



# Healthy Aging Update

## Iowa Department on Aging

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### Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides an update on Salt, Sodium and the DASH diet. Two AAAs reported on their activities. Heritage has implemented meals for pets and held a Hunger conference and HVAAA is busy with an OAA Month Walking Program. This issue has many resources for Health Promotion.



### ***An Update on Salt, Sodium, and DASH***

There has been renewed public attention on sodium consumption and its adverse effects on health due in part to a recent report on sodium intake from The Institute of Medicine (IOM) of the National Academies. The Dietary Approaches to Stop Hypertension (DASH) eating plan, combined with reduced sodium intake, may help prevent the development of high blood pressure as well as benefit those with pre-hypertension and hypertension.



High blood pressure (hypertension) affects about one in three adults in the United States and can lead to coronary heart disease, stroke, heart failure, kidney failure, and other health problems. For years, research has established high sodium intake as an important cause of high blood pressure. In addition, several studies have clearly demonstrated that reducing the amount of sodium in one's diet can significantly lower blood pressure and can help safely prevent or control high blood pressure.

### **Reducing sodium in the diet**

Following the DASH eating plan *and* lowering intake of salt and sodium provides the best combination to lower or control high blood pressure. For some people, lowering the amount of salt in their diet can have the same effect as using medication to control blood pressure. Lower-sodium diets may also help blood pressure medicines work better.

The DASH meal plan for additional calorie levels can be accessed in Appendix A at <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>

<b>Food Groups</b>	<b>1,600 Calories</b>	<b>Serving Sizes</b>	<b>Examples and Notes</b>	<b>Significance of Each Food Group to the DASH Eating Plan</b>
<b>Grains</b>	6 servings	1 slice bread, 1 oz dry cereal, ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita, bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels, and popcorn	Major sources of energy and fiber
<b>Vegetables</b>	3-4 servings	1 cup raw leafy vegetable, ½ cup cut-up raw or cooked vegetable, ½ cup vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
<b>Fruits</b>	4 servings	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup vegetable juice	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
<b>Fat-free or low-fat milk and milk products</b>	2-3 servings	1 cup milk 1 cup yogurt 1½ oz cheese	Fat-free or low-fat milk or buttermilk, fat-free or low- fat regular or frozen yogurt, fat-free, low-fat, or reduced fat cheese	Major sources of calcium and protein
<b>Lean meats, poultry and fish</b>	3-4 servings	1 oz cooked meats, poultry, or fish 1 egg	Select only lean; trim away visible fats; broil, roast, or boil instead of frying; remove skin from poultry	Rich sources of protein and magnesium
<b>Nuts, seeds, and legumes</b>	3-4 servings/ week	1/3 cup or 1½ oz nuts; 2 Tbsp peanut butter; 2 Tbsp or ½ oz seeds; ½ cup cooked dry beans or peas	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils	Rich sources of energy, magnesium, potassium, protein, and fiber
<b>Fat and oils</b>	2 servings	1 tsp soft margarine 1 Tbsp mayonnaise	Soft margarine, low-fat mayonnaise, light salad	The DASH study had 27

		2 Tbsp salad dressing 1 tsp vegetable oil	dressing, vegetable oil (such as olive, corn, canola, or safflower)	percent of calories as fat (low in saturated fat), including fat in or added to foods
<b>Sweets</b>	0 servings	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet and ices 1 cup lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, hard candy, fruit punch, sorbet and ices	Sweets should be low in fat

**These simple steps can reduce sodium in your diet:**

- Choose fresh, frozen, or canned (low-sodium or no-salt-added) vegetables.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- If buying "convenience foods," choose those that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings. These foods often have a lot of sodium.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Limit cured foods (such as bacon and ham), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as mustard, horseradish, ketchup, and barbeque sauce).
- Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- In cooking and at the table, flavor foods with herbs, spices, wine, lemon, lime, vinegar, or salt-free seasoning blends.

The Iowa congregate and home delivered meal program has incorporated these recommendations. The menus aim to provide less than 1000 mg of sodium per meal. The meals also have on average 1567 mg of potassium which reflects the recommendations of the DASH diet.

