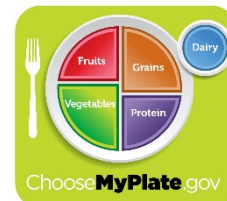


August 2020



Aging Healthfully Newsletter

Illinois Department on Aging



Reduced Appetite During the Hot Summer Months

Many individuals, especially older adults can lose their appetite when it is hot outside! As we age, eating large well-balanced meals can prove to be difficult regardless of the temperature outside due to the normal aging process.

A reduced sense of taste and smell, a slower metabolism, general lack of appetite, and taking certain medications can all contribute to not feeling up eating much food. Add in the hot summer temperatures and you have a recipe for limited intake of nutritious foods, which can make it hard to meet your daily needs.

It is possible to meet your needs without eating “large” meals! Healthy, balanced frequent snacks throughout the day or “lighter” meals that provide a source of complex carbohydrates, fiber, lean protein, and/or heart-healthy fats can be just enough nutrition without making you feel sluggish or sick on a hot summer day!

Healthy Snacks Ideas for Hot Days:

- ✓ **Apple & Peanut Butter or Cheese with Crackers** – 1 medium-sized apple + 2 tablespoons of natural peanut butter OR 2oz mozzarella cheese + 5-100% whole grain crackers = $\frac{1}{2}$ cup equivalent fruit, 2oz protein equivalents, 1oz equivalent grain
- ✓ **Cottage Fruit Salad or Fruit Parfait** - 1 cup fresh sliced peaches or raspberries + $\frac{1}{2}$ cup non-fat Greek yogurt OR 1 cup reduced fat cottage cheese + 1oz (~1/4 cup) low-fat granola = 1 cup equivalent fruit, $\frac{1}{2}$ cup equivalent milk, 1oz equivalent grain
- ✓ **Peanut Butter & Jelly Smoothie** - 1 cup frozen mixed berries + 1 cup milk or calcium-fortified milk alternative + 1 tablespoon peanut butter, 1 cup fresh spinach + a squeeze of honey to sweeten (optional) blended in a smoothie = 1 cup equivalent fruit, 1 cup milk equivalent, 1oz protein equivalent, $\frac{1}{2}$ cup equivalent vegetables
- ✓ **Banana in a Blanket** - 1 medium banana + 1 tablespoon natural crunchy peanut butter spread on a 6-inch whole grain tortilla = $\frac{1}{2}$ cup fruit equivalent, 1oz protein equivalent, 1oz equivalent grain



Lighter Meal Ideas for Hot Days:

- ✓ **Mediterranean Plate** - 1 cup total cherry tomatoes, sugar snap peas & bell pepper strips + 2 tablespoons hummus + 1- 6½-inch pita cut into wedges, 2oz mozzarella cheese or feta + ½ cup frozen grapes = 1 cup equivalent vegetables, 3oz protein equivalent, 2oz equivalent grains, 1 cup equivalent milk/milk alternative, ½ cup equivalent fruits
- ✓ **Gazpacho with Tuna, Cheese, and Crackers** – Combine 8oz can low sodium vegetable juice + ¼ cup Pico de Gallo (find this in produce section) + 1/8 cup diced cucumber + 1/8 cup diced bell pepper + splash of apple cider vinegar and Worcestershire sauce (either blend together in a blender or leave chunky) serve with 2oz canned tuna + 1.5oz cheddar cheese + 10-100% whole wheat crackers + 1 cup frozen yogurt for dessert = 1 ½ cup equivalents vegetables, 3oz protein equivalent, 2oz equivalents grain, 1 cup equivalent milk alternative
- ✓ **Grilled Chicken Salad with Fruit** – 3oz grilled chicken cut into strips + 2 cups salad greens (e.g. spinach, romaine, mixed) + ¼ cup sliced strawberries + ¼ cup blueberries + 1/3 cup shredded mozzarella cheese + oil-and-vinegar based salad dressing (e.g. balsamic) + ½ cup whole grain croutons + 5-100% whole wheat crackers = 3oz protein equivalent, 1 cup equivalent vegetables, ½ cup equivalent fruits, 1 cup equivalent milk alternative, 2oz equivalent grains
- ✓ **Peanut Butter Banana English Muffin** – 1 Whole Wheat English Muffin + 2 tablespoons peanut butter or seed butter + 1 medium banana (sliced on top of peanut butter on muffin) + 1 hard-boiled egg + 8oz can of low sodium V8 juice + 1 cup low-fat yogurt = 2oz equivalents grain, 3oz protein equivalents, ½ cup equivalent fruit, 1 cup equivalent vegetable, 1 cup equivalent milk/milk alternative

The New Nutrition Facts Label

The United States Food and Drug Administration (FDA) has recently update the Nutrition Facts label on packaging of foods and beverages. The changes are a result of scientific research, nutrition information, and input from the public on the usefulness and understanding of the Nutrition Facts Label.

Major updates to the Nutrition Facts label have not happened in over 20 years!

Here are the main highlights that have changed:

- 1) **Servings** - Serving size and servings per container now are listed in a large bolded font and serving sizes have been modified to better represent the amount people usually eat and drink.
 - **Note:** the serving size is NOT a recommendation of how much to eat.
- 2) **Calories** – Calories are also now a much larger font and bolded to make information easier to find on a package.

- 3) **% Daily Value** – % Daily values show how much of a nutrient contributes to a total daily diet. These have also been updated.
- 4) **Added Sugars** – This is new to the label. Consuming too much added sugars can make it difficult to meet nutrient needs while staying within calorie limits.
- 5) **Nutrients** – Vitamin A and vitamin C are no longer required to be on the label since deficiencies of these vitamins are not very common. Vitamin D and potassium are now required to be listed on the label because most Americans do not meet the recommended daily amounts.
 - **Note:** Vitamin D is associated with reduced risk of osteoporosis and potassium is associated with reduced risk of high blood pressure.
- 6) **Footnote** - 2000 calories a day is still used as a reference to guide the general population, however, the daily calorie needs for older adults can be lower or higher depending on your age, sex, weight, height, and level of physical activity.



Attachments:

- The New Nutrition Facts Label– Key Changes
- Using the Nutrition Facts Label– For Older Adults (English)
- Using the Nutrition Facts Label– For Older Adults (Spanish)
- Get the Facts on Serving Size (English)
- Get the Facts on Serving Size (Spanish)
- The Lows and Highs of Percent Daily Value (English)
- The Lows and Highs of Percent Daily Value (Spanish)
- **Recipes:** Hawaiian Tuna Salad; Berry Parfait Wraps

References:

<https://www.fda.gov/food/nutrition-education-resources-materials/new-nutrition-facts-label>

Illinois Department on Aging
One Natural Resources Way, Suite 100
Springfield, IL 62702

<https://www2.illinois.gov/aging/programs/nutrition/Pages/nutrition.aspx>