

# Nutrition News

## Information for Senior Citizens

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

### What is the Food Guidance System?

“The Dietary Guidelines are updated every 5 years and form the foundation of the Food Guidance System, which presents the science in a consumer-friendly form. These guidelines help people to be healthier by applying the science to their own lives. The Food Guidance System updates the Food Guide Pyramid, which was released in 1992. This new educational tool incorporates the updated 2005 Dietary Guidelines and makes recommendations on what and how much to eat.”

(<http://www.health.gov/dietaryguidelines/dga2005/faqs.htm>)

### Anatomy of MyPyramid

USDA’s new MyPyramid symbolizes a simple, personalized approach to remind consumers to make healthy food choices and to be active every day.

#### INSIDE THIS ISSUE

- 1 What is the Food Guidance System?
- 1 Anatomy of MyPyramid
- 2 What Counts as a Serving?
- 3 Sample Menu
- 3 Preview: Using the Dietary Guidelines
- 3 Recipe: Italian Tuna Patties
- 4 Fitness Focus: Stretching
- 4 Senior Resource: Food Stamps

**Moderation.** Each food group narrows toward the top. The base represents foods with little or no solid fats or added sugars, which should be selected more often. The narrower top stands for foods containing more sugars and solid fats. You can eat more of these if you’re more active.

**Personalization.** The person on the steps, slogan and internet web site stress finding the amount of foods YOU need daily.

**Proportionality.** The different food group bands are shown by different widths. The widths are just a general guide to proportions.

**Variety.** The 6 color bands represent the different food groups. This illustrates food from all groups that are needed daily.

**Gradual Improvement.** Suggested by the slogan, suggesting people can take small steps to improve diet and lifestyle each day.

Go to [www.MyPyramid.gov](http://www.MyPyramid.gov) homepage on the internet to tailor the recommendations for you.



## What Counts as a Serving?

Good question! To help give you an idea, the goal each day for a 2,000 calorie pattern is noted below each group.

**Remember:**  
1 cup = a “tennis ball”

### Grains Group

*Goal: 6 ounce-equivalents per day*

- 1 slice of bread
- 1 4-inch pancake
- 1 small roll, biscuit, muffin, or tortilla
- 3-4 small crackers
- 1 cup ready-to-eat cereal
- ½ cup cooked cereal, rice, or pasta
- ½ hamburger bun, bagel, or English muffin

### Vegetable Group

*Goal: 2½ cups per day*

- ½ cup cooked vegetables
- ½ cup chopped raw vegetables
- 1 cup raw leafy vegetables

► *Vary your choices to equal 2½ cups.*



### Fruit Group

*Goal: 2 cups per day*

- 1 medium apple, banana, or orange
- ½ cup chopped, cooked or canned fruit
- ¼ cup dried fruit

► *Vary your choices and colors.*

### Milk & Calcium-rich Group

*Goal: 3 cups per day*

- 1 cup milk or yogurt
- 1 cup of milk is equivalent to:*
- 1½ ounces natural cheese = 6 “dice”
  - 2 ounces processed cheese = 8 “dice”
  - 1 cup calcium-fortified soy milk
  - 6 sardines with bones
  - 1¾ cup cottage cheese
  - ½ cup tofu
  - 1½ cups cooked greens

► *Use lactose-free products if needed.*



### Meat, Poultry, Fish, Dry Beans, & Nuts

*Goal: 5½ ounce-equivalents per day*

- 3 ounces cooked lean meat, poultry, or fish = a “deck of cards”

*1 oz. of meat is equivalent to:*

- ¼ cup cooked dry beans
- 1 egg
- 1 cup tofu
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds



### Fats and Oils

*Goal: all fats, 67 grams = 4½ tablespoons per day*

- 1 tsp = “tip of a thumb to first joint”
- 3 teaspoons = 1 tablespoon

Remember, if you eat a larger portion than listed above, count it as more than one serving. For example, 1 cup of pasta, a sandwich with two slices of bread, or a whole bagel will count as two servings from the bread, cereal, rice and pasta group. If you eat a smaller portion, count it as part of a serving.

MyPyramid provides a range of servings for each group. This allows it to be individualized to meet the unique needs of each person. The number of servings that you need depends on your age, sex, and activity level. Everyone needs to eat foods from each group. The more active a person is, the more servings from each group they should consume each day.

When choosing foods from MyPyramid, it is important to choose foods from each group that are low in fat and sugar most often. For example, choose a baked potato rather than French fries, a boneless grilled skinless chicken breast instead of fried chicken, or a slice of whole wheat bread in place of a doughnut.

