

Smart Choices

Nutrition News for Seniors

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Eating Well as You Age

Many older people have trouble eating well. As you age, you may experience problems with chewing or upset stomach. Shopping and/or cooking may become more difficult. You may find you have no appetite or are short on money. These are all common reasons some older people don't eat healthy meals. However, making healthy food choices is a smart thing to do no matter how old you are. Let's explore some ways to address these common problems and identify some tips to help you get started on a healthy eating plan.

Problem: Can't Chew

If you have trouble chewing, you may find it is difficult to eat foods like meat and fresh fruits and vegetables. You can try other foods to get the nutrients your body needs.

Instead of:	Try:
Fresh fruit	Fruit Juices, soft canned fruits
Raw vegetables	Vegetable juices and creamed or mashed cooked vegetables
Meat	Ground meat, eggs, milk, cheese, yogurt, pudding, cream soups
Sliced bread	Cooked cereals, rice, bread pudding, soft cookies

Problem: Upset Stomach

Stomach problems, like too much gas, may make you avoid foods you think cause the problem. Some simple substitutions might help. You should see a doctor about your stomach problems if they continue.

Instead of:	Try:
Milk	Milk foods that may not bother you like cream soups, pudding, yogurt and cheese
Vegetables like cabbage and broccoli	Vegetable juices and other vegetables, like green beans, carrots and potatoes
Fresh fruit	Fruit juices and soft canned fruits

Problem: Shopping & Cooking Are Difficult

Shopping can be difficult if you can't drive anymore. If you have trouble walking or standing for a long time, you find that both shopping and cooking are a problem. It may be hard for you to hold cooking utensils, pots and pans.

Don't be afraid to ask for help from your church, local senior center, family members, friends

or neighbors. Simple solutions to aid with these problems include using a microwave oven to cook foods quickly and looking for



utensils with large handles that are easier to grip. You may also want to explore options for taking part in group meal programs offered by local senior centers. You may even be able to have meals brought to your home. Many assisted living facilities offer meals as well.

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Make sure fruits and veggies are in reach.

Deviled Eggs

Ingredients:

- 6 large hard-boiled and peeled eggs
- 1/4 cup mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



Directions:

1. Hard boil eggs by placing eggs in a saucepan and covering them with water. Bring to a boil.
2. Reduce heat to simmer; cook for 15 minutes.
3. Immediately rinse under cold water to stop cooking and to make it easy to peel off shells. Refrigerate peeled eggs (without shells) until ready for use.
4. Slice eggs into halves lengthwise. Remove yellow yolks and save whites.
5. Place yolks in a one quart plastic zip top bag along with the remaining ingredients (except the egg whites). Press out air.
6. Close bag and knead until ingredients are well-blended. (Note: you could also put yolks in a bowl with other ingredients [except the egg whites], and mix together well until they look like a paste).
7. Push contents toward one corner of the bag. Cut about 1/2 inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. (Note if you used a bowl, you can spoon the yolk mixture into the egg whites).
8. Chill to blend flavors.

Adapted from: Kids a Cookin' Kansas Family Nutrition Program

Nutrition Facts

Serving Size 2 prepared egg halves,
1/6 of recipe (60g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 170mg **7%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 6g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 6%

*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	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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

Problem: No Appetite

Older people who live alone sometimes feel lonely at mealtimes. Loneliness can make you lose your appetite. You may not feel like cooking meals for just yourself. You may also find that food has no flavor or tastes bad. Often this may be caused by medications. When possible, try to eat with family and friends or take part in group meal programs offered by a local senior center. Ask your doctor if your medicines could be causing appetite or taste problems. Increase the flavor of food by adding healthy spices and herbs.

Problem: Short on Money

Eating well may be difficult if you don't have enough money to buy healthy foods. Stretch your food dollars by buying healthy low-cost foods such as dried beans and peas, brown rice and whole-wheat pasta. Watch for sales and try store-brand foods that often cost less. Find out if you can receive food from a local food pantry or Food for Seniors. Group meal programs often offer low-cost meals. Check out the information in this newsletter on the Supplemental Nutrition Assistance Program and find out if you qualify.

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. No one but you and the grocery check-out clerk will know you are using SNAP. 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.



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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).

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