

Smart Choices

Nutrition News for Seniors

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New Dietary Guidelines Help Build a Healthy Plate



The New Dietary Guidelines 2010 are based around two major concepts: 1) Maintain calorie balance over time to achieve and sustain a healthy weight and 2) Focus on consuming nutrient dense foods and beverages.

The key recommendations from the guidelines are broken down into four major categories:

- Balancing Calories to Manage Weight
- Foods and Food Components to Reduce
- Foods and Nutrients to Increase
- Building Healthy Eating Patterns

Let's take a peek at what fits under each category.

Balancing Calories to Manage Weight

- ◆ Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors.
- ◆ Control total calorie intake to manage body weight.
- ◆ Increase physical activity and reduce time spent in sedentary behaviors.
- ◆ Maintain appropriate calorie

balance during each stage of life.

Foods and Food Components to Reduce

- ◆ Reduce daily sodium intake to less than 1500 mg for persons who are over 51.
- ◆ Consume less than 10% of calories from saturated fats.
- ◆ Consume less than 300 mg per day of dietary cholesterol.
- ◆ Keep trans fat consumption as low as possible by limiting foods that contain partially hydrogenated oils and other solid fats.
- ◆ Reduce intake of calories from solid fats and added sugars.
- ◆ Limit consumption of foods that contain refined grains.

Foods and Nutrients to Increase

- ◆ Increase fruit and vegetable intake.
- ◆ Eat a variety of vegetables, especially dark green, red and orange vegetables and beans and peas.
- ◆ Consume at least half of all grains as whole grains.
- ◆ Increase intake of fat-free or low-fat milk & dairy products.
- ◆ Choose a variety of protein foods to include lean meat, poultry, eggs, beans, peas, soy products, and unsalted nuts

and seeds.

- ◆ Increase amount and variety of seafood consumed.
- ◆ Choose foods that provide more potassium, dietary fiber, calcium and vitamin D.
- ◆ Consume foods fortified with vitamin B 12.

Building Healthy Eating Patterns

- ◆ Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- ◆ Account for all foods and beverages consumed and assess how they fit in a total healthy eating pattern.
- ◆ Follow food safety recommendations when preparing and eating foods to reduce risk of food borne illnesses.

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Build a Healthy Plate!

Frozen Fruit Cups

Ingredients:

- 3 bananas, mashed
- 24 ounces yogurt, non-fat strawberry flavored (or plain)
- 10 ounces frozen strawberries, thawed, undrained
- 1 (8 ounce) can crushed pineapple, undrained

Directions:

1. Line muffin tin cups with paper baking cups (18 total).
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
4. Remove frozen cups from tins and store in a plastic bag in the freezer.
5. Before serving, remove paper cups.

Serves 18.

Source: SNAP-Ed Connection

Food Group Amounts:

Color	Food Group	Amount
Orange	Grains	--
Green	Vegetables	1¼ c
Red	Fruits	--
Blue	Dairy	¼ c
Purple	Protein	0

Nutrient Totals

Per Serving:

Calories	100
Total Fat	1.5 g
Saturated Fat	1 g
Sodium	120 mg
Protein	6 g

Examples of Solid Fats and Oils

Solid Fats	Oils
<i>Beef, pork and chicken fat</i>	<i>Canola oil</i>
<i>Butter, cream and milk fat</i>	<i>Corn oil</i>
<i>Coconut, palm and palm kernel oils</i>	<i>Cotton seed oil</i>
<i>Hydrogenated oil</i>	<i>Olive oil</i>
<i>Partially hydrogenated oil</i>	<i>Peanut oil</i>
<i>Shortening</i>	<i>Safflower oil</i>
<i>Stick margarine</i>	<i>Sunflower oil</i>
	<i>Tub (soft) margarine</i>
	<i>Vegetable oil</i>

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.



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Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

References: Dietary Guidelines for Americans 2010, USDA and US DHHS and SNAP-Ed Connection