



# Healthy Aging Update

Iowa Department of Elder Affairs

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## Welcome

This issue of Healthy Aging Update continues to provide information on the Dietary Guidelines for Americans with this issue focusing on promoting the health benefits of the congregate and home delivered meal programs. Additional information is included to serve as a resource for providing nutrition and health promotion services to older adults.

## Eating the Right Foods to Stay Healthy

*This article can be used in AAA communications to the public or meal participants. It could also be provided in marketing material to physicians, case managers and hospital discharge planners.*

We all know that to keep ourselves healthy it means taking care of ourselves: what we eat, how much we eat, and how much physical activity we get. Unfortunately knowing this does not always translate into what we do.

Good nutrition is vital to good health. Major causes of health problems in the United States are related to poor diet and a sedentary lifestyle. Specific diseases and conditions linked to poor diet include cardiovascular disease, hypertension, high cholesterol, diabetes, overweight and obesity, osteoporosis, constipation, diverticular disease, iron deficiency anemia, oral disease, malnutrition, and some cancers. Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight and obesity, osteoporosis, diabetes, and certain cancers. Furthermore, muscle strengthening and improving balance can reduce falls and increase functional status among older adults. Together with physical activity, a high-quality diet that does not provide excess calories should enhance the health of most of us.

The *Dietary Guidelines for Americans [Dietary Guidelines]* provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity. The *Dietary Guidelines* and MyPyramid translate the nutrient-based Dietary Reference Intakes (DRIs) into food-based guidelines that are used by programs such as congregate and home delivered meal programs.

There is a growing body of evidence which demonstrates that following a diet that complies with the *Dietary Guidelines* may reduce the risk of chronic disease.

### **Dietary Guidelines Key Recommendations**

- Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- Choose fiber-rich fruits, vegetables, and whole grains often.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.
- Aim to consume no more than 1,500 mg of sodium per day, and meet the potassium recommendation (4,700 mg/day) with food.
- When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or *trans* fatty acids, and choose products low in such fats and oils.
- Participate in regular physical activity to reduce functional declines associated with aging and to achieve the other benefits of physical activity identified for all adults.
- For a complete list of recommendations visit <http://www.healthierus.gov/dietaryguidelines/>

### **Fiber, more important than ever**

A healthy diet includes fiber-rich foods, such as fruits, vegetables, and whole grains that offer many health benefits including protection against heart disease. Another benefit is that fiber promotes regularity. Constipation may affect older adults for many reasons—from taking certain medications to drinking less fluid.

How much fiber do you need? The recommended dietary fiber intake is 14 grams per 1,000 calories consumed. So, the more calories you eat, the more fiber your body needs.

Visit <http://www.mypyramid.gov/mypyramid/index.aspx> to calculate how many calories you need. This site will also give you an individualized meal pattern to provide the nutrients you need based on your calorie level.

Good sources of dietary fiber include: cooked dry beans and ready-to-eat bran cereal or shredded wheat; pears and berries; dried prunes, figs, and dates; and cooked green peas, Brussels sprouts, sweet potatoes, and spinach. For a 2,000-calorie diet, you will need 2½ cups of vegetables (a source of fiber and other nutrients) each day. Consuming at least 3 or more ounces of whole grains can reduce the risk of several chronic diseases and may help with weight maintenance.

### **The relationship between sodium and potassium**

Most of us eat too much salt (sodium). On average, the more salt we eat, the higher our blood pressure—and most of the salt we eat comes from processed foods, not necessarily from the salt shaker. Eating less salt is an important way to reduce the risk of high blood pressure, which may in turn reduce the risk of heart disease, stroke, congestive heart failure, and kidney damage.

Other lifestyle changes may prevent or delay getting high blood pressure. These include eating more foods rich in potassium, losing excess weight, being more physically active, and eating an overall healthy diet.

