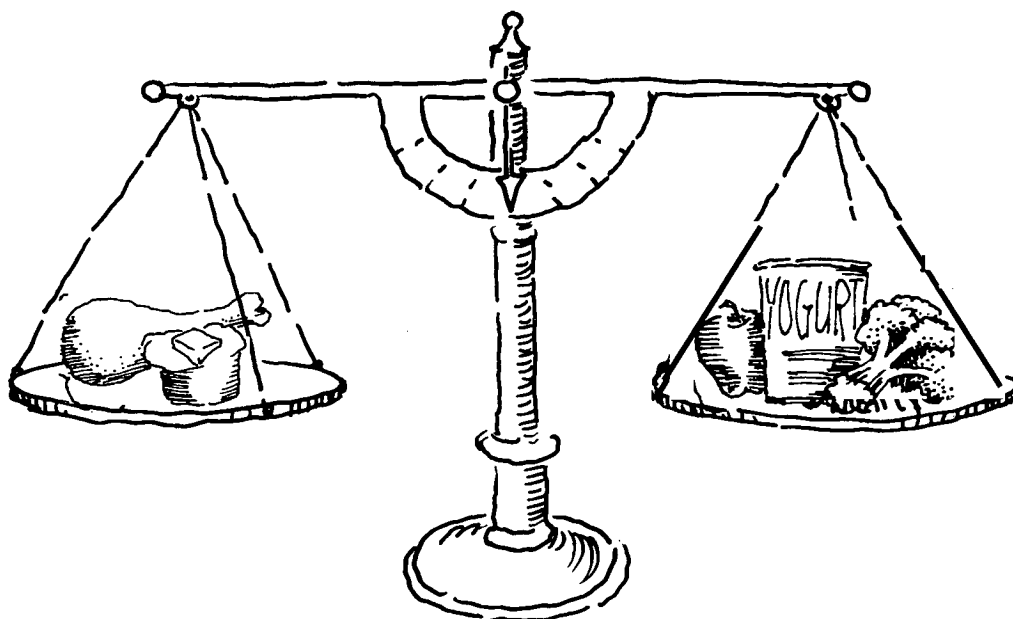


Summer 2001

Fulfilling Choices

During this session you will:

- ♦ *Review personal eating patterns for nutritional variety and balance.*
- ♦ *Compare snack foods to see how a food's composition influences its nutrient and calorie content.*
- ♦ *Identify lower-fat snacks that are filling and nutritious.*



Next Steps Follow-Up

- ◆ What steps have you already taken that might reduce your risk of heart disease?
- ◆ What is one of your favorite ways to add flavor when preparing foods without fat?

Changing Needs

Most experts agree that nutrition is a factor in the aging process. Age-related changes in body composition and metabolism require seniors to keep a sharp eye on their food choices.

The Winter 1999 session, *Successful Aging: A Work of Art* mentioned some changes that are considered a normal part of aging.

- ◆ Reduced sense of taste and smell
- ◆ Changes in oral/dental health
- ◆ Changes in the gastrointestinal system
- ◆ Changes in thirst sensitivity
- ◆ Changes in calorie needs

Any of these age-related changes can influence the variety of foods eaten and thus affect nutritional balance.

- During the past year, how has your lifestyle (or health) changed?
- How did these changes affect your food choices or eating habits?

This session provides an opportunity for you to evaluate the variety and balance in your current food choices. It also lets you compare how your food choices fit into a healthy eating pattern, such as the one suggested by the Food Guide Pyramid.

In addition, the session looks at how you might use snacks as a way to maximize nutrients, while minimizing fat and calories.



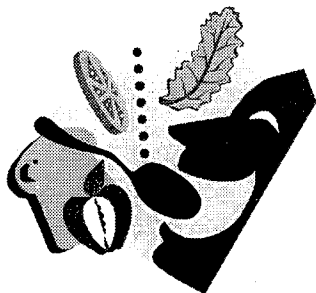
Food Choices - Variety and Balance

- What does the expression—"Eat a variety of foods," mean to you?

Variety and balance means consuming a wide variety of foods from each of the five Food Guide Pyramid groups, as well as within the groups. In other words, eating different grains, fruits, vegetables, dairy, and meat items at different meals. For example, within the grain group, you might consider having cooked cereal for breakfast one day and cold cereal the next day.

- Why do you think that eating a variety of foods is important?

