

Aging Healthfully Newsletter

September/October 2021



Melanie Kluzek, MS, RDN, LDN
Registered Dietitian Nutritionist

How to Select, Ripen, and Store Fall/Winter Seasonal Produce

Did you know September is Fruits and Veggies - More Matters® Month? Click on the picture of the pears to learn more.



Acorn Squash (a Winter Squash):

- Acorn squash is at its' peak from early Fall through Winter.
- Choose a squash that feels heavy & has a hard, smooth surface with a bright colored rind.
- Squash can be stored in a paper bag in the fridge for up to 1 week or in a cool dry place for a few weeks. Don't store in a plastic bag, it can trap moisture & spoil your squash.
- Wash the outside of the squash just before use. Acorn squash can be baked, steamed, boiled, or stuffed.
- Slice it in half lengthwise and scoop out the seeds – Place flesh side down on a baking sheet sprayed with olive or canola oil and bake until soft. Can be made sweet or savory.

Asian pear:

- Asian pears are available year-round, but are at their peak from late Summer through the Fall.
- Choose fragrant, unblemished Asian pears with little to no brown spots.
- Ripe Asian pears are hard and do not become soft like other pears – they are ready to eat when purchased.

- They can be stored at room temperature for up to 1 week or up to 3 months in the fridge!

Butternut Squash (a Winter Squash):

- Butternut squash peaks from early Fall through Winter.
- Choose a squash that feels heavy & has a hard, smooth surface with a nice tan brown colored skin.
- Squash can be stored in a paper bag in the fridge for up to 1 week or in a cool dry place for a few weeks. Don't store in a plastic bag, it can trap moisture & spoil your squash.
- Wash the outside of the squash just before use. Butternut squash can be baked, steamed, boiled, or pureed as a sauce.
- Slice it in half lengthwise and scoop out the seeds – remove skin, cube butternut squash, and boil in a large pot of water then drain and puree squash with low sodium chicken broth, parmesan cheese, and spices to use as a pasta sauce.

Pomegranate:

- Pomegranates are usually available from the Fall through early Winter.
- Choose pomegranates that are bright, plump, round, and heavy for their size. Avoid any with a dry-looking, wrinkled, or cracked rind.
- Store in a cool place at room temperature for up to 3 days or in the fridge for up to 2 months.
- Cut the outer skin and tap out seeds from the cream-colored, inedible membrane or use your fingers to loosen the arils. You can eat the whole pomegranate seed (aka arils) or just the juice.

As the weather starts to cool down, more of these fall fruits and vegetables will be readily available and at their peak nutritional value to enjoy.

Click [here](#) for a hearty vegetarian or beef & vegetable stew recipe.

Click [here](#) for a pumpkin-inspired breakfast recipe.

Malnutrition – A Hidden Epidemic Among Seniors



October 4th through the 8th is Malnutrition Awareness Week!

What is Malnutrition?

Malnutrition is defined as **too little or too much** energy, protein, and nutrients that can negatively impact a person's body and its function.

It can result from undernutrition or overnutrition and can affect anyone, but older adults over 65 years are at an increased risk.

Undernutrition - is caused by **not consuming enough** calories, protein, or other nutrients.

- This occurs frequently in parts of the world that do not provide adequate access to food and clean drinking water.
- It can also occur because of an illness or surgery that impacts appetite or food consumption.

Overnutrition – is caused by **consuming more calories than a person needs**.

- A person can eat more calories than their body needs and be malnourished at the same time.
- Consuming too many calories and not enough variety of nutritious foods like fruits, vegetables, whole grains, lean protein, beans, low-fat dairy, nuts, and seeds can lead to vitamin, mineral, or protein deficiencies.
- In the U.S., this is commonly seen in the hunger and overweight paradox, which occurs mostly in food insecure, impoverished areas.

Senior Malnutrition Facts:

- 1 out of 2 older adults is at risk for malnutrition or is already malnourished.
- 16% of independent older adults are at high risk for malnutrition.
- Up to 60% of older adults in health care settings are malnourished.
- 9 million older adults cannot afford nutritious food.
- 1 in 4 adults (25%) aged 65 years or older either reduces meal sizes or skip meals.
- Tooth loss, poor dental health, loss of appetite, and changes in taste, which are a natural part of the aging process, are contributing factors to malnutrition.

Click [here](#) to watch a short video - ***5 Facts About Older Adult Malnutrition!***



OCTOBER 4-8
NUTRITION
IS A HUMAN RIGHT



nutritioncare.org/MAW // [#ASPENMAW21](https://twitter.com/ASPENMAW21)

HELP STOP MALNUTRITION

Malnutrition Can Result From a Variety of Factors




Malnutrition affects more than just individuals with a low income or those that are homeless. It can also affect people that have a great support system and family that cares for them.