A diet rich in potassium helps to counterbalance some of sodium's harmful effects on blood pressure. In general, older adults should aim to consume no more than 1,500 mg/day (about 60% DV on the food label) of sodium, and meet the potassium recommendation of (4,700 mg/day) by eating potassium-rich food. When choosing packaged foods, check the sodium content on the Nutrition Facts label. Use the percent Daily Value (% DV) to help limit sodium intake.

### **Nutritional Supplements**

A basic premise of the *Dietary Guidelines* is that nutrient needs should be met primarily through consuming foods. Foods provide an array of nutrients and other compounds that may have beneficial effects on health. Older adults have unique needs for calcium, vitamin D and vitamin B<sub>12</sub> and may need these nutrients as supplements.

### **Congregate and Home Delivered Meals**

The congregate and home delivered meal programs are designed to help make the “what we eat” component of a healthy lifestyle easier. These meals are very nutritious as they are based on the Dietary Guidelines for Americans and provide 1/3 of the nutrients needed for the day.

Since the menus are planned using the key recommendations of the Dietary Guidelines, the meals are lower in sodium, fat and sugar. This makes the meals appropriate for individuals who need to follow a low sodium diet or a low fat/low cholesterol diet. The meal is also appropriate for most people with diabetes. Many diabetic diets count grams of carbohydrate so the person with diabetes can review the menu and select the carbohydrate choices appropriate for their needs.

Consider the meals as an investment in your health- a way to help maintain health and independence. Having this well-balanced meal will give you the meal you may not take the time to fix for yourself. In addition to the healthy meal, come for the socialization and activities that are offered at the meal sites.

## Invest in your future health- participate in the congregate or home delivered meal program.



### Iowa Administrative Code 321— Nutrition Screening

**7.12(4)** The AAA shall ensure that nutrition funds are used to:  
c. Provide *nutrition screening* and counseling as appropriate and nutrition education services to address assessed needs.

### Iowa Administrative Code 321—Health Promotion revised 5/06

**321—7.11(231) Disease prevention and health promotion under Title III-D of the OAA Act.** AAA shall use Title III-D funds to provide disease prevention and health promotion services and information at multipurpose senior centers, at congregate meal sites, through home-delivered meals programs or at other appropriate sites.

### Iowa Administrative Code 321—Nutrition Counseling

**321—7.12(4) (c) Nutrition Counseling:** The AAA shall ensure that nutrition funds are used to: c. Provide nutrition screening and counseling as appropriate and nutrition education services to address assessed needs. **Note** that as of the end of the SFY second quarter no AAA funds for nutrition counseling has been reported via IAFRS.

## Nutrition screening

Clients receiving congregate or home delivered meals, nutrition counseling or case management must have a nutrition screening.

Nutrition screening is the process of identifying characteristics known to be associated with dietary or nutritional problems. The purpose is to differentiate individuals who are at high nutrition risk.

Back in 1990, the Nutrition Screening Initiative was formed to promote nutrition screening and better nutritional care. The premise of the Initiative was that better nutritional care of older adults can lead to better health and quality of life. This was supported by the American Academy of Family Physicians, The American Dietetic Association, and the National Council on Aging.

The Initiative developed the DETERMINE Your Nutritional Health Checklist with ten questions (see table). The checklist is used to identify individuals who are at high risk

for poor nutritional status and who will benefit from nutrition interventions. Interventions include more in-depth nutritional assessment, nutrition counseling, nutrition education and referral to other services.

<b>DETERMINE YOUR NUTRITIONAL HEALTH</b>	<b>Yes</b>	<b>Interventions</b>
I have an illness or condition that made me change the kind and/or amount of food I eat.	2	Nutrition education & counseling
I eat fewer than 2 meals per day.	3	Social services, nutrition education & counseling
I eat few fruits or vegetables, or milk products.	2	Nutrition education & counseling
I have 3 or more drinks of beer, liquor or wine almost every day.	2	Nutrition education & counseling, Mental health, Medication Use
I have tooth or mouth problems that make it hard for me to eat.	2	Nutrition education & counseling, Oral health
I don't always have enough money to buy the food I need.	4	Social services
I eat alone most of the time.	1	Social services, Mental health
I take 3 or more different prescribed or over the counter drugs a day.	1	Medication Use
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2	Nutrition education & counseling, Medication use
I am not always physically able to shop, cook and/or feed myself.	2	Social services
<b>Total</b>		
Total Your Nutritional Score. If it is 6 or more, you are at high nutritional risk.		

