

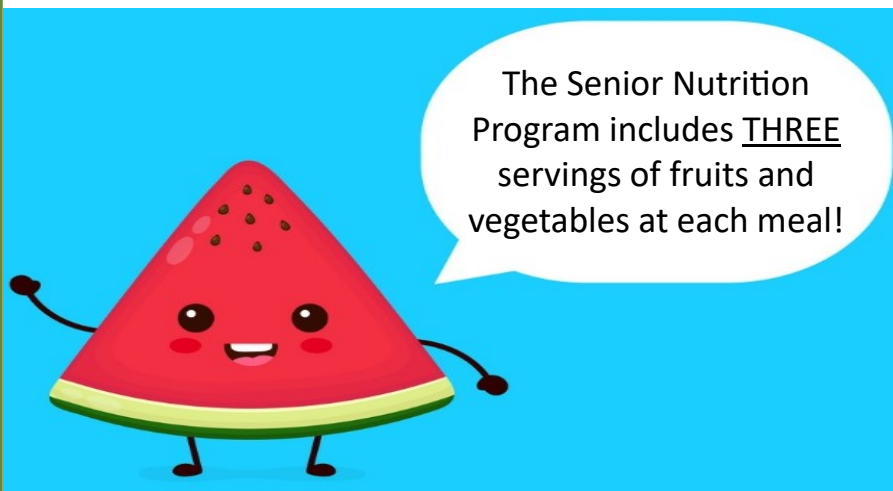
Nutrition News: Fall 2022

Published by the Area Agency on Aging of Dane County

It's time to enjoy Wisconsin grown produce!

Whether you plan to visit the farmers' market, the produce section at your local grocery store, or you've got a green thumb and plan to grow your own —there's nothing like eating produce that's in season and locally grown. It just tastes SO good!

So how much produce should you be eating? First and foremost, any amount of produce that you can include is great! Some is better than none, right? YES! Now the answer to that question that is based on extensive research from the Dietary Guidelines for Americans is approximately 3.5 to 4.5 servings of fruits and vegetables per day. A serving of produce is 1 cup of leafy greens or a 1/2 cup of chopped fruit or vegetables.



How will you incorporate more produce into your day?

- ☐ Add fruits and vegetables to your favorite dishes. Stir fruit into your cereal or yogurt, put tomatoes into your sandwich, or sauté spinach, kale, or onions into your eggs.
- ☐ Make sure one of your snacks includes a fruit or vegetable. Carrots and dip, apples and cheese, banana and peanut butter, or bell peppers and hummus.
- ☐ Only buy what you're going to eat. Wash and prep your produce after shopping so it's ready to eat! 30% of the produce we buy spoils and goes to waste because more was bought than needed and it never gets prepped.

The WI Growing Season doesn't seem to last very long, but that doesn't mean we're lacking in locally grown produce options!

Look at the list below and place a check mark next to each vegetable you've eaten over the past 12 months. Go ahead and circle one or two NEW options that you'll try this season. Don't be shy—your body is counting on YOU!



- | | |
|--|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Pumpkins |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Rutabagas |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Tomatillos |
| <input type="checkbox"/> Herbs | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Winter Squash |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Yams |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Zucchini |

Have you inquired about receiving \$25 in Senior Farmers' Market Vouchers?

Who qualifies:

- ⇒ Age 60+
- ⇒ Dane County Resident
- ⇒ Gross incomes under \$2095/month for 1 person
\$2823/month for 2 people

To receive an application contact Shannon at:
608-261-5678 or Gabriel.Shannon@countyofdane.com

First come, first serve until distribution ends on Sept. 30th

Nutrition Needs for Older Adults: Protein

The way we eat throughout our lives impacts the way we age. At retirement age and beyond, that journey becomes more important than ever and can make or break your quality of life. Focusing on your food choices enables you to remain healthy and independent, fight off diseases and infections, and allows you to deal with chronic health conditions. Whether your body is carrying extra weight, is underweight, or it's right where you want it to be, take a moment and ask yourself if you have the strength you need to do the activities you enjoy. Do you? Strength training and balance activities are one of the ways to maintain and build strength, but when it comes to your nutrition, the focus should be on protein.



Dietary recalls show that 30% of adult males age 71 and older and 50% percent of adult females age 71 and older don't get enough protein.

Protein preserves your muscles and should be in your diet every single day. If you do not eat enough protein and calories, your body will break down your muscles to create the energy you need. If you do not eat enough protein, you will not be able to build muscle while exercising. **Protein helps us feel full.** When you eat a food high in protein, you do not get hungry as quickly because it takes longer for your stomach to digest protein-rich foods. **Protein helps you fight infections.** Our antibodies and other disease-fighting cells need protein to function. **Protein heals injuries.** Our bodies need protein to heal injuries from falls, cuts, and especially after we've had surgery or other medical procedures.

Start meeting your protein requirements today by including meats, poultry, eggs, seafood, dairy, nuts, seeds, legumes, quinoa, soy, and many other protein rich foods, at each meal. Aim to include at least 2-3 ounces (14-20 grams) at each meal and 1-2 ounces (7-14 grams) per snack. It's best if your protein rich foods are spread out throughout the day for best absorption and benefits.

The Senior Nutrition Program lunches are required to include a minimum 19 grams of protein, but our average is 40 grams per meal. This is how much we value the benefits of protein in an older adult's diet.

References: Dietary Guidelines for Americans 2020-2025, Stepping Up Your Nutrition Workshop

Stepping Up Your Nutrition Virtual Workshops

Malnutrition can cause muscle loss, dizziness and increase your risk of falls. 50% of older adults are at risk. Learn more about preventing malnutrition and keeping your strength to prevent future falls. Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better & improve your health

Where: Online via Zoom

When: Mon, Sept. 19 @ 2-4 PM - **OR** - Tues, Sept. 20 @ 9-11 AM

Cost: FREE (with the option to donate \$5 to cover class materials)

Register by September 9: Space is limited. Register for just one of the workshop sessions above by contacting AAA Dietitian Shannon at 608-261-5678 or Gabriel.Shannon@countyofdane.com

Nutrition News

For more information on this publication, contact Shannon Gabriel, RDN, CD (608) 261-5678 or Gabriel.Shannon@countyofdane.com

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