

# Smart Choices

## Nutrition News for Seniors

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### Modify for the Health of It

Maybe you never gained weight in your 20s or 30s, but as you get to your 50s and 60s, you may notice some pounds coming on. Why is this happening? Your metabolism does slow down a tiny bit each year with increasing age, but the main reason is the decrease in muscle mass as we age. If you stay active, it is possible to maintain your current metabolism, which is your body's ability to burn calories. Another way to avoid weight gain is by modifying recipes to cut back on fat and calories.

Some modifications are as simple as making lean protein selections. Let's look at turkey as an example. A 4-ounce serving of dark meat with skin has about 8 grams of fat and 206 calories, while the same size serving of white meat with no skin has only 3 grams of fat and 120 calories. That is a difference of 86 calories. A 120 pound person would have to walk 24 minutes at 4 miles per

hour just to burn those 86 calories!



There are a variety of low-fat and fat-free versions of common ingredients that can easily be substituted in our favorite recipes to help reduce fat and calories. If your recipe calls for sour cream, try substituting light or fat-free sour cream. Skim milk can be substituted for higher fat milk products. In most recipes you won't even notice the change.

Just by making small changes you can really save calories and fat. You can even use 1/2 cup of unsweetened applesauce to replace 1/2 cup of oil in some baking recipes. This can mean a savings of 880 calories and 104 grams of fat. Cutting a

mere 100 calories per day will allow you to lose (or not gain) 10 pounds in one year.

You can also utilize sugar substitutes to reduce the calories in many recipes. Sucralose can easily be substituted for sugar since it measures cup for cup like sugar and can be used in cooked products.

Switching ingredients sometimes changes the texture and mouth-feel of the finished product. However, you can modify many recipes without anyone noticing. Trial and error will show you which changes you can successfully make to lower fat and calories.

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**Switch to fat-free or low-fat (1%) milk.**

## One Pot Turkey Tetrazzini

### Ingredients:

- 1 medium onion
- 1/4 cup chopped celery
- 2 tablespoons water
- 1 can fat-free cream of chicken soup
- 1 1/4 cups fat-free, reduced sodium chicken broth
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 2 cups cooked turkey, cubed
- 1/4 pound spaghetti, uncooked
- 1/2 cup reduced fat shredded cheddar cheese (optional)



### Preparation:

1. In a large pan, sauté onion and celery in water until tender.
2. Add soup, broth, lemon juice, salt and pepper. Mix well.
3. Add turkey and spaghetti. Bring to a boil.
4. Reduce heat to low and cook 15 to 20 minutes or until spaghetti is tender.
5. Sprinkle with cheese if desired.

**Per Serving: 207 calories, 7 g fat, 17 mg sodium**

Source: University of Arkansas Expanded Food and Nutrition Education Program

### Try These Easy Healthy Substitutes:

#### Try switching from:

- Evaporated whole milk to evaporated skim milk and save 191 calories and 24 grams of fat for 12 fluid ounces
- Heavy cream to evaporated skim milk and save 600 calories and 80 grams of fat for every cup
- Butter or margarine to fat-free butter spread and save 95 calories and 10 grams of fat per tablespoon
- Regular cream cheese to lite or fat-free cream cheese and save between 40 to 70 calories and 5 to 10 grams of fat for every ounce
- Regular ground beef to 93% lean ground turkey or 93% lean ground beef and save around 180 calories and 22 grams of fat per 4 ounce serving

**Reducing oil in recipes saves approximately 110 calories and 13 grams of fat for every tablespoon reduced.**

### 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: RD44.com—Holiday Eating Survival Tips**