Brief examples of nutrition related interventions include the following:

Social services interventions might include contacting local welfare office to see if eligible for: food assistance, food bank, social security, supplemental security income, Medicare, Medicaid, Housing assistance, Veteran's benefits, energy assistance, case management, adult day care, caregiver support/respite care, in-home health aide/personal care, home repair.

Oral health interventions might include making referral to dentist. For problems with dry mouth recommending moist foods or sauces or gravy to moisten foods and evaluating medications for side effect of dry mouth is helpful.

Mental health interventions include assessment of nutritional intake as vitamin deficiencies of B<sub>1</sub>, B<sub>3</sub>, B<sub>6</sub>, and B<sub>12</sub> are associated with cognitive impairment, apathy, mild depression and insomnia. For problems with eating alone, encourage eating in social settings, eat small, frequent meals and snacks, and keep nutritious snacks visible and accessible. Referral to social service professional or physician may be appropriate.

Medication use interventions include encouraging use of one pharmacy, discuss with doctor the safety of prescribed medications or vitamins and minerals and report to doctor any changes or problems.

Nutrition education interventions include providing suggestions to improve nutritional intake such as using milk and cheese in soups and casseroles, add vegetables to soups and casseroles, eat fruit for dessert and snacks. Nutrition education for congregate and home delivered meal programs should address issues identified in the DETERMINE Checklist.

Nutrition counseling provided by a registered dietitian includes an assessment to identify nutritional problems, development of interventions that are acceptable to the client and will change behavior, aspects of health or risk factors. This client driven process is a key element in the success of nutrition counseling. The dietitian may work with the client or coordinate with caregivers or others to implement the interventions. Nutrition counseling also includes monitoring and evaluation to ensure progress is made or to identify if new interventions are needed to achieve client's goals.



## Iowa Health Links Put Life back into Your Life



As a part of the Administration on Aging (AoA) emphasis on providing evidenced-based prevention and chronic disease management, AoA funded the “Empowering Older People to take Control of their Health through Evidence-based Prevention Programs” grant. The Iowa grant, named the *Iowa Healthy Links* is in its third year. The main project has been to offer the Chronic Disease Self-Management Program. This is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together.

Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and, 6) how to evaluate new treatments.

Cost saving data related to hospital use has been evaluated for 476 participants (Aug 2008):

- Total annualized per patient cost savings for those participating in the CDSMP is \$ **14,431**. The following identifies component costs.
- Based on self-reported utilization, and the average cost of inpatient care provided by the Iowa Hospital Association, the participants cost of inpatient care for the six months leading to the beginning of the project was \$ **6,157** per patient.
- Six months into the program, the cost of inpatient care for the participants was estimated to be \$ 1,106 per patient (average savings of \$ **5,051** per hospitalized participant).
- The one year savings is estimated to be an additional \$ **3,223** per hospitalized participant.

### Data collected from

127 participants in Black Hawk County  
105 in Linn County and  
244 in Polk County

*The IHA-provided average hospitalization cost per night of \$4,810 was used together with the average hospital nights to provide these estimations.*

## **Sodium can be found in unexpected places**

A recent study of grocery store foods found large amounts of sodium in some surprising foods. For example, a cup of Kellogg's Raisin Bran contains 350 mg of sodium, a Pepperidge Farm Whole Grain White Bagel has 440 mg, and a half-cup of Prego Heart Smart Traditional Italian Sauce has 430 mg. Many people check food labels for fat and calorie but they may not be checking the sodium levels. This does not give them the total nutrition picture because many lower-fat foods often have higher sodium than their full-fat counterparts. For example, a serving of Ruffles Original Potato Chips has 10 g of fat and 160 mg of sodium, while the baked version has 3g of fat and 200 mg sodium. Some fast-food fare also has surprising sodium levels. McDonald's Premium Caesar Salad with grilled chicken, for example, has 890 mg of sodium—without dressing.

