



# Nutrition News: Summer 2022

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## It's finally 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.

The Senior Nutrition Program includes THREE servings of fruits and vegetables at each meal!



## 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         |

# Nutrition Needs for Older Adults: Fiber

Fiber is a type of carbohydrate that the body is unable to digest. It plays an important role in the health of older adults because it aids in healthy digestion, feeling full, and preventing constipation. Fiber also reduces the risk of heart disease, diabetes, cancers, and can lower inflammation levels in the body.



More than 90% of women and 97% of men fail to meet recommended intakes for dietary fiber. This aligns with intake patterns where fruits, vegetables, and whole grains are under consumed by more than 85% of adults.

The good news is that fiber is found in a wide variety of plant-based foods, including fruits, vegetables, whole grains, legumes, nuts, and seeds. Eating a balanced and varied diet can help you meet your fiber needs.

Older adults need slightly less fiber than younger adults and men require more fiber than women. So how much is needed? Fiber's daily Adequate Intake (AI) (an established level assumed to ensure nutritional adequacy) for adults age 51+ is 28 grams for men and 22 grams for women. This recommendation is based on the amount of fiber needed for protection against heart disease. If your next step is to add more fiber to your diet, take it slowly. Too little can cause constipation and increase risk of certain chronic diseases. Too much, especially if increasing the amount of fiber in the diet too quickly, can cause GI issues, including bloating, gas, and cramping. Tip: Increase your water intake as you increase your fiber to avoid unpleasant side effects. Fiber absorbs water, which makes stools bulky and soft. This combination will help you eliminate your body's waste/stool quicker.

**Half of all women age 50 or older will experience incontinence at some point in their lives.**



**Sign up for a Mind Over Matter Virtual Workshop to help you prevent or improve your symptoms! Classes meets virtually on Fridays.**

July 22, August 5, 19 at 1-3 PM

Cost: FREE

(Suggested donation of \$20 to cover educational materials)

Register by July 11 at 608-261-5678 or  
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## Start with these fiber-rich options:

Black Beans	½ cup, cooked	9 grams
Pear	1 medium	6.5 grams
Broccoli	1 cup, cooked	5 grams
Avocado	1/2 cup	5 grams
Oats	1 cup, cooked	4 grams
Almonds	1 oz. (23 nuts)	3.5 grams

## Nutrition News

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<https://aaa.dcdhs.com/nutrition.aspx>

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