airtight container.
- Store in the pantry for up to one year. For long-term storage, freeze the dry milk for up to three years.
- Prepared dry milk (i.e., mixed with water) should be covered and stored in the refrigerator for up to five days.

Preparation/Cooking:

- To prepare one cup fluid milk, combine 1/3 cup dry milk with one cup water. Mix well.

Nutrition: One cup (8-ounces) prepared nonfat dry milk:

- Is fat-free and contains about 80 calories
- Provides 8.3 grams of protein and 30% of the Daily Value for calcium

Uses:

- Prepared dry milk can be used in recipes in which milk is listed as an ingredient such as soups, cakes, casseroles or mashed potatoes
- Add it to coffee or tea as a healthier alternative to cream or creamer

BUDGET-FRIENDLY FOODS WITH A LONG SHELF-LIFE

No more worrying about throwing away expired or spoiled food after a few days! These tasty food items last awhile and simply require water to prepare:

- **Pasta:** Store in the pantry for up to 3 years. Consider purchasing vegetable pasta or varieties with added protein and fiber to boost your nutrition.
- **Beans and lentils:** Store in the pantry for up to 1 year. Go for variety! Canned and dry beans are equally as nutritious, but be sure to drain and rinse canned beans to remove added salt. Add these to other dishes to increase fiber and protein content.
- **Potato flakes:** Store in the pantry for 1-1½ years. Not only can they be prepared in just minutes, but they can also be used as a coating for meat, poultry, or seafood; as well as added to thicken sauces or gravies.
- **Rice:** Store in the freezer/pantry indefinitely. Brown rice is filling and counts toward the goal of three ounces of whole grains daily.

Garlic Mashed Potatoes

Serving Size: about ½ cup **Serves: 3**

Ingredients:
2 medium russet potatoes, peeled
1½ tablespoons instant nonfat dry milk
¼ cup water
1 tablespoon butter or margarine
½ teaspoon table salt
½ teaspoon garlic powder
½ teaspoon dried chives (optional)

Instructions:
1. Place potatoes in a large pot and add water until the tops are submerged. Cover and bring to a boil. Turn down to medium heat and cook for 20-25 minutes or until potatoes are easily pierced with a fork. Drain and put potatoes back into pot.
2. Mix instant nonfat dry milk with water (*can substitute with ½ cup skim milk, if desired*).
3. Add butter, milk, salt and garlic powder to the potatoes. Turn heat to low.
4. Mash potatoes using a potato masher. Stir mixture thoroughly.
5. Stir in chives to taste (optional).

Nutritional analysis (about ½ cup): 180 calories, 4 g fat, 2.5 g saturated, 0 g trans, 460 mg sodium, 30 g carbohydrates, 3 g fiber, 6 g sugar, 7 g protein

Source: **Adapted from http://www.steamykitchen.com/12025-roasted-garlic-mashed-potatoes.html**

Jill Weber
Human Sciences Specialist
Nutrition and Health
3240 University Avenue, Suite B
Waterloo, IA 50701-2008

(319)-234-6811 (office)
(319)-240-1730 (cell)
(319)-234-5581 (fax)

jrweber@iastate.edu
www.extension.iastate.edu

Counties served: Allamakee, Black Hawk, Bremer,
Buchanan, Butler, Chickasaw, Clayton, Fayette, Grundy, Howard, Tama and Winneshiek

IOWA STATE UNIVERSITY
Extension and Outreach

… and justice for all
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Prepared by Polk County Congregate Meal Sites & Supplemental Foods Program.