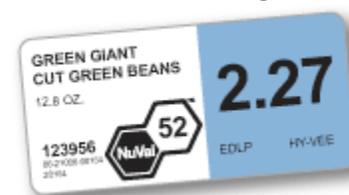
Dietary guidelines recommend that older adults get no more than 1,500 mg of sodium a day. However, the average American ingests 2,900–4,300 mg daily. A high-sodium diet might increase a person's risk of high blood pressure, asthma, kidney stones, osteoporosis, and stomach cancer. The following are some suggestions to identify and reduce sodium consumption:

1. Read labels.
2. Look for no-salt-added condiments.
3. When cooking taste before adding salt. Use herbs and spices, salt-free seasoning blends, citrus juice or zest, and flavored vinegars instead of salt.
4. Eat one serving.
5. Avoid food highest in sodium. Or limit them when possible. Among the highest-sodium products: soy sauce (1,160 mg/tbsp), chicken bouillon (1,100 mg/packet), frozen dinners (many have 900 mg/serving), and canned/processed meats (many have 790 mg/2 oz).
6. Eat at home. You can easily consume a day's worth of sodium in a single restaurant dish.
7. Retrain your taste buds. Research shows that after three months, most people no longer miss salt.

Additional information on this report can be accessed at <http://www.consumerreports.org/cro/food/diet-nutrition/sodium-in-food/overview/sodium-in-food-ov.htm>

## **New Short Cut to Reading Food Labels**

HyVee Grocery Stores have implemented a new nutrition score system called the NuVal Score to help consumers identify the nutritional value of foods. Foods are rated using an algorithm based on the nutrient content to provide a score from



one to 100. For example the score is lowered for high sodium, sugar and fat and increased for good sources of fiber, vitamins and antioxidants, etc. The higher the NuVal score, the higher the nutrition. Cereals provide an illustration of the spectrum of choices: Cap'n Crunch's Crunch Berries rate an 8, Cookie Crisp and Dino S'mores Pebbles both rate 24. Honey Bunches of Oats with Almonds rates a 29, while the strawberry version rates 31. Generic shredded mini-wheat cereal got an 89, while the frosted version got a 31. Another example using snacks of reduced-fat Wheat Thins with 24 or a navel orange of 100. The ratings will help people make better choices without having to analyze the health claims on the front of the box or decipher the nutrition panel and list of ingredients on the side. Look for the NuVal Score on the shelf next to the price. For more information visit <http://www.hy-vee.com/health/nuval.asp>

## **National Programs Support Nutrition Program Management**

Two national programs offer educational programs, newsletters and advocacy. The following is general information about these organizations and services they offer to assist nutrition programs. Visit their websites to learn more about member services.

### **Meals on Wheels Association of American (MOWAA) <http://www.mowaa.org>**

The March For Meals and Mayors For Meals are national awareness and fundraising campaigns that take place during the month of March. MOWAA Members receive public relations resources and support necessary to participate locally. Common Goods is MOWAA's group purchasing initiative that enables Members to receive substantial discounts on goods and services by optimizing our purchasing power. We All Love Our Pets (WALOP) is a partnership with Banfield, the Pet Hospital, to solicit pet food donations and money to help programs develop pet programs.

National Center for Nutrition Leadership provides on-going educational opportunities in Leadership training, Development/Fundraising, Communications, Nutrition and Volunteer Management. The MOWAA annual conference provides great information and opportunities for networking.

