

SENIOR NUTRITION NEWSLETTER

Nutrition Information, Recipes, and Resources for Seniors



Washington
State Department of
Agriculture

FALL 2019
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Welcome!

The Washington State Department of Agriculture's (WSDA) Food Assistance programs welcome you to our first quarterly Senior Nutrition Newsletter.



Fresh Produce to Fill Your Plate

Do you receive SNAP benefits (food stamps)? In Washington State there are two ways you can stretch your food dollars when purchasing fruits and vegetables using your SNAP benefits.

- **SNAP matching programs at Farmers Markets (Fresh Bucks/Fresh Match/Gimme Five/Double Up Bucks)** - You may be able to use SNAP benefits to purchase fresh fruits and veggies at your local farmers market. Participating farmers markets also may provide clients with a match of extra funds to purchase even more fresh fruits and vegetables. Matches across the state change from market to market. To find a SNAP matching program nearest you, contact the Washington State Farmers Market Association at info@wafarmersmarkets.org.
- **The Department of Health's Complete Eats Program** - When SNAP clients spend \$10 on qualifying fruits and vegetables at Washington State Safeway stores, they will receive a \$5 coupon to spend on more fruits and vegetables. Clients must use their Safeway card to participate. For more information, visit your local Safeway store, email FINI@doh.wa.gov, or call 360-236-3287.

Days to Celebrate!

September

- 8th – National Grandparents Day
- 13th – National Peanut Day
- 25th – National Women's Health and Fitness Day
- 26th – National Johnny Appleseed Day

October

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

November

- 15th – National Clean out your Refrigerator Day
- 17th – Take a Hike Day

Commodity Supplemental Food Program

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. This November the CSFP food package will be enhanced to better align with USDA’s MyPlate recommendations.

The improvements include:

- Double the amount of vegetables.
- More protein, including plant-based proteins such as canned and dry beans.
- More options within each food category, such as brown rice and soup.
- Smaller package sizes of rice, oatmeal, grits, dry beans, and non-fat dried milk that are more appropriate for small households, giving a greater variety of options.

To learn more about the program and find a provider near you, go to:

agr.wa.gov/services/food-access

Healthy Eating

Good health and well-being at any age is important. However, as your body gets older, you need specific nutrients in order to maintain your health. To meet your body’s needs, it is important to eat a variety of nutrient dense foods at each meal. The 2015-2020 Dietary Guidelines for Americans suggest people over age 50 should eat the following food portions daily:

- Fruits** - 1½ to 2½ cups
- Vegetables** - 2 to 3½ cups
- Grains** - 5 to 10 ounces
- Protein** - 5 to 7 ounces
- Dairy** - 3 cups of fat-free or low-fat milk
- Oils** - 5 to 8 teaspoons

Your Personal Eating Plan

While the portions outlined above are a useful guideline, you can create a personalized food plan using USDA’s MyPlate Plan found at choosemyplate.gov by typing your age, gender, and level of activity. You can also use the Washington State Dairy Council’s MyPlate Wheel available at your local Commodity Supplemental Food Program (CSFP) distribution agency (See left for more information about CSFP). Write down your recommended daily portions in the boxes below to help plan your daily meals.

My Daily Food Portions Guide:

TOTAL DAILY CALORIES	<input type="text"/>	calories
GRAINS	<input type="text"/>	ounces
VEGETABLES	<input type="text"/>	cups
FRUITS	<input type="text"/>	cups
DAIRY	<input type="text"/>	cups
PROTEIN	<input type="text"/>	ounces
OILS	<input type="text"/>	teaspoons
EXTRA*	<input type="text"/>	calories

*These calories can be used on luxuries like solid fats, added sugars, alcohol, or on extra servings from any food group.



What's on Your USDA Commodity Food Plate?

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.

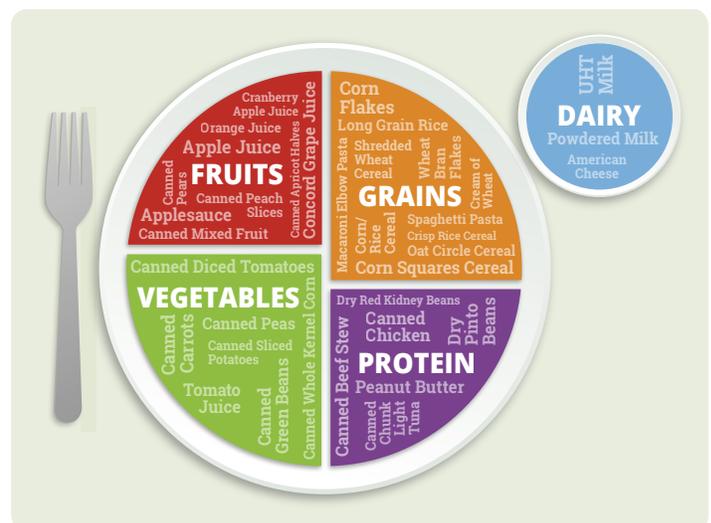
Ultra-high temperature (UHT), 1-percent milk does not need to be refrigerated until you open the container. UHT milk can be used anywhere fresh milk is called for, such as soups, sauces, casseroles, and desserts. Eating cheese is a great way to add protein, vitamin B, and calcium to your diet.

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.

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:

FRUITS

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.

ROOT VEGETABLES

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.

BRASSICAS

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.

LEAFY GREENS

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.

GOURD FAMILY

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.

Recipe of the Season

Roasted Butternut Squash with Pears

Number of Servings: 5

Ingredients:

- 1 tsp. kosher salt
- 2 tsp. finely chopped rosemary
- 1/4 tsp. ground black pepper
- 1 medium butternut squash (about 3 cups)
- 3 tbsp. unsalted butter
- 1 cup, chopped onions
- 1 can pears in extra light syrup, drained

Directions:

1. Preheat oven to 475 degrees Fahrenheit.
2. Mix salt, rosemary, and black pepper in a small bowl and set aside.
3. Cut the top and bottom of squash, then peel the skin with a vegetable peeler. Cut the squash in half lengthwise and scrape out the seeds. Cut the squash into 3/4-inch cubes and place in a large bowl.
4. Melt 1 tbsp. of butter and pour onto the squash. Add half of the salt mixture and toss to combine.
5. Spread the squash evenly onto a baking sheet. Roast for 25 minutes or until golden brown on the bottom. Using a spatula, stir and continue roasting for 10 minutes or until tender.
6. While squash is cooking, slice canned pears into chunks and set aside.
7. Melt the remaining 2 tbsp. of butter in a large frying pan over medium heat. Add the onion and cook, stirring occasionally, for about 10 minutes, or until softened. Add the pears and remaining half of the salt mixture and cook, stirring occasionally, for about 5 minutes. Remove the pan from the heat.
8. When the squash is cooked, add it to the pan with the onions and pears, toss to combine, and serve.

Nutritional Info

Servings Per Recipe: 5
Amount Per Serving
Calories: 153.7
Total Fat: 7.0 g
Cholesterol: 18.7 mg
Sodium: 474.2 mg
Total Carbs: 23.0 g
Dietary Fiber: 3.8g
Protein: 1.1 g



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On the internet at:

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