

Nutrition Notes

FALL-WINTER 2021

Area Agency on Aging District 7, Inc.

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

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Immune Boosting Nutrition

Can the foods you eat keep you from getting sick? ABSOLUTELY!

Consuming a diet rich in vitamin C, vitamin D, beta carotene, zinc, probiotics, and protein can help you stay healthy and thriving all winter long.

Give your body an extra layer of protection this flu season by consuming the following nutrient dense foods:

- o Plant foods such as sweet potatoes, broccoli, spinach, carrots, and tomatoes load a great source of beta carotene!
- o Citrus fruits, berries, melons, tomatoes, broccoli, and bell peppers pack a punch of Vitamin C!
- o To help aide the absorption of Vitamin C, zinc is a must! Zinc is more easily absorbed from animal sources such as beef and seafood, BUT can also be found in beans, wheat products, and nuts!
- o Vitamin D is primarily found in fatty fish such as salmon or sardines, eggs, and milk, and 100% juices that have been fortified.
- o “Good” bacteria, found in cultured dairy products like yogurt, help to promote a healthy gut and are called probiotics. Choosing a Greek yogurt adds in extra protein, too!

Although you may not be able to fully ward off all illness, eating a diet full of foods that support a healthy immune system will most certainly help your body thrive!

Some other tips to remember for staying healthy...

- o Focusing on a balanced diet, getting adequate sleep, and managing stress levels are all key to maintaining health.
- o Try to eat 5 -7 servings of fruits and vegetables EVERY DAY to help get the recommended amount of daily vitamins, minerals, and antioxidants.

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Immune Boosting Foods...continued from Page 1

- o To help prevent the spread of germs, wash your hands and always wash produce before consuming.
- o Reducing stress is a good way to help prevent chronic diseases that can further lower your immune system (i.e. high blood pressure). Physical activity, as well as meditation, are both great ways to help manage stress.
- o Get enough ZZZZs! Your body needs sleep to rest, repair and restore itself – ultimately helping to strengthen your immune system. The recommended amount of sleep for adults is 7 – 9 hours every night.

Adapted from <https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy>

Balsamic Roasted Vegetables

Ingredients

- o 3 cups sweet potatoes cut into 1" cubes
- o 1 green pepper cut into 1" squares
- o 1 red pepper cut into 1" squares
- o 4 cups broccoli
- o 4 Tbsp. olive oil, divided
- o ½ tsp garlic salt
- o 1-2 Tbsp. balsamic vinegar

* The sky's the limit with the kind of vegetables that can be used in this recipe! Asparagus, edamame, carrots, zucchini, cauliflower, etc. Just substitute out with the same amount as in the recipe.



Directions

1. Preheat oven to 450 degrees F.
2. Grease a large baking sheet, set aside.
3. Place cubed sweet potatoes into a large mixing bowl.
4. Drizzle sweet potatoes with 2 Tbsp. olive oil and stir until combined, then sprinkle with 1/4 tsp. garlic salt.
5. Pour sweet potatoes onto prepared baking sheet and roast for 15-20 minutes in the preheated oven until slightly browned, stirring once halfway through.
6. Put peppers and broccoli into the mixing bowl, add 2 Tbsp. olive oil and stir until evenly coated.
7. Add 1/4 tsp. garlic salt and stir until evenly distributed. (Optional: add other spices like garlic powder, onion powder, Italian seasoning, etc.)
8. After sweet potatoes are slightly browned, add the pepper/broccoli mixture to the baking pan, stirring until everything is evenly distributed.
9. Return to oven and roast for 10 additional minutes or until they begin to become soft.
10. Remove from oven and drizzle 1 Tbsp. balsamic vinegar over everything on the baking pan and stir until all the vegetables are evenly coated. (Add more if necessary).
11. Return to oven and roast for 10-15 more minutes until nicely browned, stirring halfway through.
12. Enjoy warm on a salad or as a yummy side dish!

Nutrition

(Serving: 1 cup)

Calories: 180.5kcal • Carbohydrates: 22.7g • Protein: 3.3g • Fat: 9.8g • Saturated Fat: 1.4g
 Polyunsaturated Fat: 1.6g • Monounsaturated Fat: 6.7g • Potassium: 407.6mg • Fiber: 4.5g • Sugar: 5.5g
 Vitamin A: 15730 IU • Vitamin C: 183.8mg • Calcium: 47mg • Iron: 1.1mg

<https://joyfoodsunshine.com/balsamic-roasted-vegetables/>

Benefits of That Morning Cup

Did you know – that morning cup of coffee provides more than just your first burst of get up and go? That's right! Consuming a moderate amount of coffee has been linked to a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease. Coffee contains antioxidants, and even some nutrients like potassium, niacin and magnesium. Although the exact science is unknown at this time, this results in some pretty fantastic news for those who crave that cup of liquid sunshine bright and early every day!



