

SENIOR NUTRITION NEWSLETTER

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100 Calorie Snacks



Picture this. It is 10:00 a.m in the morning and you have 2 hours before going to your local Senior center for lunch. You are on your way to the store to pick up some groceries before lunch when you hear a loud rumbling noise in your stomach so you plan to grab some apples for a snack to hold you over. When you walk in you can't help but smell the aroma of freshly baked goods. When you look to the right, you see freshly baked muffins and donuts being put out for sale. Just to your left is the produce section with your apples you planned on buying for a snack.



What do you do?



Before you answer that question, did you know that you can get the same amount of calories in one donut as you can in approximately 4 cups of blueberries? Did you also know that you can get the same amount of calories in 1 muffin that you can get in approximately 45 stalks of celery? Now granted you probably don't want to eat 4 cups of blueberries or 45 stalks of celery in one sitting, but the point is that you can eat a larger amount of nutrient dense, fiber filling foods, for the same amount of calories as you would if you ate a much smaller amount of high fat or high calorie foods, such as donuts or muffins. A donut has approximately 300 calories and a muffin can have up to 600 calories whereas an apple only has around 60 calories so the apple would be the best choice in this case. Apples also contain vitamins, phytochemicals, and fiber, unlike the donut or muffin.

Snacking can be part of healthy eating if you choose food that provides nutrients along with the calories. Choose snacks that contain protein and fiber with minimal fat and added sugar, such as the 100 calorie snack options on the next page. When choosing snacks, try to incorporate the principles from MyPlate by choosing fruits, vegetables, grains, (aim for whole grains) dairy, and protein. For more information on MyPlate, you can visit their website at <http://www.choosemyplate.gov>.



Fruits



- medium banana
- 2 cups raspberries
- 25 cherries

- 3 clementines
- 1 cup (25) grapes
- 2 cups of strawberries



Vegetables



- 2 cups salad greens with 2 TBS light dressing
- 4 cups cauliflower
- 1 ear of corn

- 4 medium tomatoes
- 1 cup steamed green beans
- 12 ounces vegetable juice



Grains



- 60 Baby Goldfish® crackers
- 40 classic style pretzel sticks
- 3 cups air-popped popcorn

- 1 seven-grain Belgian waffle
- 1 granola bar
- 1 rice cake with 1 TBS sugar-free jam



Dairy



- 1 cup fat-free or skim milk
- ½ cup low-fat (1%) cottage cheese
- 1 light yogurt smoothie

- 1-ounce stick of string cheese
- ½ cup fat-free pudding
- ~ 1 ounce cheddar cheese



Meats & Other Protein Foods



- 4 ounces turkey breast
- 4 tablespoons hummus (chickpeas)
- 2 tablespoons sunflower seeds

- 1 tablespoon peanut butter
- 30 pistachios
- 3 oz. tuna



Desserts & Sweets



Sweets and desserts are not considered a food group, but if you are going to eat something sweet, then try to choose something that is no more than 100 calories per serving like some of these options.

- 1 fat-free pudding cup
- 15 chocolate covered raisins
- 1 snack size candy bar

- 2-inch slice angel food cake
- 1 sugar-free fudgsicle
- ½ cup fat-free ice cream or frozen yogurt

Apple Pie Squares

4 low fat or fat free apple cereal bars
1/2 cup graham crumbs

4 baking apples, peeled, cored and diced
1 tablespoon sugar
1/2 teaspoon apple pie spice
1 lemon, zest and juice



Preheat oven to 375°. Combine apples, sugar, spice and lemon zest and juice into a microwaveable dish and microwave on high for 12 minutes. Stir well, apples should be soft.

Grind cereal bars and graham crumbs in a food processor or blender; press 3/4 cup crust into 8 inch by 8 inch nonstick baking pan that has been lightly sprayed with vegetable oil cooking spray.

Spread apple filling over the top and sprinkle the remainder of crust over the top of the apples.

Bake for 10 minutes or until golden brown on top. Cool to room temperature and cut into 12 bars.

Serve warm or chilled.

Makes 9- 1 square per serving

Nutrition Facts per serving: 80 calories, 0.5g fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 19g carbohydrates, 1g fiber, 8g sugar, and 1g protein.

Source: Food and Health Communications

Citrus-Infused Strawberries

1 pound fresh strawberries, hulled and sliced
2 tablespoons sugar
1 tablespoon Grand Marnier, or other orange liqueur
1 teaspoon lemon juice



Combine strawberries, sugar, Grand Marnier, or other orange liqueur, and lemon juice in a medium bowl. Let stand, stirring once or twice, until the strawberries release their juices, about 10 minutes. Then serve alone, with whipped topping, or serve on top of yogurt.

Makes 4- 3/4 servings

Nutrition Facts per serving: 73 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 1mg sodium, 17g carbohydrates, 1 g protein, and 2g fiber

Source: Eating Well



Mini Mushroom and Sausage Quiches

8 ounces turkey breakfast sausage, (removed from casing and crumbled into small pieces)	1 cup 1% milk
8 ounces mushrooms, sliced	1 teaspoon extra-virgin olive oil
1/4 cup shredded Swiss cheese	1/4 cup sliced scallions
5 eggs	1 teaspoon freshly ground pepper
	3 egg whites

Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.

Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes.

Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups.

Sprinkle a heaping tablespoon of the sausage mixture into each cup. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool .

Makes 12 –1 per serving.

Nutrition Facts Per serving: 90 calories, 5g fat, 105 cholesterol, 3g carbohydrates, 0g sugar, 9g protein, and 217mg sodium

Source: Eating Well

Spring Vegetable Sauté

1 teaspoon olive oil	1 finely chopped garlic clove
3-4 tiny quartered red potatoes	3/4 cup sliced carrots
3/4 cup asparagus pieces	3/4 cup green beans
1/2 cup sliced sweet onion	1/4 teaspoon salt
1/4 teaspoon black pepper	1/2 teaspoon dried dill



Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.

Stir in the potatoes and carrots. Cover, turn the heat to low and cook until almost tender - about 4 minutes. If the vegetables start to brown, add a tablespoon of water. Now add the asparagus, green beans, salt, pepper and dill. Cook, stirring often, until just tender - about 4 minutes. Serve immediately.

Makes 4 servings

Nutrition Facts Per serving: Calories 80, 10 calories (or13%) from fat. Fat 2g. Cholesterol 0 mg. Sodium 190 mg. Carbohydrate 14 g. Protein 3 g. Fiber 4g.

Source: Food and Health Communication