MOWAA has selected Iowa, as one of four states, to participate in a Rural Initiative to identify unique problems facing rural nutrition programs. The MOWAA web site describes the project as "The need for services is beginning to outpace the capacity to meet it. The combination of the time it takes to make deliveries, the distances to be traveled, the cost per meal, and size of the volunteer workforce involved in delivering or preparing meals is creating a situation where the need is quickly exceeding the financial and human resources that Senior Nutrition Programs serving rural seniors have. Although challenges themselves are evident, effective solutions for addressing these challenges are less clear". In the near future, AAAs may be contacted to help gather illustrations of Iowa rural challenges.

MOWAA in collaboration with the University of Maryland has received a grant to develop food safety and sanitation training materials specifically for home delivered

meal programs. Iowa will have the opportunity to participate in the development of these materials by reviewing and providing comments as materials are developed over the next two years.

## **National Association of Nutrition and Aging Services Programs (NANASP)**

<http://www.nanasp.org>

A quarterly newsletter, the *NANASP Update*, is sent to members and contains new ideas, solutions to problems and an in-depth look at innovative programs. The new members-only listserv is an easy and fast way to get information on what others are doing and finding solutions to everyday problems members face. This online forum allows members and the NANASP leadership to share timely information on NANASP and topics related to your daily responsibilities.

Annual Conference features top speakers, legislative forums and exhibits including new products and services that will give cutting edge management information.

## **New Rules for the Food Assistance Program Will Help Elderly and Disabled**

As of October 1, 2008, the new name for the old federal Food Stamp Program is Supplemental Nutrition Assistance Program (SNAP). However, Iowa will continue to call its program The Food Assistance Program. Some of the changes that may be helpful to Iowans under the Food and Nutrition Act of 2008 include:

- no longer counting pension and retirement accounts as a resource to decide if you can get food assistance.
- no longer setting a limit on the amount of child and dependent care costs that are allowed as a deduction for figuring how much food assistance you can get.

### What Is Food Assistance

Food Assistance now uses plastic debit-like cards instead of the coupons that were called food stamps. This is called an electronic benefits transfer card or EBT card. This plastic card can be used to buy nutritious foods like meat and fish, vegetables and fruits, dairy products, and bread. Food assistance cannot be used to buy alcohol, tobacco, paper products, or pet food.

### Who Can Get Food Assistance

- Any U.S. citizen and some lawfully present immigrants if they:
- meet the food assistance program guidelines and any other rules that apply to their household, AND have, or apply for, a social security number for all household members.
- People receiving benefits from SSI or Family Investment Program (FIP) automatically qualify for food assistance.

## How Do I Know If I Qualify for Food Assistance

There are two tests to determine qualification (unless receiving SSI or FIP benefits when eligibility is automatic).

- resource test
- income test that applies to the household.

Resources include things owned like home and car as well as cash, stocks, or U.S. savings bonds. Not all resources are counted. The value of counted resources must not be more than \$3,000 for households of one or more if at least one person is 60 years or older, or has a disability. A home and the land it's on, most personal belongings, and farm or business property are not counted toward the resource limit. At least one motor vehicle per household is not counted as a resource no matter what the value of the vehicle. Other vehicles in the household might not be counted as a resource, depending on how they are used or their value. Pension plans, whether the funds were contributed by the employer or employee, as well as tax-deferred or tax-advantage retirement accounts. This includes 401K plans, IRA accounts, and IPERS (new with the Food and Nutrition Act of 2008).

What is the amount of food assistance I will receive?

The amount of food assistance will depend on two factors:

- 1) the number of people in a household, and
- 2) the household's net income.

See resources below for additional information on food assistance.

As of October 2008, Iowans aged 60+ received on average \$78.54 monthly from the Food Assistance Program.

