



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 information on Governor Culver's proclamation for Fall Prevention Awareness Day and programs like Matter of Balance designed to help individuals at risk for falls. Several AAA activities are featured including Generations' van, Aging Resources Falls Awareness activities. This issue has a large number of resources on various topics.



Fall Prevention Awareness Day

Governor Culver signed a proclamation for Falls Prevention Awareness Day on September 23, 2010 (first day of Fall). The proclamation included the following statements:

- Falls are the second leading cause of injury deaths in Iowa and are the leading cause of injury hospitalizations and emergency visits in Iowa.
- Falls are the leading cause of injury deaths for Iowans age 65 and older.
- The cost of hospitalization care in Iowa for falls is \$92 million annually and the total charges for emergency visits in Iowa due to falls are \$35 million per year.
- Research indicates that fall prevention programs for high risk older adults have a net-cost savings of almost \$9 in benefits to society for each \$1 invested.
- Injuries from falls are largely a preventable community health program.
- Evidenced-based programs show promise in reducing falls and facilitating cost-effective interventions, and the Iowa Department of Public Health and the Iowa Department on Aging have fostered partnerships across the aging network to offer the evidence-based program "Matter of Balance".

Where can I find a Matter of Balance Course?

More information about the Matter of Balance program and where participant programs are being offered can be found at <http://www.aging.iowa.gov/>. For information about leader training, contact Kay Corriere at kay.corriere@iowa.gov.

Fall Prevention Aware Day Activities

In conjunction with Fall Prevention Awareness Day, Aging Resources developed special placemats for all meal sites. The back side of the placemat has activities and word puzzles related to falls.



Fall Prevention Awareness
Falls are NOT a natural part of aging!

Did You Know?

- More than one third of adults 65 and older fall each year
- Over half of falls happen at home
- Only 3-5% of older adult falls cause fractures
- Most falls are preventable

Ways YOU Can Prevent Falls:

- **Take your time** - Get out of chairs slowly. Sit a moment before you get out of bed. Stand and get your balance before you walk. Be aware of your surroundings.
- **Put your best foot forward** - Wear sturdy, well fitting shoes, low heel shoes with non-slip soles.
- **Look out for yourself** - See an eye specialist once a year. Poor vision can increase your chances of falling.
- **Talk to your doctor or pharmacist** - Some medications have side effects that can cause dizziness.
- **Increase physical activity** - Regular exercise increases balance and strength.

Classes are available in your area.
(Flip over for more information on workshops for older adults who are concerned about falls and are interested in improving flexibility, balance and strength)

Home Safety

Follow these tips to make living areas safer and help reduce the risk of falls.

- Remove tripping hazards such as throw rugs and clutter in walkways.
- Use non-slip mats in the bathtub and on shower floors.
- Have grab bars put in next to the toilet and in the tub or shower.
- Have handrails on both sides of stairways.
- Improve lighting in the entire home.

See other side for more information...

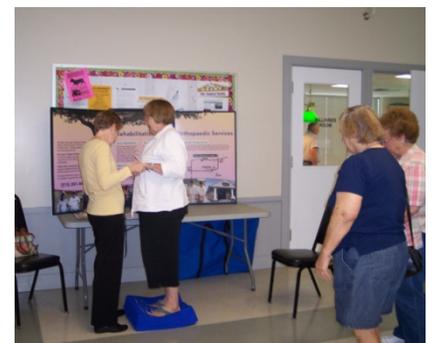
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Polk County Public Health also provided these activities at two congregate meal sites on September 23.

- Bone Density Screenings – Nora Stelter, Drake Pharmacist
- Medication Checks –Nora Stelter and three Drake students
- Balance Checks – Iowa Health Systems
- Fall Prevention and awareness Jeopardy game



Matter of Balance Program Evaluation

The Iowa Matter of Balance program participants state that they agree or strongly agree that as a result of the course:

- | | |
|--|-----|
| • I feel more comfortable talking with others about my fear of falling | 96% |
| • I have changed my environment | 85% |
| • I feel more able to increase my activities | 98% |
| • I plan to continue exercising | 97% |
| • I would recommend the course to a friend or relative | 96% |

Support of Iowa Matter of Balance Programs

There are quarterly conference calls for Iowa Matter of Balance programs to provide an avenue for sharing, helping each other and identifying best practices. The next call will be December 9, 2010 at 9:00am. To learn more about these conference calls contact Tim Getty at Heritage AAA by calling 319-398-5559 or emailing tgetty@kirkwood.edu.