Be careful though – the risks of increased caffeine consumption can add up quickly if not consumed in moderation. It is recommended that healthy adults consume no more than 400 mg of caffeine, which equates to about four 8-ounce cups of coffee daily. And for those who struggle with hypertension, heart issues, fluid control, or are extra sensitive to the effects of caffeine – it is recommended to limit that even more. Also, be wary of adding additional high sugar sweeteners/creamers as the amount of sugar can add up quickly. The sweet spot? One to two 8-ounce cups daily with a non-sweetened low-fat dairy or soy option to help increase daily calcium and vitamin D intake.

<https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee>

Fall-Winter Season Produce Guide

This guide can help you explore different fruits and vegetables throughout the year. Seasonal produce in your area will vary by growing conditions and weather. Remember, fresh, frozen, canned, and dried fruits and vegetables are a delicious way to make every bite count!

Fall: Apples, Bananas, Beets, Bell Peppers, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cranberries, Garlic, Ginger, Grapes, Green Beans, Herbs, Kale, Kiwifruit, Lemons, Lettuce, Limes, Mangos, Mushrooms, Onions, Parsnips, Pears, Peas, Pineapples, Potatoes, Pumpkin, Radishes, Raspberries, Rutabagas, Spinach, Sweet Potatoes and Yams, Swiss Chard, Turnips, Winter Squash

Winter: Apples, Avocados, Bananas, Beets, Brussel Sprouts, Cabbage, Carrots, Celery, Collard Greens, Grapefruit, Herbs, Kale, Kiwi, Leeks, Lemons, Limes, Onions, Oranges, Parsnips, Pears, Pineapples, Potatoes, Pumpkin, Rutabagas, Sweet Potatoes and Yams, Swiss Chard, Turnips, Winter Squash





Immune Boosting Foods

Find these words:
 SWEET POTATOES
 CARROTS
 BEANS
 BROCCOLI
 WALNUTS
 MILK
 BERRIES
 SPINACH
 SALMON
 PEPPERS
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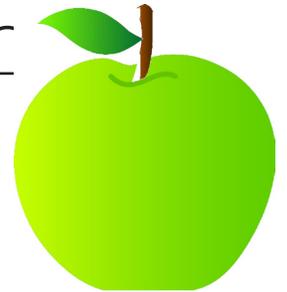
Pork Chops with Apples

Ingredients

- o 4 boneless pork loin center chops (about 1" thick)
- o Salt and pepper to taste
- o 1/4 teaspoon garlic powder
- o Flour, for dredging
- o 2 tablespoons butter, divided
- o 1 tablespoon olive oil
- o 1/2 tablespoon Dijon mustard
- o 3/4 cup chicken broth or stock
- o 1 Granny Smith apple, chopped small

Nutrition Per Serving

(yields ~4 servings)
 Calories: 287kcal
 Carbohydrates: 8g
 Protein: 31g • Fat: 14g
 Saturated Fat: 6g
 Cholesterol: 103mg • Sodium: 299mg
 Potassium: 603mg • Fiber: 1g • Sugar: 5g
 Vitamin A: 200IU • Vitamin C: 5mg
 Calcium: 16mg • Iron: 1mg



Instructions

1. Sprinkle the pork chops with salt, pepper and garlic powder, and then dredge them in flour.
2. Add 1 Tbsp. of the butter and the olive oil to a skillet over medium-high heat. Once the pan is hot, add the pork. Cook it for 3-4 minutes/side or until it has a nice golden crust.
3. Meanwhile, chop the apple.
4. Take the pork chops out and set aside.
5. Add the Dijon mustard, chicken broth, and the rest of the butter. Give it a good stir until the mustard dissolves.
6. Add the apples and Italian seasoning and let the sauce cook for a few minutes.
7. Add the pork back into the skillet. Reduce the heat to medium-low, cover the pan, and cook for 2-3 minutes or until the pork is cooked through (145 degrees F).
8. Take the lid off the pan, and if the sauce is reduced to your liking and the apples and pork are done, serve. If not, continue cooking for a little longer (leave the lid off to reduce sauce). *Recipe adapted from cookingclassy.com*