## Nutrition Education

The Nutrition Fact Sheet on vegetables is provided on the next two pages. This information can be copied and used as nutrition education materials for congregate and home delivered meal participants. The Fact Sheet was developed by the American Dietetic Association. The topic of vegetables addresses the need identified in the NAPIS nutrition screening. In the 2008 NAPIS data, high nutrition risk congregate meal participants had 65 percent who answered "I eat few fruits or vegetables, or milk products". For the high nutrition risk home delivered meal participants, 55 percent answered yes to this question.

# Nutrition Fact Sheet

## Vegetables: Why You Should Get More!

Even though everyone knows that vegetables are good for you, 7 out of 10 Americans still do not meet the daily recommendations for vegetables. And, Americans are eating less today than 10 years ago. Consumers say their main reasons for not getting enough vegetables are not liking the taste, inconvenience, high cost, and low availability. However, there are plenty of easy, delicious and convenient ways for people to get more vegetables.

### Why Do I Need Vegetables?

According to the USDA 2005 Dietary Guidelines for Americans, vegetables are an essential part of a healthy diet. Eating the recommended amount of vegetables can help to reduce the risk of heart disease, diabetes, and some cancers. Vegetables are also naturally lower in calories than other foods and therefore important in weight management.

Vegetables provide essential nutrients and most are low in fat. They are an important source of potassium, magnesium, dietary fiber, folate, and vitamins A and C.

- **Potassium:** Helps maintain healthy blood pressure
- **Magnesium:** Necessary for healthy bones, muscles and for healthy blood pressure
- **Fiber:** As part of an overall healthy diet, helps reduce cholesterol levels and helps maintain digestive health
- **Folate:** Helps the body form healthy red blood cells
- **Vitamin A:** Keeps eyes and skin healthy and helps protect against infections

### Did You Know?

- If you have a tossed, green salad before your main meal, you will be more likely to eat less at that meal.
- Choosing lower calorie, filling snacks such as raw vegetables or vegetable juice can help tide you over between meals.
- A recent study found that adding vegetable juice to their diet helped people meet their daily requirement for vegetables.

- **Vitamin C:** Helps heal cuts and wounds, keeps teeth and gums healthy and aids in iron absorption

### Why Are Eating Different Colored Vegetables Important?

Think variety and think color. The 2005 Dietary Guidelines recommend an eating plan that includes a variety of vegetables to get a range of nutrients. An easy way to meet this recommendation is to choose a variety of vegetables of different colors. Different colored vegetables provide varying amounts of vitamins, minerals and phytonutrients that provide unique health benefits. The phytonutrients are responsible for the colors of vegetables. Vegetables can be classified into color groups, such as Red (tomato), Orange (carrots), Green

*The contents of this fact sheet have been reviewed by the American Dietetic Association's Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor's products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.*

(spinach), White (onions), and Purple (eggplant). Research suggests that phytonutrients may work best when eaten together in a whole food. So, eating a wide variety of different colored vegetables may provide greater health benefits than eating only a single type of vegetable.

### How Can Vegetables Help Manage My Weight?

Eating foods like vegetables or vegetable juice can help with weight management. Vegetables add bulk but not a lot of calories. And research shows that eating bulky, lower-calorie foods like vegetables helps people feel full and eat less over the day.

### How Much Do I Need?

The amount of vegetables you need depends on your age, sex and how active you are. For example, most women should eat about 2 ½ cups of vegetables daily. Men should eat about 3 cups per day. Children aged 4–8 years need about 1 ½ cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to determine your individual needs.

### What Counts As a Cup of Vegetables?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. In general, 1 cup from the vegetable group is equal to 1 cup chopped or cooked vegetables, 1 cup vegetable juice, or 2 cups raw leafy greens.

### Easy Ways to Get More Vegetables

- Add vegetables or vegetable juice to your soups, pasta dishes or casseroles.

- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Drink vegetable juice as a snack or as a beverage with your meal.
- Buy pre-bagged vegetables for quick salads and snacks.
- Try crunchy vegetables instead of chips for your favorite dips.

