

Nutrition News

Information for Senior Citizens

*Developed by Colorado State University Extension
Department of Food Science & Human Nutrition*

Stretching Your Food Dollar

Do you clip coupons and search for bargains in order to stretch your food dollar? Most people these days do. Unfortunately, sometimes people compromise nutrition for the sake of saving money. Follow the tips below to help you shop healthy even if you are on a budget.

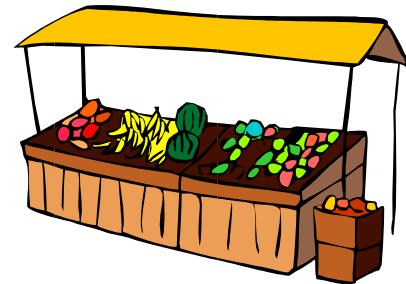
- Shop for food just once or twice a week.
- Make a shopping list and stick to it!
- Clip coupons for only those products you use.
- Try shopping at open food markets where local farmers gather to sell their produce.
- Try generic and non-brand-name foods. They are usually cheaper than their commercial counterparts. Compare prices!

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Fruits and Vegetables

- Choose fruits and vegetables that are in season.
- Buy frozen juice concentrate. It may be cheaper than already made juices. Buy fruit juices, and not fruit drinks.
- Grow your own vegetables and fruits.
- Buy fruits and vegetables with a long shelf life, such as apples, oranges, carrots, and celery. This will help decrease the chances that they will spoil before you eat them.



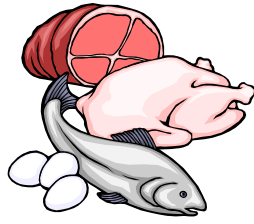
Quick Tip:

Make a weekly eating plan and stick to it. Plan your meals in advance to take advantage of time-saving techniques. Cook on Sunday for the week and save yourself time and money the remainder of the week.

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Wheat Foods Council

Meat, Poultry, Fish and Beans

- Use beans as a substitute for meat. They are cheap and a great source of protein, fiber, vitamins and minerals. (See page 3 for tips on how to use beans!)



- Try cooking with less tender cuts of meats. "Chuck," "round," and "flank" may be cheaper than "rib," "short loin" and "sirloin."

- Tenderize tougher meats by--

1. Using a commercial tenderizer,
2. Physically pounding the meat or cutting the meat,
3. Marinating in a sauce which contains a little wine, lemon juice, tomato juice, or vinegar,
4. Simmering in a stew.

Bread and Cereal

- Choose a variety of grain products, such as brown and white rice, tortillas, and whole wheat bread.
- Buy enriched and fortified breads and cereals.
- Buy cereal (e.g. corn flakes) without added sugar. You can just as easily add the sugar.



Milk and Cheese

- Buy blocks of cheese. It is cheaper than buying shredded cheese.
- Buy powdered milk to use in your cooking and baking. Add it to foods and drinks like cereal and coffee--this will increase your calcium and protein.



- Try plain yogurt. Add fruits like strawberries and bananas.

Split Pea Soup

- 1/2 chopped onion
- 2 cloves of garlic
- 1 cup green split peas
- 1 quart fat-free broth
- 1 tsp pepper
- 1 bay leaf
- 1 cup cooked, lean ham

In a large saucepan combine onions, split peas, pepper, garlic, stock, bay leaf, and pepper. Heat to boiling, then reduce heat to simmer. Add ham, cover and cook for 1 hour. Serves 4.

Nutrient analysis per serving:
277 calories, 2 grams fat, 19 grams protein, 1.5 grams sodium, thiamin 34%, iron 15%

Food Stamps:

To find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.

Questions and Answers



Q: What are beans?

A: Beans, lentils and peas belong to the legume family. Legumes are plants that bear pods, which split when they mature.

Q: Why should you include beans in your diet?

A: Beans are a great source of protein, and they are less expensive compared to most other protein sources. A small amount of beans can go along way! One cup of dried beans yields two cups cooked beans.

Q: Are there any short cuts to cooking beans?

A: Yes. To shorten cooking time, soak beans overnight in water or boil the beans and let them sit for one hour. Also, salt and acidic foods such as tomatoes and vinegar may toughen up beans. Add these foods last! Beans usually take 1 to 2 hours to cook. Note: You don't have to soak lentils, split peas, and black-eyed peas.

Q: What can beans be used for?

A: Beans can be added to chili, casserole, soups, salads, stir fry and dips such as hummus. Look at the package for preparation ideas.

Q: Are beans high in fat and cholesterol?

A: Most beans are very low in fat, and they are cholesterol free. They are good sources of iron, calcium, phosphorous, potassium, and some B vitamins.

Q: Is there a way to cook beans so that they don't cause gas?

A: Bacteria in the gut break down some starches found in beans, producing gas. The process of soaking and cooking beans removes some of these starches. By discarding the soaking and cooking water you will get rid of some of these starches. It is important to thoroughly cook the beans. Canned beans are already cooked thoroughly and therefore may cause less gas. Add beans into your diet gradually in order to give your body time to adjust. If you experience gas after eating beans, try a product like Beano®, which helps break down the starches before you eat them.

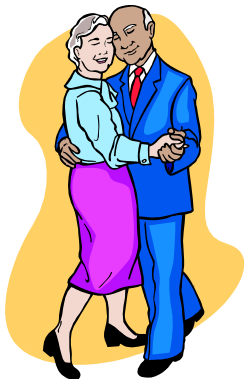


Fitness Focus: Exercise

Last month in Nutrition News we discussed the benefits of exercise and gave you tips to help you get started. Hopefully, you've been giving exercising a serious thought. If you have never had a regular exercise program, don't be afraid to start now! Just remember, you should contact your doctor before starting, especially if you have a heart condition.

Staying active, along with a healthy diet, will help increase your fitness level. Fitness consists of three things: strength, endurance, and flexibility.

Walking is a good form of exercise because it places little stress on the heart and joints and it helps the cardiovascular system. However, there are other great types of exercises.



Types of Exercise:

- Walking
- Dancing
- Cycling
- Gardening
- Swimming
- Sitting exercises – if you cannot stand well

Be watchful of . . .

- **Pain:** If you experience pain, try to change the way you do your exercise. Listen to your body.
- **Dehydration:** Drink plenty of water before, during, and after exercise.
- **Discomfort:** If you have headaches, dizziness, breathlessness, or unusual fatigue on the day of or the day after exercising, talk to your doctor.

If you want to get involved in an organized exercise program, contact your local senior citizen center, local Parks and Recreation department, hospital, or your local YMCA. Many of these places offer group exercise classes for older adults and many other activities to help keep your mind and body active.

