

Nutrition Notes

SPRING-SUMMER 2023

Area Agency on Aging District 7, Inc.

Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,
Pike, Ross, Scioto and Vinton Counties in Ohio

www.aaa7.org **Helping You Age Better!**



Search for Sneaky Sugars

When looking at food labels, you may notice it has total sugars and added sugars. According to the FDA, added sugars are “added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices.” These do not include naturally occurring sugars that are in foods like milk, fruits and vegetables. When reading the food label, it will list total sugars, which includes added sugars and naturally occurring sugars combined. Also, on the food label is added sugars - these are added during the processing of food. The problem with too many added sugars in the diet is that it can contribute to heart disease and increase the risk of obesity. So, how do you cut back on too much added sugars? Cut out the sweetened drinks, look for added sugars on food labels, and try using natural sweeteners instead of added sugars like table sugar.



How can you check out the food labels for those added sugars? Remember, ingredients on food labels are listed in order of largest to smallest amounts in that food; therefore, the higher up on the ingredient list, the more of that ingredient is in that food. Also, look for the ingredients ending in “ose”, such as sucrose and dextrose. These are forms of sugar. You can also now see the number of added sugars on the food label. We all know sweets such as cookies and pies have added sugars, but what are some food items added sugars may be hiding in? Common places may include salad dressing, oatmeal packets, beverages, flavored yogurt, peanut butter, BBQ sauce, ketchup, condiments, cereal, spaghetti sauce, granola, applesauce (unless it is “natural applesauce”), and some canned beans and stewed tomatoes.

How much is too much with added sugars? The Dietary Guidelines for Americans 2020-2025 advise that all Americans 2 years and older limit added sugars in the diet to less than 10% of total calories. For a 2,000 calorie/day diet, that translates into 200 calories or 50 grams of sugar daily (about 12 teaspoons of sugar). Of course, added sugars are fine to enjoy in moderation!

Source: Dietary Guidelines for Americans 2020-2025

Senior Farmers' Market Nutrition Program Applications Available

The Senior Farmers' Market Nutrition Program (SFMNP) is a federally-funded program administered by the United States Department of Agriculture's Food and Nutrition Services Agency and in Ohio, by the Ohio Department of Aging (ODA). ODA provides additional state funds to support SFMNP operation within Ohio.



To be eligible for the \$50 in coupons, individuals must live in the ten counties included in the AAA7's district which include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Individuals must be age 60 or over at the time of application and households must be at 185% of the poverty level. In a household, both the husband and wife can be eligible separately for the coupons. Individuals can only receive the \$50 in coupons (ten \$5 coupons) one time per year and items must be purchased from authorized farmers only.

Applications can be found on the AAA7's website at www.aaa7.org, under the "Happening Now" section on the Home Page, or you can call 1-800-343-8112 to request an application or to ask any questions. The Agency can also be reached via e-mail for applications or questions at FarmersMarket@aaa7.org. Those interested must complete an application each year and use the current year's application form.

No Sugar Added Blueberry Muffins

Yield: 16 muffins; Prep Time: 10 minutes; Cook Time: 25 minutes; Total Time: 35 minutes

These muffins are sweetened naturally with dates and can be quickly thrown together using just your blender!

Ingredients

- 1 cup pitted dates, chopped (10-12 dates)
- ½ cup water boiling
- 1 cup of all-purpose flour
- 1 ½ cups old-fashioned oats
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup milk
- 1 ½ cups of blueberries (fresh or frozen - do not thaw frozen blueberries)



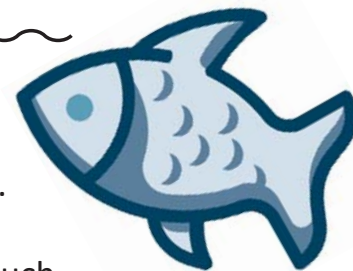
Instructions

- Preheat oven to 350 degrees.
- Start a small pot of ½ cup water and wait for it to boil.
- Place chopped dates into a blender. Then pour boiling water on top of the dates. Blend until dates are pureed.
- Add remaining ingredients (except blueberries) to blender, starting with the dry ingredients.
- Once all ingredients are in the blender, blend until mixture comes together.
- Gently fold in blueberries with a rubber spatula.
- Pour directly into a greased or lined muffin pan, about ¾ full.
- Bake for 18-22 minutes, until the center of the muffins bounce back when gently poked.
- Allow to cool for two minutes in muffin tin before moving to a wire cooling rack.

Source: <https://joyfullymad.com/healthy-no-sugar-added-blueberry-muffins/>

Benefits of Seafood

Americans as a whole could benefit from eating more seafood and to help them achieve the recommendation of the Dietary Guidelines for Americans, which recommends at least two servings of seafood per week. In addition to being a delicious way to add protein to the diet, fish is very heart healthy. Fatty fish are especially heart healthy and include oily fish such as salmon, mackerel, herring, sardines, anchovies, trout and tuna. So, what are some ways to include seafood more often in your diet without busting your budget? Choose frozen fish which has a longer shelf life, purchase budget friendly canned fish like tuna, sardines and salmon, look for sales when seafood may need to be sold that day, and enjoying nature while going fishing.



Source: www.dietaryguidelines.gov

Hearty Herb and Garlic Tuna Salad for 2

Source: Sunkist Tuna

Prep Time: 5 minutes; Recipe Yield: 2

(Note: nutritional based on reduced fat Italian dressing)

Ingredients

- 2 (2.6 oz.) pouches of tuna with herb and garlic
- 1 hard cooked egg, chopped
- 1 stalk celery, diced
- 4 croutons
- 2 small tomatoes, cut into wedges
- 4 cups mixed salad greens
- 4 Tbsp. dressing of your choice

Directions

- Set out 2 salad bowls. Place 2 cups of lettuce in each bowl. Top with tomato wedges.
- Mix tuna, celery and hard cooked eggs in a small bowl; place equal amounts on top of lettuce and tomatoes.
- Drizzle each salad with 2 Tbsp. dressing and place croutons on the side.



Our Resource Center is OPEN and available to answer your questions about home and community-based resources in your community!

1-800-582-7277 - info@aaa7.org





Sweet Summertime!

Find these words:

- BACON
- CORN
- EGGS
- FARMER
- FARMERS MARKET
- FRESH
- GARDEN
- GROCERY
- KALE
- MERCHANDISE
- ONIONS
- PRICES
- SELL FOOD
- STRAWBERRIES
- SUMMER
- TOMATOES
- VEGETABLE



Summer Squash Medley

Yield: 6 Servings; Serving Size: 1 Cup

Ingredients

- 1 small onion, diced
- 1 small yellow summer squash, sliced
- 2 small green zucchinis, sliced
- ¼ teaspoon garlic powder
- 2 tomatoes, diced
- 2 tablespoons shredded parmesan cheese
- 1 tablespoon vegetable oil (also can use canola or olive oil)
- Salt and pepper to taste

Directions

1. In a large skillet, heat oil over medium heat.
2. Add squash and onion.
3. Cook on medium heat and stir until soft.
4. Add tomatoes and cook 5 more minutes.
5. Season with garlic powder, salt and pepper.
6. Serve warm, topped with parmesan cheese.



Source: Ohio Department of Aging