**You will notice in the media that restaurants and food manufactures are being asked to lower the sodium content of their food products.**



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## Iowa Administrative Code-

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### **17- 7.23(231) Requirements for opening or closing congregate**

**nutrition sites.** The AAA shall notify the department in writing at least 30 days prior to the AAA's opening, relocating, or terminating a nutrition site. The notification must include:

1. Reasons for the action;
2. Impact on eligible individuals;
3. Impact on nearby meal sites; and
4. Impact on provision of nutrition-related services.

### **17- 6.11(3)**

**Contracts with for-profit organizations.** An AAA must request prior approval from the department of any proposed service contracts with for-profit organizations under an area plan.

a. A separate approval request, using the request form provided by the department, shall be filed for each contract between the AAA and a provider for a service that is proposed to be delivered by a for-profit organization.

(1) The request for approval shall be submitted to the department at least 30 days prior to the signing of the contract. (*Send request form to Sue Olson at [susan2.olson@iowa.gov](mailto:susan2.olson@iowa.gov).)*)

(2) All applicants to provide services for which the contract is proposed shall be listed on the request form.

b. The department may approve the contracts only if the AAA demonstrates that the for-profit organization can provide services that are consistent with the goals of the AAA as stated in the area plan.

c. Services shall mean the services described in the uniform definitions of services contained in IAPI issued by the department.

[ARC [8489B](#), IAB 1/27/2010, effective 1/7/2010]

## **The Heritage Agency Establishes Pet Assistance Program**

In response to concerns about home delivered meal participants feeding their meals to their pets to maintain the pet's health, The Heritage Agency on Aging recently established, "Tails A Waggin'", a program that provides appropriate pet food resources the older adults in need. The implementation of this program was made possible through a Banfield Charitable Trust/MOWAA grant and through a relationship with a local restaurant in which they donate all of their bottles and deposit funds to sustain this much needed program.

Program participants are referred to The Heritage Agency through dining site managers and case managers in the seven county Heritage region. Pet food is then purchased and sent to the dining sites for distribution to the participants and animals. "Tails A Waggin'" has formed a collaboration with "Animeals" to assist in providing pet food assistance to older adults in the immediate Cedar Rapids area, thus allowing Tails A Waggin' to concentrate on serving the rural and remaining areas in the seven county region.

This program has received some initial attention with a front page article in a Sunday edition of the Cedar Rapids Gazette. For further information on this exciting new program, contact Tim Getty at The Heritage Agency at 319-398-5559.

## **Hawkeye Valley Area Agency on Aging Conducts One Mile Walk in Honor of Older Americans Month**

In honor of Older Americans Month, Hawkeye Valley Area Agency on Aging decided to host an Age Strong! Live Long! Walk On! one mile walk mimicking the Administration on Aging's walk on the mall. The walk was free and open to all ages – and each participant who registered by the deadline was given a t-shirt. The walk was May 27. A total of 16 walk locations were set up across the 10 counties we serve and initially we were anticipating approximately 350 walkers. Instead we far exceeded our goal with over 650 registered walkers! Each walk had a grand marshal – a mayor, senator, police chief, network news anchor, or some well known community figure – with ties to each particular community. With such a great turn out Hawkeye Valley Area Agency on Aging is planning on making this an annual event!



## **Hunger and Aging: A conversation for Iowans**

Heritage hosted the Hunger and Aging conference on May 21, 2010. Keynote speakers included Kevin Concannon, Under Secretary for Food, Nutrition and Consumer Services at USDA and Enid Borden, President of Meals on Wheels Association of America. Numerous panelists including Charles Krogmeier from the Iowa Department of Human Services and John McCalley from the Iowa Department on Aging participated in panel discussions about food insecurity among older Iowans and the programs that address these issues.

Currently there are 16,000 Iowans 60yrs+ receiving Food Assistance (food stamps). The average monthly amount received is \$116. For information about the Food Assistance program call 877-937-3663.

## **Most Women have Limited Knowledge of Signs of Stroke or Risk Factors**

Stroke is the third leading cause of death in the United States. Only 27 percent of women in a recent study could name more than two of the six primary stroke symptoms. Moreover, seven out of 10 women who were surveyed said they are not aware they are more likely than men to have a stroke, and were not at all or only somewhat knowledgeable about risk factors.