Iowa Administrative Code: 17- 7.17 Menus

7.17(1) All menus shall be planned for a minimum of four weeks, computer analyzed to ensure 331/3 percent of the RDA/AI is provided in each meal, certified in writing by the licensed dietitian whose services are utilized by the AAA, and submitted to the department for review at least two weeks prior to the initial use of the menu. For purposes of audit, AAA shall keep copies of the certified menus on file for a period of one year.



The nutrient analysis for all meals need to be included on a Menu Approval Sheet and submitted to IDA. This includes breakfast, noon, evening meals, meals served by restaurants or other vendors, frozen meals and shelf stable meals.

Generations AAA Decorates Van

Information provided by Catherine Pratscher-Woods

Generations purchased a food van in July 2009 to carry the bulk food from the food provider in Davenport to the five GenAge Cafes in Clinton County. In March 2010, the van was illustrated with pictures of actual meal site participants and one site manager.

Meal sites were invited to send two nominees to a special lunch and picture taking session. Generations staff made the final picture selections which included participants from the GenAge Cafes in West Liberty, Eldridge, Davenport and Bettendorf.

Pictures appear on both sides of the van and the back. One of the pictures shows two models admiring their likeness on the van. The back of the van says, "Follow me to a GenAge Café". The seniors enjoy seeing themselves on the van.

The van and the photographic art work were financed by a riverboat grant received from Scott County Regional Authority. The van is very noticeable around town and provides driving billboard promoting the GenAge Cafes.



ISU Extension Food Assistance Outreach Project

Iowa State Extension (ISUE) implemented a pilot project June-Sept, 2010 in Story and Marshall Counties. ISUE has been working with trained RSVP volunteers to give presentations about the Food Assistance Program (food stamps) at congregate meal sites. The presentation includes showing the Food Assistance: Keeping You Healthy video/DVD which was given to each of the AAA Nutrition Directors. The presenters will also have a demonstration showing foods that can be purchased with the monthly allotment and then provide information about the application process. The presenter will be available to help individuals fill out the application or make appointment to visit them in their homes to complete the application.

Based on the pilot program, there may be some revisions and then it will be ready for expanding to additional counties. ISUE staff will be available to train interested RSVP volunteers or representatives from the AAA's.

Below are the names of the ISUE Extension Program Specialists who are involved in this project. The counties they serve is identified in this link

<http://www.extension.iastate.edu/NR/rdonlyres/1F41213F-3E50-46DE-B159-6658F0386BD4/0/nutrition.pdf>

Jody Gatewood
Holly Van Heel
Barb Anderson

Renee Sweers
Jill Weber
Vera Stokes

Family Resource Management Program Specialists involved in this project and the areas they serve is identified in this link

<http://www.extension.iastate.edu/NR/rdonlyres/046C74E6-B0E6-4BC7-AC3F-EFCB3C28E7E9/0/resmgmt.pdf>

Barb Wollan
Mary Weinand

Phyllis Zalenski
Brenda Schmitt

Janet Smith, Families Program Specialist, covers Henry and Lee counties and will be involved as well. Her email is jansmith@iastate.edu

These ISUE staff will try to identify RSVP programs in counties they serve and see if they are interested in partnering on this project. If they are, then they will set up trainings. At the earliest the trainings would take place Nov/Dec 2010. Then, they would deliver the outreach sessions to older adults at congregate meals sites Jan-Sept 2011.

The AAAs will be contacted so the ISUE staff can provide additional information about the program and for scheduling programs. If your AAA is interested, you may also contact one of the ISUE staff to request a program or to volunteer to attend training so you can present the program if no RSVP volunteer is available.

Eligibility guidelines for Iowa Food Assistance will be changing January 1, 2011 to gross income of 160 percent of the federal poverty level only. No asset criteria.