### Seven-Ingredient Chili

**Prep:** 10 minutes    **Cook:** 25 minutes    **Serves:** 8

#### Ingredients:

2 lb. ground turkey  
1 large onion, chopped (about 1 cup)  
2 tbsp. chili powder  
½ tsp. ground cumin  
3 ½ cups 100% vegetable juice (regular or low sodium)  
1 small green pepper, chopped (about ½ cup)  
2 cans (about 15 ounces each) red kidney beans, rinsed and drained

#### Directions:

Cook the turkey, onion, chili powder and cumin in a 4-quart saucepan over medium-high heat until the turkey is well browned, stirring often.

Add the vegetable juice, pepper and beans to the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender.

#### Nutrition Information Per Serving:

Calories 299, Total Fat 10g, Saturated Fat 3g, Cholesterol 90mg, Sodium 338mg, Total Carbohydrate 24g, Dietary Fiber 7g, Protein 27g, Vitamin A 30%DV, Vitamin C 37%DV, Calcium 7%DV, Iron 21%DV  
% Daily Value (DV) are based on a 2,000 calorie diet.

**For a referral to a registered dietitian and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org)**



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

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## RESOURCES

### Nutrition Program Management



- Older American Act Nutrition Program Toolkit  
[http://nutritionandaging.fiu.edu/DRI\\_and\\_DGs/nutrition\\_service\\_providers\\_guide.asp](http://nutritionandaging.fiu.edu/DRI_and_DGs/nutrition_service_providers_guide.asp)

### Health Promotion



- **Elder Nutrition and Food Safety materials** designed for use at Older Americans Act- Nutrition Program sites. The lessons are brief, interactive, and fun for the participants. Background information for the educator is provided and basically everything needed to present the lesson is included. All materials in both English and Spanish are on CDs so they can be printed as needed. More information is at: <http://enafs.ifas.ufl.edu> and the modules can be purchased through the IFAS Bookstore: <http://www.ifasbooks.ufl.edu>. (Education section/CD-ROMs).
- **Used Equipment Referral Service.** If you know of anyone looking to find used Assistive Technology equipment, please refer them to: <http://www.iowacompass.org/> and look on the purple column for “Used Equipment Referral Service (UERS)”. Information can also be access by calling (800-779-2001).
- **Check for Safety:** A home fall prevention checklist for older adults is available from CDC at <http://www.cdc.gov/ncipc/pub-res/toolkit/CheckListForSafety.htm> or in PDF brochure format at [http://www.cdc.gov/ncipc/pub-res/toolkit/Falls\\_ToolKit/DesktopPDF/English/booklet\\_Eng\\_desktop.pdf](http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/booklet_Eng_desktop.pdf)

### Food Assistance

- **“10 Steps to Help You Fill Your Grocery Bag Through SNAP”.** A food assistance (Food Stamp) information sheet is available for downloading from USDA at F:\Healthy Aging update 2-09\10 Steps to Help You Fill Your Grocery Bag .mht The first two steps are:



1. Use the Internet Tool.

If you want to find out if you could be eligible, check out the Internet tool at <http://www.snap-step1.usda.gov/>. Your local library usually has computers you can use.



2. Call or Go to the Local SNAP Office.

If you think you might be eligible, call or go to the local SNAP office. Look in the blue pages of your phone book under “Social Services” or “Human Services” to find the number. If you need help finding your local office, call 1-800-221-5689.

- **BenefitsCheckUp® Adds Service to Help Seniors Find Food Assistance.**To assist people who need help paying for food, NCOA has enhanced BenefitsCheckUp® with a new Web-based service that provides easy access to information about the Supplemental Nutrition Assistance Program (SNAP), the new name for the federal Food Stamp Program.