Knowing the six primary symptoms of a stroke is crucial. They include:

- Sudden numbness or weakness on one side of the face or facial drooping
- Sudden numbness or weakness in an arm or leg, especially on one side of the body

- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

"Women are twice as likely to die from stroke as [breast cancer](#), however women in the survey believed [breast cancer](#) is five times more prevalent than stroke," said James Baranski, Chief Executive Officer of National Stroke Association. "Furthermore, the survey revealed that 40 percent of women were only somewhat or not all concerned about experiencing a stroke in their lifetime. The fact is, stroke knows no gender and can happen at any age."

The F.A.S.T. test as a quick screening tool that can help you identify stroke symptoms:

**F**ace - Ask the Person to Smile. Does One Side of the Face Droop?

**A**rms - Ask the Person to Raise Both Arms. Does One Arm Drift Downward?

**S**peech - Ask the Person to Repeat a Simple Sentence. Are the Words Slurred? Can They Repeat the Sentence Correctly?

**T**ime – If the Person shows Any of These Symptoms, Time Is Important. Call 911 or Get to the Hospital. Brain cells Are Dying.

Educational efforts about understanding stroke and what to do if you experience one may be having an impact. In the survey, 60 percent of women could identify what causes an [ischemic stroke](#), the most common type of stroke, which occurs when a blood vessel that carries oxygen and nutrients to the brain is clogged by a blood clot or other obstruction. Because of this blockage, part of the brain does not receive the blood and oxygen it needs. Eighty-six percent of women knew to call 9-1-1 if they suspected that they or someone near them is experiencing a stroke.

"If you experience any of the symptoms of a stroke, it is imperative to call 9-1-1 so you receive immediate medical attention, even if the symptoms go away," said Angela Gardner, M.D. President of the American College of Emergency Physicians. "Time equals brain; for every minute the brain is deprived of oxygen, it may lose up to 1.9 million brain cells. If you are having even one of the symptoms of stroke, come to the emergency department so we can evaluate and treat you." For more facts about this study visit:

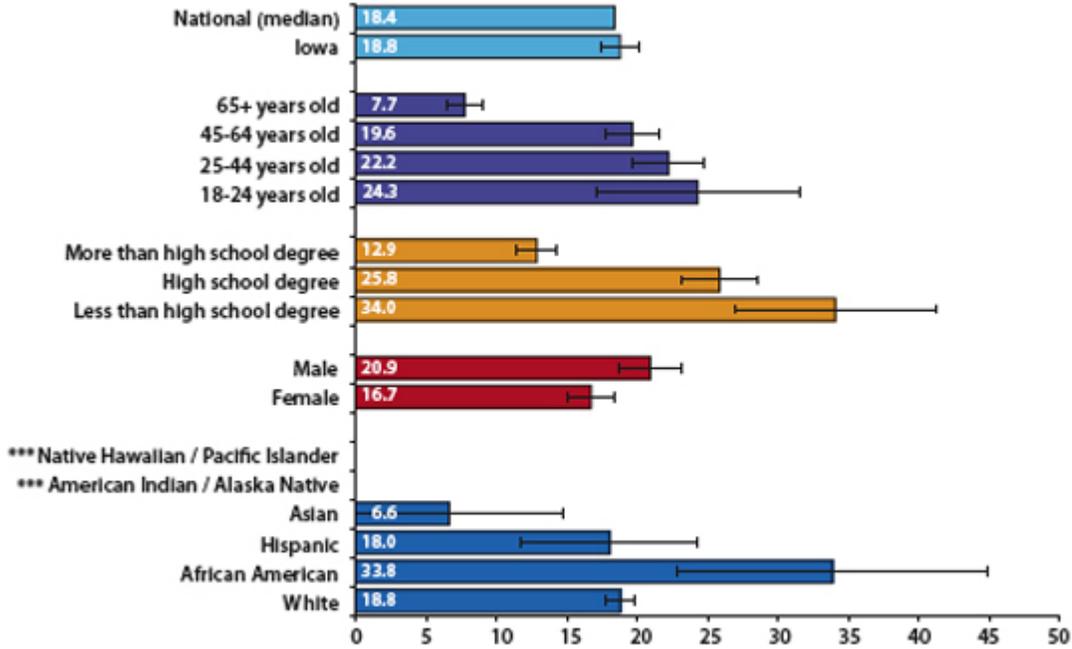
<http://www.healthywomen.org/sites/default/files/StrokeSurveyFactSheet.pdf>.

