



# Healthy Aging Update

Iowa Department of Elder Affairs

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## **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.

## **Welcome**

The next several issues of the Healthy Aging Update will review components of The Dietary Guidelines for Americans. Information is related to the nutritional requirements for the Older American Act meals as well as for the nutrition that is needed in the meals older adults prepare on their own. The goal of this newsletter is to provide information and resources on nutrition, health promotion, and disease prevention for older adults.

One key to improving the health of older Iowans is to ensure individuals can access, understand and use health related information and services to make appropriate health decisions. The information in the Healthy Aging Update, includes the links to additional materials, addresses healthy eating, physical activity and health promotion for older adults. This information can be shared with others by providing copies of this newsletter or using portions of it in Area Agency on Aging Newsletters. The source of the following information on carbohydrates and potassium was obtained from <http://www.health.gov/dietaryguidelines/>.

## **Carbohydrates**

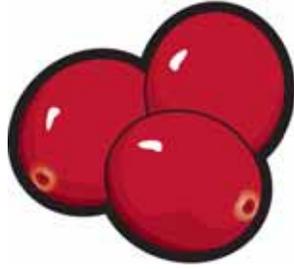
Have you heard that carbohydrates are bad? Well, that is not true. Carbohydrates are part of a healthful diet. Fruits, vegetables, milk products and whole grains provide carbohydrates. It is recommended that we get 45 to 65 percent of our calories from carbohydrates. We would be healthier if we choose the nutritious carbohydrate foods more often and limited carbohydrate foods with added sugars and added fats such as cakes, cookies and candy.



Carbohydrate foods that we need to eat more of are those containing dietary fiber. Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease, type 2 diabetes and improved weight control and laxation. Since constipation may affect up to 20 percent of people over 65 years of age, older adults should choose to consume foods rich in dietary fiber. To help with bowel regularity it is important to drink plenty of fluids along with the dietary fiber.

## KEY CARB RECOMMENDATIONS

- Choose fiber-rich fruits, vegetables, and whole grains often.
- Make half your grains whole.
- Eat at least three ounces of whole grain cereal, rice, or pasta every day.
- One ounce is about one slice of bread, about one cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners.



The recommended dietary fiber intake is 14 grams per 1,000 calories consumed. So if you eat 2,000 calories, you need 28 grams of fiber each day. You may find it challenging to eat this amount of fiber. However, choosing fiber-rich food more often will help you progress toward this goal and realize the health benefits. Read the Nutrition Facts label to select foods with whole grains and higher fiber

content. The whole grain should be the first ingredient.

The majority of servings from the fruit group should come from whole fruit (fresh, frozen, canned, dried) rather than juice. Increasing the proportion of fruit that is eaten in the form of whole fruit rather than juice is desirable to increase fiber intake. However, inclusion of some juice, such as orange juice, can help meet recommended levels of potassium intake. Refer to the list of food sources of potassium.

Legumes—such as dry beans and peas—are especially rich in fiber and should be consumed several times per week. They are considered part of both the vegetable group and the meat and beans group as they contain nutrients found in each of these food groups.

Consuming at least half the recommended grain servings as whole grains is important to meet the fiber recommendation. Consuming at least 3 ounce-equivalents of whole grains per day can reduce the risk of coronary heart disease, may help with weight maintenance, and may lower risk for other chronic diseases. Thus, at lower calorie levels, adults should consume more than half (specifically, at least 3 ounce-equivalents) of whole grains per day, by substituting whole grains for refined grains.

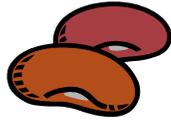
## Where Do We Get Whole Grains?

This listing of whole grains represents whole grains most frequently consumed in declining order:

- Whole wheat
- Whole oats/oatmeal
- Popcorn
- Brown rice
- Whole rye
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)



## What are Good Sources of Dietary Fiber?



### HIGH FIBER BREAKFAST!

Orange juice, ½ cup  
 Bran cereal, ½ cup, **8.8g**  
 Skim milk, 1 cup  
 Banana, 1, **3.0g**  
 Whole Wheat English Muffin, **4.4g**

Total fiber in this breakfast is **16.2 grams**.