Chef Charles BASICS 2011 Grants

This table provides information about the Iowa Department of Health BASICS grant and the locations of the participating Chef Charles programs. A map with the counties hosting Chef Charles programs can be accessed at http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp (scroll down to meal sites hosting Chef Charles)

Project	Schools- Counties	Chef Charles
Allamakee Co. Extension	Howard, Allamakee, Fayette	none
Appanoose Co. Extension	Appanoose	none
Black Hawk Co. Public Health	Black Hawk	none
Council Bluffs Community School	Pottawatomie	none
Decatur Co PH	Decatur	Decatur
Des Moines Co. Ext-Burlington	Des Moines	none
Des Moines DMPS	Polk	none
Eastern Iowa Community College	none	Muscatine, Clinton, Scott
Johnson Co. Extension	Johnson	none
Keokuk Co. Extension	Keokuk	none
Louisa Co. Extension	Louisa	none
MICA	Marshall	none
Monroe Co. Extension	Monroe, Jefferson, Mahaska, Marion,	none
NE Iowa Food Bank	none	Black Hawk, Grundy, Chickasaw, Buchanan, Butler, Bremer
Polk Co. Extension	none	Polk
Ringgold Co PH	Ringgold	Ringgold
Storm Lake Community School District	Buena Vista	none
Wapello Co. Extension	Wapello, Mahaska, Van Buren, Davis	Monroe, Mahaska, Jefferson, Wapello, Lucas, Appanoose, Wayne, Keokuk, Van Buren Davis
Wayne Co. Ext.	Wayne, Lucas	none
Webster Co. Health Dept.	Webster	Webster
West Des Moines CSD	Polk	none
Woodbury Co. Extension	Woodbury	none

The BASICS program is having its annual meeting October 28 and 29. Nutrition Directors and others are welcome to attend to learn more about the Chef Charles program and techniques for presenting the lessons. For additional information, contact Marilyn Jones at the Iowa Department of Public Health. Phone 515-281-6047.

Needing Chef Charles leaders- consider using volunteers, i.e retired teaches.

The Chef Charles program is funded by USDA SNAP-ED (Supplemental Nutrition Assistance Program-Education formally called the food stamp program)

Iowa Department on Aging Hosted Russians

On August 9, 2010, the Iowa Department on Aging had visitors from Russia. The visit was coordinated by the Iowa Council for International Understanding who bring participants to the United States from all over the world to meet their professional counterparts and experience the U.S. firsthand. The Russian visitors were interested in learning about food assistance programs. They first visited the Iowa Department of Human Services to learn about the Food Assistance Program (food stamps). Then they wanted to learn about SNAP-ED and more specifically the Chef Charles program. To explain how the AAAs and meal sites present the Chef Charles program monthly, a background on the congregate nutrition program was presented. They were very interested and had many questions about the nutrition program.

Diet Quality: One of the 2010 Key Indicators of Wellbeing for all Older Americans. Source: http://www.agingstats.gov/agingstatsdotnet/Main_Site/Default.aspx

Nutrition plays a significant role in the health of older adults. A healthful diet can reduce heart risk factors such as high blood pressure, diabetes and obesity. The increase in the size of the older population is paralleled by an increase in the prevalence of chronic diseases, such as cardiovascular disease. Since diet is a modifiable lifestyle factor, dietary improvement can lead to reduced disease risk and improved health in older adults.

On average, the diets of those over 75 years of age are better in quality compared to the diets of then their younger counterparts, ages 65-75. To meet the federal guidelines, older adults would need to reduce their intake of foods containing solid fats and added sugars, limit alcoholic beverages, and reduce their sodium (salt) intake. Healthier eating patterns would also include more vegetables, whole grains, oils, and nonfat/lowfat milk products.

Iowa AAAs May Use State of Iowa Master Agreements

The Iowa Area Agencies on Aging are considered a governmental entity which allows the use of the State master contracts for pricing with organizations such as the current food vendor- Ryhart Foods. This is based on 8A.311(9). It states . . . *The director shall furnish a list of specifications, prices, and discounts of contract items to any governmental subdivision which shall be responsible for payment to the vendor under the terms and conditions outlined in the state contract.*

DAS administrative rules state . . .

11—105.13(8A) **Master agreements available to government subdivisions.**

105.13)1) *Contracts entered into by the department may be extended to, and made available for use of other governmental entities as defined in Iowa Code Supplement section 8A 101.*

105.13(2) *The department shall provide a list of current master agreements to a governmental subdivision upon request. The list may be provided in an electronic format. A governmental subdivision may request a copy of a specific master agreement. The department may provide the master agreement in an electronic format and assess a copying charge when a printed copy is requested.*

Governmental entities is defined as any unit of government in the executive, legislative or judicial branch of government; an agency or political subdivision ; any unit of another state government, including its political subdivisions; any unit of the United States Government; or any association or other organization whose membership consists of one or more of any of the foregoing.