## Smokefree Air Act

The 2008 Iowa Smokefree Air Act has decreased tobacco-related hospitalizations. This act bans smoking in most indoor places, including most, but not all work places. There has been an 8% reduction in hospital admissions, representing 483 fewer Iowans with this condition, compared to the average of the preceding three years. Hospital admissions for stroke have been reduced by 5%, representing 373 fewer Iowans with this condition. Pneumonia/flu and asthma/COPD admissions also decreased by 8% and 2% respectively, after the introduction of the Act. For more information about this report, visit <http://www.idph.state.ia.us/tobacco/default.asp>.

In Iowa, 18.8% of the adult population (ages 18+) — over 429,000 individuals — are current cigarette smokers. Across all states, the prevalence of cigarette smoking among adults ranges from 9.3% to 26.5%. Iowa ranks 29th among the states.

## Current Smoking among Adults by Demographic Characteristics



\*\*\* Data not shown because sample size is less than 50.

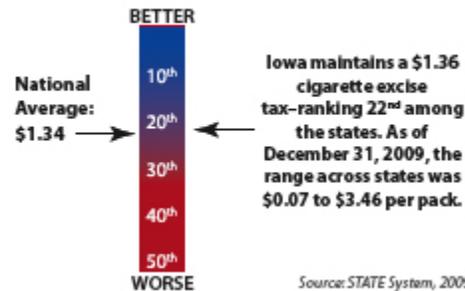
Source: BRFSS, 2007-2008

### Medicaid Coverage for Counseling and Medications

Nicotine Replacement	Varenicline	Bupropion	Counseling
Partial	No	Yes	Partial

Source: MMWR 2009; 58(42): 1199-1204.

### Amount of Cigarette Excise Tax



Source: STATE System, 2009

## One Meal Participant's Success Story (from Kentucky)

One year ago I received a call from an 87-year-old male client who normally called once a month for transportation services so he could come to town and pay his bills. While setting up his transportation he said, "I don't think I will be long for this world." When I asked why he felt this way he said, "I am starving." I reminded him of our additional services including congregate and home delivered meals as well as emergency food and commodities also available through our agency. He was hesitant to commit to coming to the center at first but after a lot of encouragement he agreed.

When he arrived at our center in March of 2009 at 6 feet tall, he weighed only 103 pounds, his clothing was very dirty and his appearance disheveled. He scored an 11 on the nutrition assessment stating that he ate fewer than two meals per day, did not have enough money to buy the food he needed, ate alone daily and had lost a significant amount of weight during the past six months.

I recommended that he attend the center three days a week for congregate meals and take advantage of other supportive services we had to offer. He finally agreed to accept services and with regular attendance he started to develop friendships and placed trust in the staff assisting him. As time went on we soon realized that he needed more than just a few hot meals a week. He was living in a small camper with no running water; he had limited capabilities to cook and several dogs were in his home. Family members who owned the lot his camper was setting on charged him \$90.00 a month and he was buying dog food for the dogs when only one of the dogs was his own. He was doing without food himself to provide food for the dogs.

We encouraged him to consider moving into an apartment in town. He again was hesitant at first and did not want to give up his dog. We started looking for apartments that would accept pets; however, the extra cost of having a pet was not going to be affordable for him. Finally he agreed to move if we found a good home for his dog.

In April we started the application process for low-income housing and additional assistance such as food stamps and QMB. He also agreed to see his doctor more regularly and was admitted to the hospital in late April for some much needed medical treatment. The final arrangements for his apartment were made and the seniors and staff at the center assisted with completely furnishing and setting up his apartment. He was discharged from the hospital on May 5, 2009 and taken to his new home. He said, "This is the nicest place I have ever lived in." He started attending the center five days a week for congregate meals; a referral was made for additional aging services including homecare to assist with cleaning, laundry, and meal prep. We were later able to set up CDO services to replace homecare to give him more assistance. In just four months time his nutrition assessment score was 6 improving by 5 points. He had gained 20 pounds and expressed his gratitude daily for helping to "save his life."