Using the SNAP Application Forms Service, older Americans or their caregivers can find valuable information about food programs where they live, including eligibility standards, application information, and a state-specific hotline number. Also featured are links to the state Web site for the program, an online application (if available), and the BenefitsCheckUp® screening page to find out if someone is eligible. <http://www.benefitscheckup.org/snap.cfm>

- **The new *Spend Smart Eat Smart*** interactive Web site has been developed by Iowa State University and is found at [www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings). The site features dollar-saving tips, interactive activities, recipe videos, and blogs hosted by ISU Extension nutrition specialists. Visitors to the site will be able to figure their family's cost of food at home, test their smart shopping skills, and compare meals prepared at home versus eating out.

### Food Safety and Sanitation

- Keeping hands clean is one of the most important ways to prevent the spread of infection and illness" according to the Centers for Disease Control and Prevention. With the cold and flu season upon us, communicate handwashing messages available from: <http://lancaster.unl.edu/food/handwashing.shtml>



### Did You Know?

Weekly newspaper articles are available in the templates pictured below or as Word files that can be sent electronically to local newspapers or used with Area Agency on Aging publications. Articles can be customized for your agency. The Pick a better snack web site ([http://www.idph.state.ia.us/pickabettersnack/social\\_marketing.asp](http://www.idph.state.ia.us/pickabettersnack/social_marketing.asp)) has graphics of fruits and vegetables that also be used.



Pick a **better** snack

### ***On the Go – With Bananas!***

February is National Snack Month! Challenge yourself to make each snack a healthy snack by choosing fruits and vegetables instead of treats filled with empty calories and preservatives. For starters, why not have a banana? Bananas are available all year long and make an easy snack when you're on the go. It's no wonder bananas are the most popular fruit in the United States.



Bananas have been around for more than one million years! In fact, it's thought bananas were probably the first fruit to be farmed and harvested. A common misperception about bananas is that the tropical fruit grows on trees – not true. Bananas actually grow on large plants that can't be classified as trees since the stems don't have any wood tissue. Banana plants are the world's largest herb and are part of the lily and orchid family.

When choosing bananas, look for uniformly shaped fruit and color. Avoid fruit with damaged or wrinkly skin. Don't worry if the fruit's a little green. Bananas continue to ripen after they've been picked, so keep them at room temperature to ripen. Bananas are fully ripe when they're bright yellow with brown spots. Store them in the refrigerator to keep them longer. The refrigerator will make the peel turn brown faster, but this will not affect the inside of the banana.

### **Peel. Eat. (how easy is that?)**

#### ***Take Bananas With You!***

- Ask your favorite convenience store to offer bananas for sale as a healthy snack when you're on the go.
- Bananas make the perfect mix-in for low-fat plain or vanilla yogurt. For some added texture, throw in a spoonful of chopped nuts. You could also try putting a dab of peanut butter on your bananas.
- Cereal with fruit makes a great snack anytime of day – add slices of banana to your favorite hot or cold cereal.

#### **Quick Nibble:**

Bananas are actually a type of berry. Each individual banana is considered a finger, and a bunch of bananas is called a hand.



Pick a **better** snack™ was developed in partnership with the Iowa Nutrition Network and the USDA's Food Stamp Program and Team Nutrition – equal opportunity providers and employers. For more information about the Iowa Nutrition Network or the Chef Charles nutrition education program, call the Iowa Department of Public Health at (800) 532-1579. Note that short articles like the "On the Go with Bananas" are on the IDPH web site and are available for use in newsletters or newspapers ([http://www.idph.state.ia.us/pickabetersnack/social\\_marketing.asp](http://www.idph.state.ia.us/pickabetersnack/social_marketing.asp) ).

#### **Our Mission:**

To provide advocacy, educational, and prevention services to older Iowans so they can find Iowa a healthy, safe, productive, and enjoyable place to live and work.

#### **Iowa Department of Elder Affairs**

Jessie Parker Building, 510 East 12<sup>th</sup> Street, Suite 2, Des Moines, IA 50319  
Carlene Russell, MS RD LD, DEA Nutrition Program Manager, Email Address: [carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov)