

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

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Fall into Healthy Habits

This issue includes tips on keeping your body and mind healthy during the COVID-19 pandemic.



Online Shopping with SNAP

In response to the COVID-19 pandemic, USDA has made it easier for SNAP beneficiaries in Washington to access groceries without having to venture to the grocery store. If you are a SNAP cardholder, you can now use your nutrition assistance benefits to order groceries online from Amazon and Walmart, and have them delivered directly to your door. Walmart also allows customers with SNAP EBT cards to use their benefits to preorder for local grocery pickup.

Washington Connection

Do you need support but not sure if you qualify for assistance? Washington Connection offers a fast and easy way to apply for a variety of services such as food, cash, child care, long-term care, and Medicare savings programs. Individuals who are age 65 or older, blind or disabled may also apply for medical assistance. Go to washingtonconnection.org and click "See If I Qualify" to get started.

Days to Celebrate!

September

- 4th – National Food Bank Day
- 13th – National Grandparents Day
- 30th – National Women's Health and Fitness Day
- 27th – Oct. 3rd - National Active Aging Week

October

- 12th – National Farmer's Day
- 24th – National Food Day

November

- 14th – National Stress Awareness Day
- 17th – Take a Hike Day

Fall Favorite Fruits and Veggies

Although summer has come to an end, our farmers are still providing us with fresh produce. From squash and carrots to apples and pears, autumn harvest brings a variety of healthful and delicious produce. See below to find some fall produce suggestions and how they nourish your body:

Apples - Apples are packed with antioxidants like quercetin, which may help prevent chronic illness, inhibit cancer onset, and slow aging. They are high in soluble dietary fiber like pectin which may strengthen your immune system.

Pears - Pears are high in soluble fiber, which helps lower “bad” (LDL) cholesterol. They are an excellent source of dietary fiber and a good source of vitamin C.

Beets - Both the roots and the leaves of beets are edible. Beets are an excellent source of vitamins K, C, B2, as well as folate and manganese. Beets also contain betaine which has been shown to help prevent heart and liver disease, and nitrate, which may increase blood flow to the brain and potentially reduce risk of dementia.

Rutabagas - Rutabagas are an excellent source of potassium which helps promote bone strength, aids in energy production and supports heart health and a healthy metabolism. Rutabagas also contain vitamin C and are high in fiber. Rutabagas contain phytochemicals that remove carcinogens from the body and help the liver process toxins.

Turnips - Both the roots and the leaves of turnips are edible. Turnips are a good source of calcium, potassium, and folate, as well as vitamins C and A. Turnips also contain phytochemicals that may protect against cancer.

Carrots - Carrots are an excellent source of fiber, vitamins A, C, and D.

Parsnips - Parsnips are rich in vitamins C and K, as well as potassium, magnesium, folate, and are a good source of fiber.

Cabbage - Cabbage is a good source of dietary fiber packed with vitamins A, C, K, and folate. Cabbage is high in cancer-fighting glucosinolates, quercetin, an antioxidant that is a natural antihistamine, and is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

Brussels Sprouts - Brussels sprouts are a good source of dietary fiber, vitamins A, B and C, as well as niacin, folate, iron and calcium. Brussels sprouts are also high in protein.

Cauliflower - Cauliflower is a rich source of vitamin C, as well as a good source of potassium and folate.

Broccoli - Broccoli is an excellent source of vitamins C and A, as well as calcium.

Kale - Kale contains vitamins A, C and K, calcium, potassium, iron, and is a good source of fiber.

Swiss Chard - Swiss chard is rich in protein, fiber, and minerals including potassium, magnesium, iron, and vitamins A, K, and C.

Winter Squash - The many varieties of winter squash include acorn, hubbard, spaghetti squash, butternut, and delicata squash. They are high in fiber and are an excellent source of vitamins A, C, B6, as well as potassium, magnesium, thiamin, and iron.

Pumpkins - Pumpkins are a good source of vitamins C and A. They contain alpha- and beta-carotene, which promote healthy vision and cell growth. Pumpkin seeds are a good source of alpha-linolenic acid, an omega-3 fatty acid that may help those with heart disease, high blood pressure, or high cholesterol.