The congregate meal program helped to improve this man's nutritional health, however, it did so much more by opening the door to so many other benefits that will continue to benefit him and help him to live independently. Perhaps one of the greatest benefits is the friendship's he has developed. It has been so rewarding to see the results of our program and the difference it can make in someone's life. Thank you for taking the time to listen to this man's story. He is more than just units of service provided and dollars spent. His life has been forever changed.

# Power Up with Breakfast



**Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.**

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread almond butter on a whole-grain toasted bagel. Top with apple slices.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



If your taste buds just don't crave breakfast foods, try these:

- Peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla.
- Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.

Power up with a healthy breakfast and you're off to a great start!

### Springtime Cereal

Makes 2 servings

3/4 cup wheat and barley nugget cereal

1/4 cup 100% bran cereal

2 tsp toasted sunflower seeds

2 tsp toasted almonds, sliced

1 Tbsp raisins

1/2 cup bananas, sliced

1 cup strawberries, sliced

1 cup raspberry or strawberry yogurt, low-fat



Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

#### **Nutrition information per serving:**

Calories: 352

Fat: 6 g

Saturated fat: 1 g

Carbohydrate: 69 g

Sodium: 272 mg

Fiber: 8 g

#### **With light yogurt (sugar substitute):**

Calories: 268

Fat: 5 g

Saturated fat: 0 g

Carbohydrate: 53 g

Sodium: 263 mg

Fiber: 9 g

*Recipe from A Healthier You: Based on the Dietary Guidelines for Americans ©2005 U.S. Department of Health and Human Services.*

**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.

This tip sheet is provided by:

Authored by American Dietetic Association staff registered dietitians.

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## RESOURCES



### Health Promotion

- **Unintended weight loss can be a warning sign.** Loss of lean body mass is speeded up in people with early Alzheimer's and is correlated with both brain atrophy and reduced cognitive performance.  
<http://www.medpagetoday.com/Neurology/AlzheimersDisease/19497>
- **Are Adults Aged 50 to 64 in YOUR State Getting the Recommended Preventive Services?** An innovative new resource can tell you quickly and easily the extent to which adults aged 50 to 64 in your state are up to date on recommended preventive services. The on-line, searchable version of the report, Promoting Preventive Services Among Adults 50-64: Community and Clinical Partnerships, was just released. To access this valuable tool, please visit CDC's Healthy Aging Program website: [www.cdc.gov/aging](http://www.cdc.gov/aging)
- **County Health Rankings Report:** The report provides comprehensive data and action steps on multiple factors that determine the health of a county. The County Health Rankings Report web site <http://www.countyhealthrankings.org> provides access to the 50 state reports, ranking each county within each of the respective states according to its health outcomes and the multiple health factors that determine a county's health.
- **Updated Exercise and Physical Activity Tips for Older Adults Now Available on NIH Senior Health Site** NIH Senior Health is a health and wellness Web site designed especially for older adults. Visitors to the site will find sample exercises from the four categories of physical activity recommended for older adults: endurance, strength, balance and flexibility. Colorful images accompanied by easy-to-follow instructions describe how to do the exercises safely and effectively. Videos provide inspiring reminders of the positive impact that physical activity can have as people grow older. To learn more, please see: <http://nihseniorhealth.gov/exercise/toc.html>
- **Maintaining Regular Daily Routines is Associated with Better Sleep Quality in Older Adults** (By Kelly Wagner, American Academy of Sleep Medicine via EurekaAlert!, April 1, 2010)  
[http://www.eurekaalert.org/pub\\_releases/2010-04/aaos-mrd031810.php](http://www.eurekaalert.org/pub_releases/2010-04/aaos-mrd031810.php)
- **Advance Directives for End-of-life Care Result in Preferred Treatment** (By Shari Roan, Los Angeles Times, March 31, 2010)  
<http://articles.latimes.com/2010/mar/31/science/la-sci-end-of-life1-2010apr01>
- **Walking Associated with Lower Stroke Risk in Women** (By Bridgette McNeill, American Heart Association via EurekaAlert!, April 6, 2010)  
[http://www.eurekaalert.org/pub\\_releases/2010-04/aha-waw040210.php](http://www.eurekaalert.org/pub_releases/2010-04/aha-waw040210.php)
- **Spanish Medicare Diabetes Screening Project** (MDSP) has materials in Spanish. These consumer pieces can be viewed in the attached PDF files. The MDSP provides these materials in any quantity, free of charge. The materials

