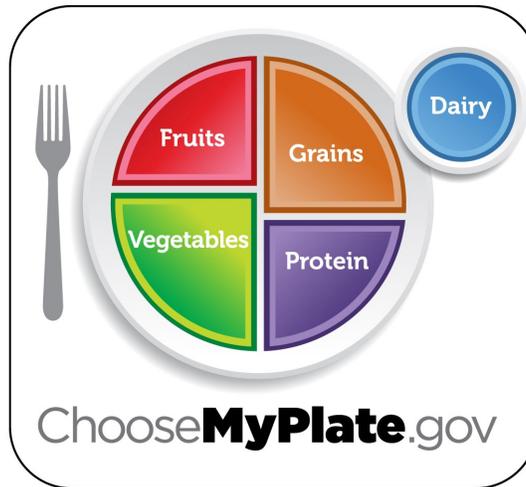


# Smart Choices

## Nutrition News for Seniors

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### Choose MyPlate



The MyPlate icon is based on the 2010 Dietary Guidelines for Americans. It is designed to remind Americans to eat healthfully and to make better food choices. MyPlate uses a familiar mealtime visual, a place setting, to illustrate the five food groups.

The MyPlate website located at [www.myplate.gov](http://www.myplate.gov) is filled with practical information and tips to help Americans build healthier diets. You can find sample menus for a week as well as healthy recipes on the website.

Try to adopt these key behaviors for good health:

- \* **Balance calories.** Find out how many calories you need for a day by visiting [www.choosemyplate.gov](http://www.choosemyplate.gov). Being physically active can also help you balance calories.
- \* **Enjoy your food, but eat less.** Take the time to enjoy your food as you eat. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues, and use them to recognize when to eat and when you've had enough.

- \* **Avoid oversized portions.** Use a smaller plate, bowl, and glass. Portion out foods before you eat. Choose smaller portions, share a dish, or take home part of your meal when eating out.
- \* **Make half your plate fruits and vegetables.** Choose a variety of fruits and vegetables and fill half your plate with them. Add fruits to meals as part of main dishes, side dishes, or as dessert.
- \* **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other nutrients but contain fewer calories and less saturated fat.
- \* **Make at least half your grains whole grains.** Try substituting a whole-grain product for a re-

fined product. For example, eat whole-wheat bread instead of white bread or choose brown rice rather than white rice.

- \* **Compare sodium, fat, and sugar in foods, and choose those with lower numbers.** Use the Nutrition Facts label to make healthier choices. Select canned foods labeled "low sodium", "reduced sodium", or "no salt added". Watch out for solid fats and added sugars. Foods high in these should be occasional treats, not everyday foods.
- \* **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories.

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**Enjoy your food, but eat less.**

## Lemon Velvet Supreme

Serving Size: 1/6 of recipe

Yield: 6 servings

### Ingredients:

2 cups vanilla yogurt, fat-free

3 tablespoons instant, lemon pudding mix

8 squares graham crackers, crushed

1 can (4 ounces) mandarin orange slices, drained (or your favorite fruit)



### Preparation:

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

Per Serving: Calories 150; Total Fat 1 g; Saturated Fat 0 g; Sodium 21 mg; Protein 5 g

Source: SNAP-Ed Connection

## Build a Healthy Meal

For a healthy meal, think more vegetables and fruits and smaller portions of proteins and grains. Don't forget to add a low-fat dairy food to your plate or as your drink.

- Go lean with protein. Choose protein foods that are lower in fat such as lean beef, pork, chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
- Include whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients such as fiber.
- Avoid extra fat. Using heavy gravies or sauces will add fat and calories to healthy choices. For example, steamed broccoli is great, but adding cheese sauce adds calories and fat. Try other options like a sprinkling of low-fat parmesan cheese.
- Satisfy your sweet tooth in a healthy way. Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



## 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).



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**References: [www.choosemyplate.gov](http://www.choosemyplate.gov)**