In summary, other government entities may use our State of Iowa master agreements if the vendor agrees to extend Iowa state government contract pricing.

Iowa Health Care Reform

There are several activities going on in Iowa as the result of HF 2539(2008). Additional information can be accessed in the Iowa Department of Public Health “The Check-Up” Newsletter <http://www.idph.state.ia.us/IdphArchive/Archive.aspx?channel=CheckUp>

- **E-Health** is working on electronic medical records. This project is lead by Iowa Department of Public Health in collaboration with the University of Iowa Public Health Policy Center who are conducting health information technology assessments, including home health, laboratory, long-term care, pharmacy, and radiology providers. The assessment will help gather information to develop a statewide health information exchange. IDA is participating and advocating for inclusion of home and community based services in electronic medical records.
- **Prevention and Chronic Care Management Advisory Council** has developed an issue brief on Chronic Disease Management, Disease Registries and has plans for a brief on Prevention. Evidenced-based health promotion programs such as the Better Choices/Better Health (formerly known as Chronic Disease Self Management Programs) are mentioned several places in these documents. The Federal Patient Protection and Affordable Care Act include a number of provisions in which the Iowa work can be utilized.
- **Medical Home System Advisory Council**
This council has been working on a system to encourage doctors to adopt a medical home model to coordinate the care of patients. This would require electronic medical records to monitor the care of patients and the doctor’s entire patient population. For example is the patient up-to-date with immunizations or what percent of the all of the doctor’s patients are up-to-date with immunizations. The services to be provided by the medical home include: comprehensive care management; care coordination and health promotion; comprehensive transitional care, including appropriate follow-up from inpatient to other settings; patient and family support; and referral to community and social support services.

Nutrition Fact Sheet

Making the DASH Difference: *The DASH Eating Plan Can Assist in Managing High Blood Pressure for Many People*

Research supported by the National Heart, Lung and Blood Institute has shown that the DASH eating plan (Dietary Approaches to Stop Hypertension) can lower blood pressure and LDL (“bad”) cholesterol which can reduce your risk for heart disease. This heart-healthy eating plan also provides nutrients that are in short supply in many Americans’ diets.

The DASH eating plan is one example of an eating plan that incorporates the recommendations of the *Dietary Guidelines for Americans*. The DASH eating plan emphasizes consuming low-fat and fat-free milk and milk products, fruits and vegetables and encourages the consumption of whole grain foods. These foods provide calcium, potassium, fiber and magnesium—important nutrients for managing blood pressure—as well as vitamins A, C and E. Many Americans need to increase their intake of these nutrients.

Simple tips to DASH Your Diet

Start at Breakfast:

Get ahead of the game and start your day with a whole grain cereal, fruit and low-fat milk or yogurt.

Re-Think Your Drink:

Make low-fat and fat-free milk your beverage of choice. Serve low-fat white or flavored milk at meals. Choose a skinny latte, milk steamer or hot chocolate made with low-fat milk.

Reinvent the Vegetable:

Try new vegetables by serving them with low-fat yogurt dip, topping them with cheese or adding them to stews and casseroles. Add extra fresh, canned or frozen vegetables to prepared soups. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

Say Cheese!

Make pizza with reduced-fat cheese and vegetables. Create a baked potato bar with vegetables, beans, salsa and cheese for toppings. Sprinkle cheese on top of soups and casseroles.

Savvy Up Your Snacks:

Create a fruit smoothie with low-fat milk, yogurt and fresh fruit chunks. Serve trays with roasted nuts, pretzels and vegetables served with low-fat yogurt dip. Create snack kabobs with pieces of fruit and reduced-fat cheese cubes on pretzel sticks.

Switch Your Sweets:

Feed your cravings with fresh or dried fruits or fruit filled gelatin. Layer low-fat yogurt with granola and fruit for a sweet treat. Try low-fat chocolate milk as a sweet tooth remedy.

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.

Make it with Milk:

Use low-fat milk in place of water when cooking, especially with oatmeal, boxed rice and pasta dishes.

Super Soups:

Prepare soups with low-fat milk instead of water. Add extra fresh, canned or frozen vegetables to prepared soups.

On the Go:

Enjoy fresh fruit or single-serving packages of baby carrots, whole grain crackers, string cheese, yogurt

smoothies or milk in chug-style containers when you are “dashing” around. You can easily eat these in the car, at the office or on the road.