Even active and independent seniors that have plenty of food in their home can be at risk for malnutrition! Having enough money and eating three balanced meals every day does not prevent someone from becoming malnourished.

Factors that may cause or contribute to malnutrition:

- Changing taste buds
- Chronic health conditions
- Dementia
- Depression
- Gastrointestinal disorders (e.g ulcerative colitis, Crohn's disease, celiac disease)
- Lack of mobility
- Limited income

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- Living alone
 - Medication side effects
 - Poor dental health
 - Restricted diets
 - Trouble swallowing/chewing

As we age, our daily eating habits and activities change, which can affect our nutrition status. The body does not digest and metabolize food as efficiently as it used to.

Changes in taste bud receptors and reduced appetite affect what and how much of foods are consumed. You cannot always prevent or treat malnutrition just by eating more food.

Curious about your nutrition status?

Click [here](#) to see the main signs/symptoms of malnutrition and what you should do if you are experiencing them.

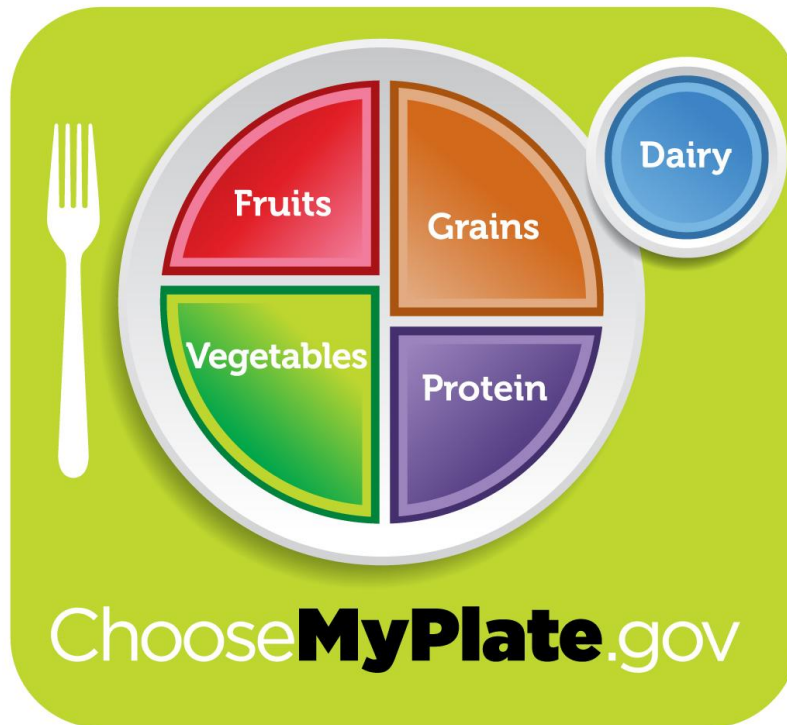
If you are concerned about your nutritional status, take this [Mini Nutritional Assessment](#), which helps screen for malnutrition.

Tips to Help Prevent Malnutrition:

- If you are on medications that decrease your appetite, ask your doctor if there are other options that do not contribute to poor appetite.
- Eat a variety of foods that provide nutrients such as potassium, calcium, vitamin D, and vitamin B12 or consume foods that are fortified with vitamins and minerals.
- Engage in types of exercise that are appropriate and enjoyable for you to help maintain/build muscle mass (Note: always check with your doctor to see what types of exercise are appropriate for you and safe to do based on your health).
- Look into applying for nutrition assistance programs that you may be eligible for such as the [Supplemental Nutrition Assistance Program \(SNAP\)](#), the [Senior Farmers Market Nutrition Program \(SFMNP\)](#) (which normally runs from July 10th to October 31st), [The Emergency Food Assistance Program \(TEFAP\)](#), among others that can help you meet your nutritional needs.

Click [here](#) for more information about the SNAP program and to find out about the [Thrifty Food Plan \(TFP\)](#).

Click [here](#) for a printable MyPlate for Older Adults!



For previous editions of the Aging Healthfully Newsletter or to find the newsletter offered in a different **language* [click here](#).

**Translated versions of the newsletter may not be posted on the site right away.
Please check back often!*

Note: *The content of this newsletter is not intended to diagnose, cure, or treat any medical, health or other condition. You should seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*

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Illinois Department on Aging | One Natural Resources Way,, Suite 100, Springfield, IL 62702-1271

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