There are 40 or more different nutrients that people need for good health. Different food groups supply different nutrients (e.g., vitamins, minerals, etc.). No single food or food group provides all the nutrients a person needs. In addition, some vitamins and minerals need other nutrients to operate efficiently. For example, calcium is better absorbed in combination with vitamin D. If you eat a wide variety of foods, you will automatically get all forty nutrients.



Current Food Choices. Use the Summer 1 worksheet on pages 9-10 to identify your current food choices. Add up the total number of foods checked.

The foods shown on the worksheet represent an eating pattern that includes all the food groups in the Food Guide Pyramid (pg. 11). The U.S. Department of Agriculture (USDA) created this tool in 1992 to provide an outline for what people should eat each day.

The worksheet provides a 'rough estimate' of the variety in a person's current eating pattern.

- ◆ Checking 35 or more foods indicates that the eating pattern is probably varied in a way that is consistent with good nutrition.
- ◆ Checking 22 or less foods indicates that a person probably needs to increase the variety of food choices.
- How do your results compare to what you thought they would be?
- How has being in WHI influenced the variety of foods you currently eat?

Look for some of the following patterns in the foods you checked:

- I have checked foods in all of the five main food groups (bread, fruit, vegetable, milk and meat).
- I have a variety of foods checked within each of the five main food groups.
- I have some food groups with very few foods checked.

Identify one or two food groups where you did not check many foods (e.g., vegetables). Look at the Resource - *Nutrients Supplied by the Food Groups in the Food Guide Pyramid* (pg. 11) to identify the important nutrients provided by these groups.

- What nutrients do these food groups supply?
- Why might you eat foods from this group less frequently?

Both the Food Guide Pyramid and your WHI nutrition goals emphasize the importance of having a more plant-based eating pattern—one that focuses on fruits, vegetables, grains, and legumes/beans.

Data from a USDA national survey on peoples' consumption of foods (1994-1996) showed some of the following trends:

- Low intake of whole grain foods.
- Little variety in vegetable choices. Potatoes were the main choice.
- Low intake of dark green and deep yellow vegetables, as well as cooked dry beans and peas.

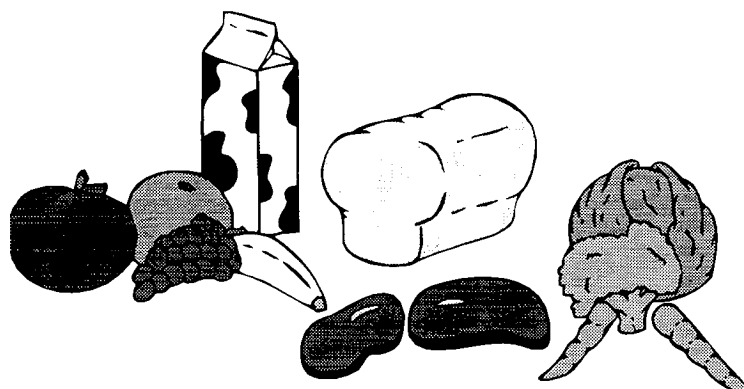
- ...many people ate ... per day.

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pare to your ... ating patterns or
to people around you?



Snack Choices - Comparing Nutrient Density

One way to increase the nutritional variety in your eating pattern is with snacks. However, snacks can also be a common way for fat and calories to creep back in. Many traditional snack foods—like chips, candy, and cookies are full of fat, sugar and calories, but provide few vitamins or minerals. This makes these foods—‘calorie-dense’ but ‘nutrient-poor.’

The third National Health and Nutrition Examination Survey (NHANES), conducted between 1988 and 1994, showed that a third of American adults get almost half of their calories from high-calorie, nutrient-poor foods like desserts, chips, candy, soft drinks, and ice cream. What’s more, people who ate more of their calories in the form of ‘nutrient-poor’ desserts and sweets, ate fewer fruits and vegetables, less fiber, and less protein than those who ate fewer desserts and sweets.

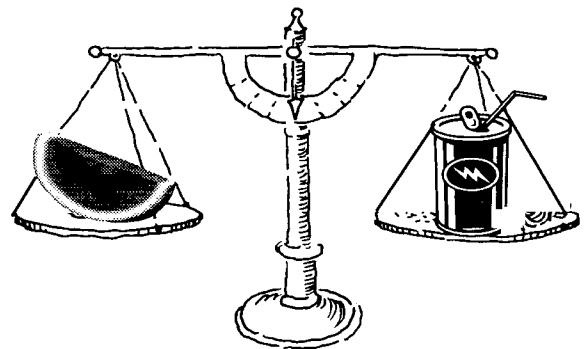
As people get older, calorie needs decrease by about 25%, but nutrient needs stay about the same. Therefore, older adults need to look for ways to get more “bang for their nutritional buck.” In other words, look for foods that are more ‘nutrient dense.’