Dining Out:

Ask to substitute a side-salad, steamed vegetables or baked potato for French fries. Boost the nutrition in sandwiches by adding tomato, lettuce, peppers and other vegetables. For a sweet ending to your meal, choose a fresh seasonal fruit cup. Choose a nutrient-rich beverage with your meal, such as low-fat or fat-free milk or 100 percent fruit juice.

Sample DASH Menu

<p>Breakfast</p> <ul style="list-style-type: none"> ¾ cup bran flakes cereal 1 medium banana 1 cup low-fat milk* 1 slice whole wheat toast 1 tsp soft (tub) margarine 1 cup orange juice <p>Lunch</p> <ul style="list-style-type: none"> beef barbeque sandwich: 2 oz beef, eye of round 1 Tbsp barbeque sauce 2 slices (1 ½ oz) natural cheddar cheese*, reduced fat 1 hamburger bun 1 large leaf romaine lettuce 2 slices tomato 1 cup new potato salad** 1 small apple 	<p>Dinner</p> <ul style="list-style-type: none"> 3 oz cod with 1 tsp lemon juice ½ cup brown rice 1 cup spinach, cooked from frozen, sautéed with 1 tsp canola oil 1 Tbsp almonds, slivered 1 small cornbread muffin, made with oil 1 tsp soft (tub) margarine <p>Snacks</p> <ul style="list-style-type: none"> 1 cup fruit yogurt*, fat-free, no added sugar 2 large graham cracker rectangles with 1 Tbsp peanut butter <p><i>*Note: For those with lactose sensitivity, try drinking lactose-reduced or lactose-free milk. Also, choose a yogurt with live and active cultures or hard cheeses such as Cheddar or Swiss, which are naturally low in lactose.</i></p> <p><i>** For recipes and additional calorie level menus, visit: www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</i></p>
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For a referral to a registered dietitian and for additional food and nutrition information visit 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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For recipes, visit: www.3aday.org

For health professional resources, visit: www.nationaldairyCouncil.org

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RESOURCES



Health Promotion

- **Title III OAA issue brief** examines the effectiveness at reaching adults at higher risk of nursing home placement. The study found that Title III participants were at a higher risk of entering a nursing home compared to others in their age group. The survey also found that a majority of participants felt the programs helped them retain their independence and living in the community. Access brief at http://www.mathematica-mpr.com/publications/PDFs/health/vulnerableseiors_IB1.pdf
- **Nutrition Education Lessons** provided by Iowa State University Extension can be accessed at http://www.extension.org/pages/Families_Food_and_Fitness_Learning_Lessons
- **SpendSmart** has two lessons on eating healthy on a budget: labels and unit price. <http://www.extension.iastate.edu/foodsavings/>
- **IDPH Heart Disease and Stroke Prevention Program!** It's an on-line, short course designed to increase awareness and knowledge regarding the impact of salt/sodium intake and its relationship to high blood pressure and cardiovascular diseases. While it was specifically designed for healthcare providers, many people will find the information useful. The length of the course is estimated to be one hour. The course can be found at the following website: <http://hcproviders.learnpublichealth.com> .
- **Better Choices, Better Health workshops are now available on-line.** You can take steps toward a better life by signing up for a free, on-line workshop based on the Stanford Chronic Disease Self-Management Program. Find practical ways to deal with pain, fatigue and stress; Discover better nutrition and exercise choices; Learn ways to talk with your doctor and family about your needs and Get the support you need by participating in this program. To register visit www.selfmanage.org.
- **Healthy Aging: Optimal Health Throughout the Lifespan.** This article outlines the body composition, weight and mobility changes that occur with aging and the importance of a nutrient-dense diet. The relationship between nutrition and functional independence is also discussed. The article can be accessed at: http://www.dairycouncilofca.org/HP_ConnectionsMain.aspx

Food Safety



- Food safety resources including a power point presentation can be accessed at <http://www.homefoodsafety.org/index.jsp>

Health Care Reform



- **What's Your Health Reform IQ?** Take our online Straight Talk quiz to find out! Designed for seniors and professionals, the quiz tests how much you know about the new health reform law and its impact on older Americans—then gives you the facts. [Take the quiz](http://www.ncoa.org/public-policy/health-care-reform/straight-talk-for-seniors-on.html?utm_source=NCO) at http://www.ncoa.org/public-policy/health-care-reform/straight-talk-for-seniors-on.html?utm_source=NCO

