

Nutrition Notes

FALL-WINTER 2022

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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Cooking for One?

Cooking for one, or even two, can be tough! Skip the food waste and follow these tips instead to prepare quick AND healthy meals.

PLAN AHEAD

- Plan out a few meals and make a list of what you need.
- Go through your pantry, freezer and refrigerator and make a list of what foods you already have on hand.
- Create a grocery list to supplement foods you already have.

FILL IT UP

- To easily create meals, consider filling up your pantry with staple food items to use in your favorite dishes. Items can include canned vegetables, rice, pastas, canned meat and beans.
- If you have the freezer space, purchase larger portions of meat products and then divide them into individual portions to freeze for later use. You can also freeze leftovers in ready-to-eat portions and individually chopped ingredients.



REDUCE RECIPES

- If you don't have the room or just aren't a big leftover fan, try reducing your favorite recipes. Follow the conversion chart to the right as needed.

REINVENT LEFTOVERS

- If you're planning to have chicken breasts on Monday, try cooking extra to use in additional recipes later in the week. This saves time AND more likely than not food waste, too! Some additional dishes include chicken salad, quesadillas, burrito bowls, fried rice, or just a simple sandwich served with soup.

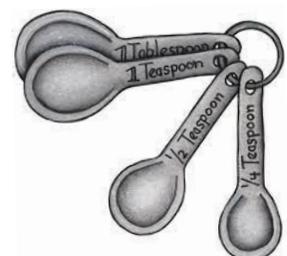
Nutrition is key!

Full Recipe

1 Cup
3/4 Cup
2/3 Cup
1/2 Cup
1/3 Cup
1/4 Cup
1 Tbsp.
1 tsp.
1/2 tsp.

Half Recipe

1/2 Cup
6 Tablespoons (Tbsp.)
1/3 Cup
1/4 Cup
2 Tbsp. & 2 teaspoons (tsp.)
2 Tbsp.
1 1/2 tsp.
1/2 tsp.
1/4 tsp.

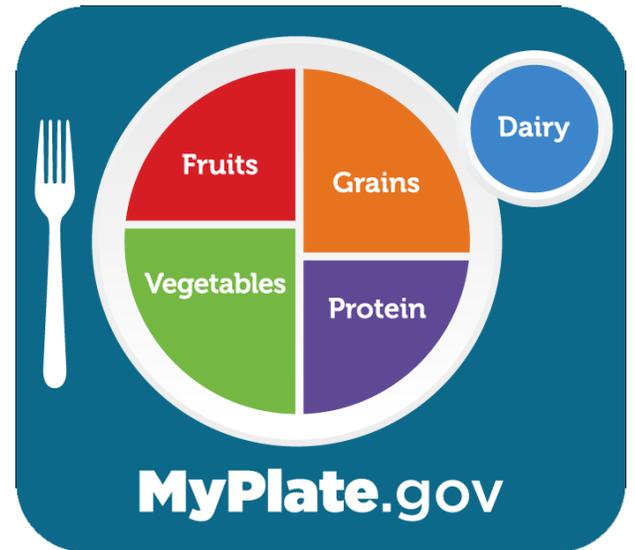


Nutrition is Key!

Balance your plate with protein, grains, fruit, vegetables and dairy, AND monitor portion sizes. Limit sugar-sweetened beverages, and drink water frequently throughout the day.

- When buying produce, try to vary the ripeness and use the most ripe first and save the others for later.
- Frozen vegetables are a perfect way to serve 1 or 2 people. Only prepare what you will need and place the rest back in the freezer in a tightly sealed bag.
- Focus on making half your grains whole grains.
- Vary your source of protein with meat, fish, beans and legumes.
- Keep your plate colorful with different fruits and vegetables.

Source: *ChooseMyPlate.gov; Kansas State University Research and Extension*



Vitamin D – the SUNSHINE Vitamin!

