

# Smart Choices

## Nutrition News for Seniors

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### Dietary Supplements

#### What are Dietary Supplements?

Dietary Supplements are not considered a food or drug. Instead they are considered a dietary ingredient meant to supplement the diet. They are not meant to be taken as a substitute for eating healthy foods. Only food can provide the right mixture of nutrients, vitamins, minerals and other substances needed for good health.

There is no scientific evidence that supplements can prevent, treat or cure disease. Supplements are not approved by the Food and Drug Administration for safety and effectiveness. The responsibility of how safe and effective a supplement is falls to the manufacturers and distributors. It is also their responsibility to make sure that the claims on the labels are accurate and truthful.

Supplements are easy to locate in the marketplace. They must be labeled on the package or container as a “dietary supplement”. Dietary supplements can be found in the form of pills, capsules, powders, liquids and other ways. They may include vitamins, minerals, fiber, amino acids, herbs or other plant products or enzymes. A prescription from your doctor is not needed to buy

dietary supplements but you should certainly talk with your doctor about using any type of dietary supplement.

#### Do You Need To Take A Supplement?

When considering whether or not you should be taking a supplement ask yourself why you think you might want to take a dietary supplement? Is it because you



are concerned about not getting enough nutrients through your diet? Is a friend, family member, or advertisement suggesting that you should take one? It is important to think twice before chasing the newest remedy. Be wary of ads that claim a quick fix or say they will cure a disease as well as those labeled “all natural”. The term natural doesn’t always mean that the product is safe.

You also need to be aware that some dietary supplements will interact with specific medications. Your doctor or pharmacist can assist you with determining how a dietary supplement may interfere with medications you are already taking.

If you are thinking about using a dietary supplement, get educated. Find out as much as you can about any dietary supplement you are thinking about taking. Remember that just because it is marked as natural does not mean that it is safe or good for you. Talk with your doctor if you decide to use a dietary supplement. Buy wisely and choose brands that your doctor or pharmacist says are trustworthy. Don’t buy dietary supplements that have additional ingredients in them that you don’t need.

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**Check with your doctor before taking any type of dietary supplement.**

# Potato Soup

## Ingredients:

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 6 diced potatoes
- 2 Tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup nonfat dry milk
- 3 cups water
- 2 Tablespoons flour



## Directions:

1. Chop the onion and celery.
2. Peel the potatoes, and cut them into small cubes.
3. Melt the margarine in a large saucepan on low heat.
4. Add the onion and celery. Cook for a few minutes.
5. Add the potatoes, salt, pepper and 1 1/2 cups water.
6. Cook for 15 minutes until the potatoes are tender.
7. In a small bowl, stir together the dry milk and flour.
8. Add 1 1/2 cups water slowly, stirring as you add it.
9. Add the milk mix to the potatoes.
10. Cook until the soup is heated and slightly thickened.
11. Adjust the seasonings.

Adapted from: Pennsylvania Nutrition Education Network

## Nutrition Facts

Serving Size 1 cup prepared soup or 1/6 of recipe (309g)  
Servings Per Container

Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 9g	
<b>Protein 7g</b>	

Vitamin A 6% • Vitamin C 45%  
Calcium 15% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Questions to ask yourself when deciding if you should take dietary supplements.

- Is taking a dietary supplement important to my total diet?
- Are there any precautions or warnings I should know about?
- Are there any known side effects?
- Are there any dietary supplements I should avoid while taking certain medicines or other supplements?
- If I'm scheduled for elective surgery, when should I discontinue use of dietary supplements?
- What is this product for?
- What are its intended benefits
- How, when and for how long should I take it?

Source: FDA

## What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper.



This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us).

In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578). Visit our website: [www.lsuagcenter.com](http://www.lsuagcenter.com)

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