Grants



- **AmeriCorps grants** up to \$16,000 per member per service year is available for public or private nonprofit organizations, including labor organizations, faith-based and other community organizations; institutions of higher education; government entities within states or territories (e.g., cities, counties); Indian Tribes; partnerships and consortia; and intermediaries planning to subgrant funds. Funding can be used to direct the power of volunteerism to solve a common set of national challenges. These grants support the efforts of nonprofit organizations to recruit and deploy AmeriCorps Members and the volunteers they work with to tackle unmet needs – and will be funded on a competitive basis to eligible organizations that identify a problem(s) and persuasively demonstrate how deploying AmeriCorps Members and volunteers will produce a significant impact with respect thereto. For additional information call 505.326.4245 or via email (jhewett@grantwriters.net).

Medication



- **The Iowa Prescription Drug Donation Repository Program** provides doctor ordered medication to those who are not covered by another plan and/or are below 200% poverty. The majority of the donated medications come from nursing homes (where the patient might be discharged, have expired, or have their medications changed), hospitals, or physician clinics that are eliminating their drug sample program. Each medication is individually packaged and is checked by a pharmacist. David Fries is the Executive Director of the Iowa Prescription Drug Corporation coordinating this program. For more information visit their website at www.iowapdc.org or email david.fries@iowapriority.org.
- **The National Council on Patient Information and Education (NCPPIE)** has videos addressing drug interactions for seniors. This link provides information about medication safety and literacy for sale or viewing on-line at www.talkaboutrx.org.

Food Insecurity



- **"Hunger in America"** was featured in USA Today. There are several interesting articles on senior hunger starting on page 12 at http://doc.mediaplanet.com/all_projects/5537.pdf

Menu Planning



- The USDA “What’s In the Foods You Eat Search Tool” is a nutrient data base with 13,000 foods commonly eaten, with familiar portion sizes that can be adjusted. It is available on-line or can be downloaded from <http://www.ars.usda.gov/Services/docs.htm?docid=17032>

NAPIS

- The SFY2010 Nutrition Program Fact Sheet will be posted soon and can be found at <http://www.aging.iowa.gov/services/index.html#NAPIS>



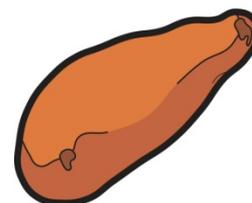
Training Opportunities

- The Meals On Wheels Association of America has certification programs on leadership, nutrition, volunteer management, development and communications. For more information on the Certification Programs, contact Magda Hageman-Apol, Director of the National Center for Nutrition Leadership by email magda@mowaa.org or by phone 703-548-5558.



Did You Know

The sweet potato is not related to the white potato. Instead it is a member of the morning glory family. Nor is the sweet potato a yam. It is high in vitamin A and vitamin C as well as being a good source of vitamin B6, potassium and fiber. There are 150 calories in $\frac{3}{4}$ cup of baked sweet potato.



Recipe: Baked Sweet Potatoes with Peanut Sauce

Preheat oven or toaster oven to 400 degrees. Scrub 2 small (8-to-10-oz) sweet potatoes. Pat dry. Pierce in several places with a fork. Place a piece of aluminum foil on oven rack. Set sweet potatoes on the foil (the foil will collect any sticky juices). Bake sweet potatoes until tender, 50 to 60 minutes. Meanwhile, place 2 Tbsp unsalted peanut butter in small bowl. Gradually add 2 Tbsp boiling water, stirring until smooth. Stir in 2 tsp lime juice, 1 1/2 tsp reduced-sodium soy sauce, 1/2 tsp brown sugar, 1/4 tsp minced garlic, and 1/8 tsp crushed red pepper. When sweet potatoes are ready, cut them in half lengthwise. Score the cut side of sweet potato halves with a paring knife. Spoon about 1 Tbsp peanut sauce over each sweet potato half and sprinkle with 1/2 Tbsp chopped unsalted peanuts.

Yield: 4 servings.

Per serving: Calories: 205. Total fat: 6 grams. Saturated fat: 1 gram. Cholesterol: 0 milligrams. Sodium: 120 milligrams. Carbohydrates: 33 grams. Fiber: 6 grams. Protein: 6 grams. (Note: If using 1 large (16-oz) sweet potato, increase baking time slightly and cut baked sweet potato into quarters before serving.)

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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