Soaking in the sun, even just 20 minutes per day, is the best way to ensure you get adequate Vitamin D. In the winter months, though, this can be difficult. In fact, most people in our area are deficient in Vitamin D. Vitamin D and calcium can also come from certain food and drinks, such as:

- Milk/Dairy
- Salmon, trout, or mackerel fish
- Fortified Orange Juice
- Fortified ready-to-eat cereals
- Mushrooms
- Soy Milk, Tofu
- Dark Green Vegetables
- Sardines, canned, and tuna fish
- Eggs



Vitamin D and calcium supplements are also an option; however, it is important to talk to your healthcare provider prior to starting a supplement. Your healthcare provider can also have your Vitamin D level checked to see if additional supplementation is needed.

Source: *National Institutes of Health*

Common Serving Sizes Per Meal

Fruit - 1 Cup
 Vegetables - 1 Cup
 Grains - 1/2 Cup or 1 Slice Bread
 Protein - 2 1/2 - 3 Ounces
 Dairy - 1 Cup



Pumpkin Muffins

Serving Size: 1 muffin - 211 calories, 29 g carbs, 3 g protein, 10 g fat, 219 mg sodium, 3 g fiber, 17 g sugar

Ingredients

- o 6 tablespoons unsalted butter
- o 1 cup canned pumpkin (not pumpkin pie filling)
- o ½ c honey or pure maple syrup
- o ¼ c milk
- o 2 eggs
- o 1 teaspoon vanilla extract
- o 1 teaspoon baking soda
- o ½ teaspoon salt
- o 1 tablespoon pumpkin pie spice
- o 1 ½ c white whole wheat flour
- o ½ c chocolate chips (if desired)



Instructions

1. Preheat oven to 350 degrees. Lightly grease muffin pan.
2. Melt butter in large bowl in microwave
3. Add the pumpkin, honey or maple syrup, and milk to the bowl. Whisk to combine. Whisk in the eggs and vanilla extract.
4. Add the baking soda, baking powder and salt. Mix until well combined. Add in the pumpkin pie spice.
5. Mix in the flour and chocolate chips, do not over mix.
6. Scoop the batter into the muffin tin, and top with a few more chocolate chips, if desired.
7. Bake muffins for 15-18 minutes

***Muffins can be stored wrapped airtight at room temperature for up to 3 days or in a freezer for up to 3 months.*



Favorite Foods of Fall!

Find these words:
 BUTTERNUT SQUASH
 HOT CHOCOLATE
 CINNAMON
 FIGS
 PUMPKIN
 LATTES
 PEARS
 CHILI
 APPLES
 CIDER
 SOUP
 PIE

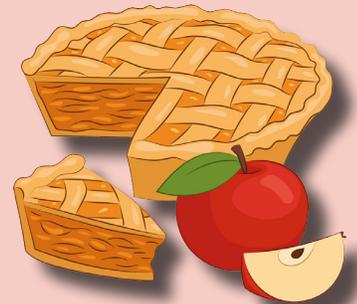
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 U K W H Y O U Q E O C C A V Z A R K N D
 A L N C X K T W P S G D L R P R M J O N
 S Y Z K I A M H D H J K U I I S U G K N

Apple Pie Overnight Oats

297 calories, 49 g carbs, 10 g protein, 8 g fat, 58 mg sodium, 6 g fiber, 18 g sugar

Ingredients

- o ½ c rolled oats
- o ½ teaspoon cinnamon
- o ¼ teaspoon ground nutmeg
- o ¼ teaspoon ground allspice
- o 1 teaspoon brown sugar
- o ½ c milk (can use up to 1 c if thinner oatmeal is preferred)
- o 1 teaspoon pure maple syrup
- o 2 tablespoons apple, diced



Instructions

1. In a canning jar or bowl, mix together oats, cinnamon, nutmeg, allspice, brown sugar.
2. Stir in the milk, maple syrup, and diced apple.
3. Seal with a lid or plastic wrap and refrigerate for at least 8 hours.
4. The next morning, enjoy either cold or warmed up. If desired, top with additional apple, cinnamon, and maple syrup.

***Overnight oats can be stored, tightly covered, in the refrigerator for up to 5 days.*