**What can you do to increase the fiber in your breakfast?**

Food, Standard Amount	Dietary Fiber (g)	Calories
Navy beans, cooked, ½ cup	9.5	128
Bran ready-to-eat cereal (100%), ½ cup	8.8	78
Kidney beans, canned, ½ cup	8.2	109
Split peas, cooked, ½ cup	8.1	116
Lentils, cooked, ½ cup	7.8	115
Pinto beans, cooked, ½ cup	7.7	122
Bran ready-to-eat cereals, various, ~1 oz	2.6-5.0	90-108
Crackers, rye wafers, plain, 2 wafers	5.0	74
Sweet potato, baked, with peel, 1 medium (146 g)	4.8	131
Green peas, cooked, ½ cup	4.4	67
Whole-wheat English muffin, 1 each	4.4	134
Pear, raw, 1 small	4.3	81
Mixed vegetables, cooked, ½ cup	4.0	59
Raspberries, raw, ½ cup	4.0	32
Sweet potato, boiled, no peel, 1 medium (156 g)	3.9	119
Blackberries, raw, ½ cup	3.8	31
Potato, baked, with skin, 1 medium	3.8	161
Stewed prunes, ½ cup	3.8	133
Figs, dried, ¼ cup	3.7	93
Dates, ¼ cup	3.6	126
Spinach, frozen, cooked, ½ cup	3.5	30
Shredded wheat ready-to-eat cereals, various, ~1 oz	2.8-3.4	96
Almonds, 1 oz	3.3	164
Apple with skin, raw, 1 medium	3.3	72
Brussels sprouts, frozen, cooked, ½ cup	3.2	33
Banana, 1 medium	3.1	105
Orange, raw, 1 medium	3.1	62
Oat bran muffin, 1 small	3.0	178

**PUMPING UP  
POTASSIUM IN YOUR  
EVENING MEAL**

Pork Chop, 3 oz, **382mg**

Baked Sweet Potato, 1,  
**694mg**

Wheat Bread, 1 slice, **71  
mg**

Banana, 1, **422mg**

Yogurt, 1 cup, **579mg**

Skim Milk, 1 cup, **382mg**

Total potassium in this meal is **2530mg** or 53% of the daily recommended amount for good health.

Dietary potassium recommendation is 4700 mg daily for healthy adults with normal kidney function. Individuals who have kidney problems may need to limit their potassium intake.

## What are Good Sources of Potassium?

This list contains food sources of potassium ranked by milligrams of potassium per standard amount, also showing calories in the standard amount.

In addition to reducing salt/sodium in your diet, adding potassium rich foods to your diet can help lower blood pressure. A potassium-rich diet can blunt the effects of salt on blood pressure, may reduce the risk of developing kidney stones, and possibly decrease bone loss with age. The recommended intake of potassium for adults is 4,700 mg/day.

Food, Standard Amount	Potassium (mg)	Calories
Sweet potato, baked, 1 potato (146 g)	694	131
Tomato paste, ¼ cup	664	54
Beet greens, cooked, ½ cup	655	19
Potato, baked, flesh, 1 potato (156 g)	610	145
Yogurt, plain, non-fat, 8-oz container	579	127
Prune juice, ¾ cup	530	136
Tuna, yellowfin, cooked, 3 oz	484	118
Lima beans, cooked, ½ cup	484	104
Winter squash, cooked, ½ cup	448	40
Cod, Pacific, cooked, 3 oz	439	89
Bananas, 1 medium	422	105
Spinach, cooked, ½ cup	419	21
Tomato juice, ¾ cup	417	31
Prunes, stewed, ½ cup	398	133
Milk, non-fat, 1 cup	382	83
Pork chop, center loin, cooked, 3 oz	382	197
Cantaloupe, ¼ medium	368	47
Kidney beans, cooked, ½ cup	358	112
Orange juice, ¾ cup	355	85



## Resources

### Tips on reading Nutrition Facts Label

[www.foodandhealth.com/monthtip.php](http://www.foodandhealth.com/monthtip.php)

### My Pyramid

USDA Unveils MyPyramid in Spanish. MyPyramid is now available in Spanish: just click on "En Espanol" when visiting: [www.mypyramid.gov](http://www.mypyramid.gov)