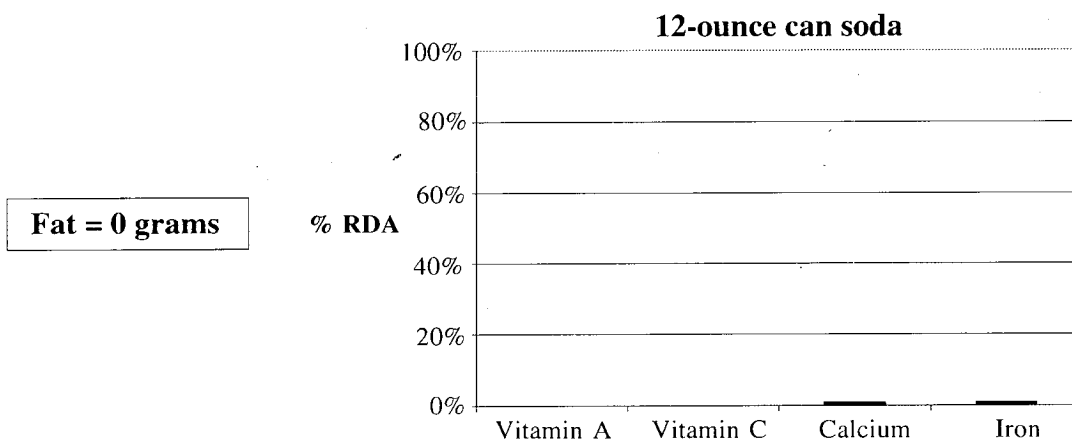
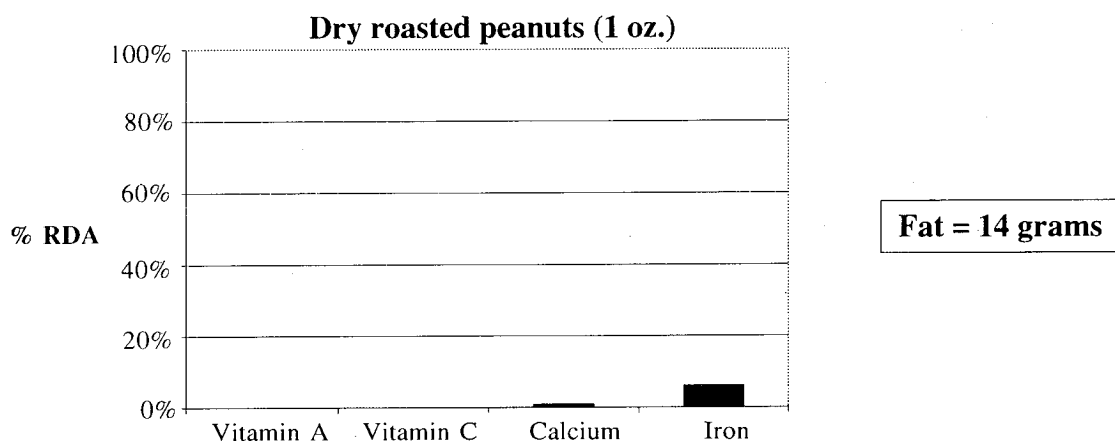
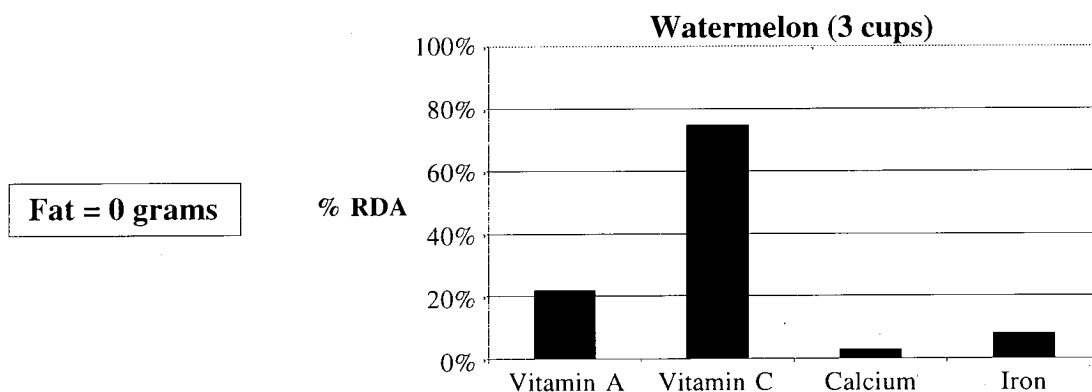
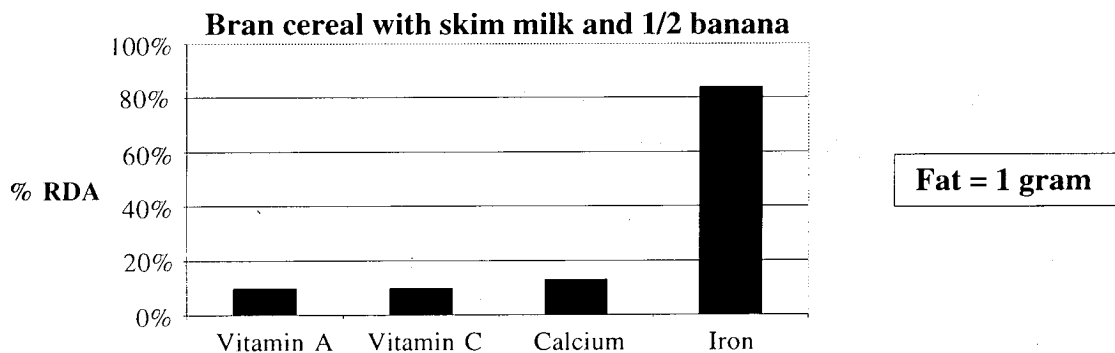
- How would you define ‘nutrient density’?
- What is an example of a snack food that you might consider ‘nutrient dense’?