What's on Your USDA Commodity Food Plate?

WSDA Food Assistance programs administers the Commodity Supplemental Food Program (CSFP) which provides food “packages” to over 6,000 Washington residents over 60. You may be eligible if you make less than 130 percent of the federal poverty level and live in one of the 27 counties that offer CSFP. Many of the food items found in a CSFP box are canned to make healthy eating easier. Studies show people who consume six or more canned foods per week are more likely to have diets higher in 17 essential nutrients¹. Canned fruits and vegetables are just as nutritious as fresh and frozen produce, and in some cases, even better². Check out the CSFP MyPlate below to learn how the items found in a CSFP box can fit into your meal plan.

FRUITS

Canned fruits are a delicious dessert or snack served directly from the can. Because the fruit is processed immediately after harvest, it can be just as nutritious as fresh produce that has been stored for an extended time. Drinking 100-percent juice can help you reach your daily fruit and vegetable consumption goals.

VEGETABLES

Canned vegetables can be used in a variety of main dishes, soups, and salads. By draining the liquid from canned vegetables, you can reduce sodium by 36 percent. By draining and rinsing, you can lower sodium by 41 percent³.

PROTEIN

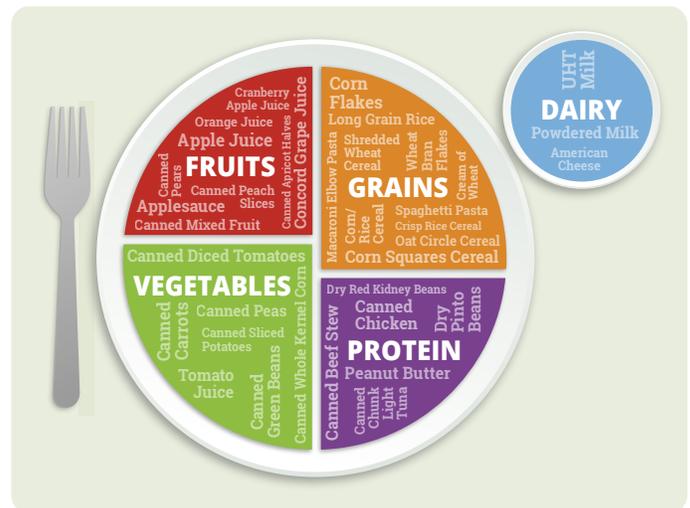
Protein is essential for building and maintaining your body's muscles and tissues. Canned proteins found in a CSFP box such as chicken, tuna, and salmon, are fully cooked and safe to eat straight out of the can. The omega-3 fatty acids found in canned tuna and salmon are great for your heart and are low in saturated fat.

GRAINS

Whole grains help regulate blood sugar, as well as lower blood pressure, cholesterol, and risk of heart disease. It is recommended that half the grains you eat be whole grains. Dry cereals are not just for your morning breakfast. They can also be added to casseroles or crushed and used in recipes in place of bread crumbs. Add vegetables, cheese, oil and garlic, or a sauce of your choice to cooked whole grain pasta for an easy meal.

DAIRY

The calcium found in dairy products can help increase bone density, especially for those with osteoporosis.



Ultra-high temperature (UHT), 1-percent milk does not need to be refrigerated until you open the container. UHT milk can be used anywhere fresh milk is called for, such as soups, sauces, casseroles, and desserts. Eating cheese is a great way to add protein, vitamin B, and calcium to your diet.

HEALTHY OILS

While not one of the five food groups, healthy oils provide your body with essential nutrients. Oils like olive, canola, safflower, and sunflower provide essential fatty acids and fat-soluble vitamins. However, all oils are not created the same. It is important to avoid hydrogenated or partially hydrogenated oils, otherwise known as trans-fats, as they can increase your risk of heart disease, diabetes, and obesity.

FLUIDS

Did you know as you age, you lose your sense of thirst? While low-fat or fat-free milk and 100-percent juice can help you stay hydrated, it is also important to drink water. Beverages that have added sugar or salt should be avoided.

¹ The NPD Group's Food Impact Profile, Analyzing the Healthfulness of Canned Food Users' Diets, Can Manufacturers Institute, January 2014.