## Sample Menu



### Breakfast

- ¾ cup orange juice
- ½ cup oatmeal
- 1 cup low fat milk
- 1 piece whole wheat toast
- 1 tsp. jam
- 1 soft boiled egg

### Lunch

- Turkey sandwich: 2 pieces whole wheat bread, 2 oz sliced deli turkey, 1 oz cheese
- ½ cup carrot sticks
- 1 medium apple

### Snack

- 2 graham cracker squares
- 1 banana

### Dinner

- 1 Italian tuna patty
- 1 whole wheat hamburger bun
- 1 cup tossed salad
- 1 tablespoon light salad dressing
- ½ cup broccoli
- ½ cup fruit sherbet

## Preview: Using the Dietary Guidelines for Americans

Next month we will focus on the Dietary Guidelines. Here are a few easy tips to help you get a head start.

- ✓ Choose low-fat or skim milk instead of whole milk.
- ✓ Choose lean beef, trim fat from meat, and remove skin from poultry.
- ✓ Try to limit salt and fat when preparing dried beans and peas.
- ✓ Try substituting fresh fruits & vegetables for cookies, cakes & chips.
- ✓ Choose whole grain products such as whole wheat bread and brown rice daily, and limit cakes, cookies, and pastries.

### **Quick Tip:**

***Keep your portions sensible. The steak should not be as large as the plate and if it is, save half for tomorrow's dinner.***

reprinted with permission  
Wheat Foods Council

## Italian Tuna Patties

### **Ingredients:**

- 1/2 cup chopped onion
- 1 6½-oz can water-packed tuna, drained and flaked
- 1 cup shredded summer squash (crookneck or zucchini)

- 2 slightly beaten eggs
- ¾ cup dry bread crumbs
- 1 tsp Italian seasoning
- salt and pepper to taste

### **Directions:**

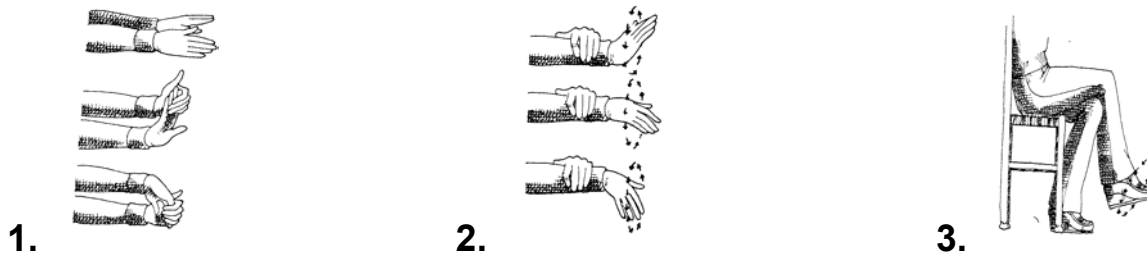
1. Combine onion, tuna, squash, eggs, bread crumbs and seasonings in mixing bowl, blending well.
2. Shape into six 1/2-inch thick patties.
3. Spray skillet with non-stick spray coating.
4. Cook patties over medium heat until brown.

**Yield: 3 servings. Per serving: 1½ protein, 1 vegetable, 1/2 bread**

## Fitness Focus: Stretching

Many people believe that stiffness is one of the first signs of aging. In reality, stiffness is due to lack of stretching. Muscles and tendons shorten over time, and cannot easily lengthen. Sometimes injuries result when the shortened tendon cannot stretch to allow a sudden movement. Stretching helps keep muscles and tendons limber and may help ease pain associated with arthritis and some types of back pain.

A warm-up before stretching will help increase blood flow to your muscles. Try walking, cycling, or jogging in place for 5 to 10 minutes. Be careful not to bounce when you are stretching, as this may cause injury. Slow, gentle stretching while inhaling will help tendons relax. It is important to stretch to the point where you feel tension, but not pain. Try to hold each stretch for at least 10 seconds.



- 1. Finger Stretching:** *to maintain finger dexterity.* With the palm of the right hand facing down, gently force fingers back toward forearm, using left hand for leverage; then place left hand on top and force fingers down. Repeat 5 times each hand.
- 2. Hand Rotation:** *to maintain wrist flexibility and range of motion.* Grasp right wrist with left hand. Keep right palm facing down. Slowly rotate hand 5 times each clockwise and counterclockwise. Repeat 5 times each hand.
- 3. Ankle & Foot Circling:** *to improve flexibility and range of motion of ankles.* Cross right leg over opposite knee, rotate foot slowly, making large complete circles. Do ten rotations to the right and then ten to the left with each leg.

### Senior Resource: Food Stamps

The Food Stamp program was created to help stretch food budgets of people with limited incomes so they can buy the food they need for good health. The program is available to all eligible persons, regardless of race, color, creed, sex, age, national origin, political beliefs or handicaps. Food Stamp benefits are delivered electronically to Electronic Benefits Transfer (EBT) accounts. You will receive a plastic card with a magnetic strip (similar to a credit or debit card) to use when purchasing groceries at authorized food retail outlets. Along with your EBT card, you will receive a Personal Identification Number (PIN) that protects your benefits from unauthorized use by someone else. For more information and to find out if you or someone you know qualifies for food stamps, call 1-800-221-5689.