### Physical Activity

- The Center for Disease Control and Prevention December Health Word newsletter has good information on physical activity for older adults. [www.asaging.org/cdc/news\\_archives/HealthWord\\_2005-12.pdf](http://www.asaging.org/cdc/news_archives/HealthWord_2005-12.pdf)
- "Exercise helps ward off dementia in older adults," by Anthony J. Brown (Reuters Health, January 16, 2006). [www.reutershealth.com/archive/2006/01/16/eline/links/20060116elin026.html](http://www.reutershealth.com/archive/2006/01/16/eline/links/20060116elin026.html)
- National Council on Aging's Center for Healthy Aging provides tools and resources on physical activity programs for older adults. The most recent publication addresses staying on top of the latest research and best practices. To download a copy of "Keeping Current on Research and Practice in Physical Activity for Older Adults," please visit: [www.healthyagingprograms.com/content.asp?sectionid=73&ElementID=250](http://www.healthyagingprograms.com/content.asp?sectionid=73&ElementID=250) A number of additional resources, toolkits, publications, and model programs are available on the Center for Healthy Aging Web site: [www.healthyagingprograms.org](http://www.healthyagingprograms.org)
- Turn an active older adult's daily walk into a more complete fitness program. The Playworld Systems Recreation For Life "LIFETRAIL, The Pathway To Total Wellness" is designed for communities to use in their local parks or yards around the senior center. Check it out at: [www.playworldsystems.com](http://www.playworldsystems.com)
- Silver Sneakers Fitness Program is partnering with YMCAs and fitness centers to provide physical activity programs specifically for older adults. To learn more about this program or to request a presentation about Silver Sneakers and physical activity benefits for older adults, contact Katie Kriener at 800-295-4993 or [Katie.kriener@hcdimensions.com](mailto:Katie.kriener@hcdimensions.com).

### Whole Grains

- "Whole grains may reduce heart risk in elderly," by Amy Norton (Reuters Health, Jan. 12, 2006). <http://tinyurl.com/aj3d6>
- Whole grains fact sheet (includes nutrition label with trans-fat section) and a free downloadable powerpoint on the web at: <http://lancaster.unl.edu/food/grains.shtml>

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### Health Promotion

- "Can You Prevent Alzheimer's Disease?" by Christine Gorman (Vol. 167, No. 3, January 16, 2006).  
[www.time.com/time/magazine/article/0,9171,1147142,00.html](http://www.time.com/time/magazine/article/0,9171,1147142,00.html)
- Antioxidants Associated with Reduced Risk of Age-Related Macular Degeneration  
[www.newswise.com/articles/view/516984/?sc=dwhp](http://www.newswise.com/articles/view/516984/?sc=dwhp)
- Skim milk reduces risk of hypertension by 50 percent.  
[www.eurekalert.org/pub\\_releases/2005-11/ef-smr113005.php](http://www.eurekalert.org/pub_releases/2005-11/ef-smr113005.php)

### Menu Planning

- A new Creative Solutions article is now available at the National Policy and Resource Center on Nutrition and Aging website, *Meal Patterns: Only a First Step in Menu Planning*
- The December issue of Journal of the American Dietetic Association contains a new position paper on liberalized diets *Liberalization of the Diet Prescription for Older Adults*

### Food Access

Many local food stamp offices are willing to come to congregate meal sites and give a talk about the food assistance program. The application process has gotten easier. To find out more about food stamps, call 1-877-937-3663 (877-YES-FOOD).

### Health Fair Ideas

The Iowa Optometric Association has an exhibit featuring eye health for diabetics. They are willing to display the exhibit at senior events across the state. For more information contact Jill Gonder at 515-222-5679 or [jrgonder@msn.com](mailto:jrgonder@msn.com).

### Miscellaneous Resources

Talking Books is a program from the National Library Service, Library of Congress. The program provides a special audiocassette player and the talking books for free. To find out more, call 1-888-NLS-READ.

Tips on reading Nutrition Facts Label  
[www.foodandhealth.com/monthtip.php](http://www.foodandhealth.com/monthtip.php)

*If you are interested in receiving or discontinuing the healthy aging updates, contact Erin Haafke by email at [erin.haafke@iowa.gov](mailto:erin.haafke@iowa.gov).*