may be co-brand and print any of these pieces with your organization's logo. To order, please send your request and shipping information to Rachel Bright at [RLBR@novonordisk.com](mailto:RLBR@novonordisk.com).

- **Skin Cancer Resources**

- Fact Sheet  
<http://www.preventcancer.org/uploadedFiles/Skin%20Cancer%202009%20Fact%20Sheet.pdf>
- Skin Cancer Quiz  
<http://www.preventcancer.org/education2c.aspx?id=1526>
- Skin Cancer Prevention and Early Detection  
[http://www.cancer.org/docroot/PED/content/ped\\_7\\_1\\_Skin\\_Cancer\\_Detection\\_What\\_You\\_Can\\_Do.asp](http://www.cancer.org/docroot/PED/content/ped_7_1_Skin_Cancer_Detection_What_You_Can_Do.asp)

- **Elder Nutrition Materials are available from the University of Florida**

Module 4: Hypertension (2010). It includes five interactive lessons designed to make older adults more aware of ways to control blood pressure. The first lesson teaches older adults about what high blood pressure is and the importance of knowing your blood pressure number. Lessons two and three focus on lowering blood pressure by following the DASH eating plan. Lesson four provides information on how to use the nutrition facts label to choose foods lower in sodium and the last lesson teaches older adults about other lifestyle changes that can be made to decrease blood pressure.

The Lessons:

Lesson 1: Blood Pressure: Know Your Number

Lesson 2: Lower Your Pressure with DASH

Lesson 3: DASHing Up Your Minerals

Lesson 4: The Nutrition Facts Label

Lesson 5: Changing Your Lifestyle to Change Your Pressure

To order the new Hypertension module and other ENAFS modules, please visit the IFAS Bookstore's Web site: <http://ifasbooks.ifas.ufl.edu/> or call 1-800-226-1764.

Keeping the Pressure Down (2010), is an eight-session educational program targeted to middle-aged and older adults at risk for or with hypertension, and is available at this Web site as well. The curriculum is available at: <http://ifasbooks.ifas.ufl.edu/p-438-keeping-the-pressure-down.aspx>. The cost of this complete curriculum is \$20.

- **Falls Training:** NCOA has a new Falls Prevention Awareness curriculum for home health care workers across the country. The free training will help aides strengthen their "observe, record, report" skills and better educate clients on how to reduce their risk of falling. Download the course at <http://www.ncoa.org/improving-health/falls-prevention/>.

## Food Safety



- USDA Food Safety Truck is coming to the Iowa State Fair. Visit the exhibit and test your food safety knowledge and have fun with the learning activities.



<http://www.fsis.usda.gov/fsdiscoveryzone/>

## Did You Know

- **Food and Nutrition Programs for Community-Residing Older Adults** position paper has been developed jointly by the American Dietetic Association, American Society for Nutrition and Society for Nutrition Education. Download Position Paper at:



<http://www.eatright.org/About/Content.aspx?id=6442451115>

<p><b>Iceberg Lettuce</b> 1 cup            7 calories            5 mg sodium            1 g fiber            87 mg potassium            2 mg vitamin C            31 micrograms folate</p>	<p><b>Romain Lettuce</b> 1 cup            8 calories            4 mg sodium            1 g fiber            162 mg potassium            13 mg vitamin C            76 micrograms folate</p>	<p><b>Raw Spinach</b> 1 cup            7 calories            24 mg sodium            1 g fiber            167 mg potassium            8 mg vitamin C            58 micrograms folate</p>
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## Iowa Department on Aging Mission

To provide advocacy, educational, and prevention services to help Iowans remain independent as they age.

IDA provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department on Aging (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

## Iowa Department on Aging

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