² Miller S and Knudson B. "Nutrition & Costs Comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables." Michigan State University. March 2012.

³ Shadix, K. Reducing Sodium in Canned Beans—Easier Than 1-2-3. Today's Dietitian, Vol. 12, No. 1, p. 62. Report on findings from Joshua Jones and John Mount, University of Tennessee.

Stay Safe During the COVID-19 Pandemic

As communities across Washington State are opening, you may be thinking about resuming some activities, running errands, and attending events and gatherings. Older adults are at a higher risk for severe illness from COVID-19 and should continue to take steps to protect themselves. The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:



- Limit your interactions with other people as much as possible and avoid close contact.
- Wash your hands often.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a mask when in public.
- Use hand sanitizer with at least 60 percent alcohol when washing your hands is not possible.

Coping with COVID-19 Related Stress

The COVID-19 pandemic has brought changes to everyone's lives. While necessary to reduce the spread of COVID-19, social distancing can make people feel isolated and lonely, and can increase stress and anxiety. Additionally, the risk of coming down with the virus can cause overwhelming feelings of fear and anxiety. If you are feeling anxious, sad, scared or angry, you are not alone. It is okay to seek out and ask for help. While experiencing these feelings are normal, finding ways to cope with stress in a healthy way will make you stronger.

Some coping strategies include:

- Connect with friends and families about your concerns and how you are feeling.
- Take deep breaths, stretch, or meditate.
- Eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Take breaks from watching, reading, or listening to news stories about the pandemic.

If you are experiencing excess stress due to COVID-19 and need someone to talk to, the following organizations are ready to help you:

- Washington Listens (833) 681-0211
- Crisis Connections (866) 427-4747
- Disaster Distress Helpline (800) 985-5990
- Suicide Prevention Lifeline (800) 273-8255

Recipe of the Season



Salmon Cakes with Lemon Dill Sauce

Number of Servings: 4

Ingredients:

Lemon Dill Sauce:

- 1 cup mayonnaise
- Juice and zest of 1 lemon
- 1/4 tsp. salt
- 1/s tsp. pepper
- 1 tbsp. fresh dill (or 1 tsp. dried dill)

Salmon Cakes:

- 1 can (14.5 oz.) pink salmon
- 1 cup breadcrumbs divided
- 1/4 cup chopped onions (recommend 3 stalks green onions)
- 1/4 cup mayonnaise
- 1/2 tsp. Old Bay seasoning

Directions:

1. In medium-size mixing bowl, combine salmon, onions, 1/2 cup breadcrumbs, mayonnaise, and Old Bay seasoning. Mix well to combine.
2. Divide mixture into four equal portions. Form into round patties. Coat the outside of the patties with remaining breadcrumbs.
3. In a large pan on medium heat, add 2 tbsp. of oil. While pan is heating, in a small bowl combine mayonnaise, lemon juice, lemon zest, salt, pepper, and dill. Mix well and set sauce aside.
4. Place patties into pan and cook until golden brown on each side, about 3-5 minutes per side.
5. Top with lemon dill sauce and serve.

Chef's Note: Serve on a bed of mixed greens with an extra wedge of lemon for a more complete plate.

Nutrition Facts

Serving Size	1 Serving	
Amount Per Serving		
Calories	471	
	% Daily Values*	
Total Fat 25.8g		40%
Saturated Fat 3.2g		16%
Polyunsaturated Fat 11.3g		
Monounsaturated Fat 6.3g		
Cholesterol 48mg		16%
Sodium 1056mg		44%
Total Carbohydrate 33.9g		11%
Dietary Fiber 2.5g		10%
Sugars 5.3g		
Protein 25.1g		
Calcium 280mg		28%
Iron 12.4mg		69%
Potassium 67mg		2%
Vitamin A 850IU		17%
Vitamin C 36mg		60%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CORRECTION: In the Summer edition of this newsletter we listed the Elder Abuse Hotline number incorrectly. The actual number is 1-866-363-4276.



Washington
State Department of
Agriculture

Food Assistance

Phone: (360) 725-5640

Email: foodassistance@agr.wa.gov

On the internet at:

agr.wa.gov/services/food-access