Nutrient density is the amount of nutrients per calorie of food. For example: both a bowl of watermelon (3 cups) and a 12-ounce can of soda pop provide 150 calories. However, the watermelon also provides vitamin C, fiber, and other vitamins, minerals and phytochemicals.

Look at the snack examples on the next page. These snacks provide a similar number of calories. Notice the differences in vitamins, minerals, and fat grams.

- What do you notice about the snacks that contain more nutrients?





Fitting Nutritious, Low-Fat Snacks into My Lifestyle

As you pop a cookie or a pretzel into your mouth, have you ever thought, “This little nibble doesn’t count—it’s just a snack”? Well, how about making that snack count and adding some of those 40 or more nutrients that your body needs?

Here are some ideas to consider when looking for nutritious, low-fat snacks:

- ◆ Include fruits or vegetables.
- ◆ Select lower-fat protein choices (e.g., poultry, lean meat, fish, etc.).
- ◆ Select lower-fat dairy foods (e.g., nonfat milk, low-fat or nonfat yogurt, etc.).
- ◆ Include foods with more fiber (e.g., fruits, whole grains, vegetables).
- ◆ Limit foods that are mainly sugar (soda pop, candy, fat-free cookies and cakes).
- ◆ Eat moderate portions.
- ◆ Balance your food choices over time. Not every food has to be ‘perfect.’

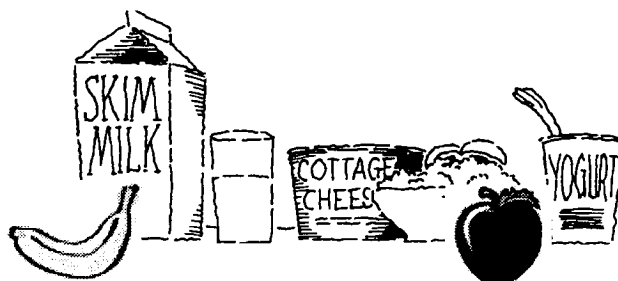
Many of us ‘graze’ during the day—eating most of our food as small

snacks throughout the day. If that eating style works for you, fine. Just remember, whatever you nibble on provides your nutrients, calories, and eating pleasure for the day. So, eat consciously. You’ll find that you not only choose healthier foods, but enjoy them that much more.

Now, take a few minutes and think about your current eating patterns. Consider how you might use snacks to provide some of the nutrients that your body needs. Think about when you like to snack—at work, before or after meals, in the evening, or throughout the day. Create one or two ‘nutritious, low-fat snack ideas that contain at least two of the five Food Guide Pyramid food groups (breads/grains, fruits, vegetables, low-fat dairy, or lean meat/meat alternatives).

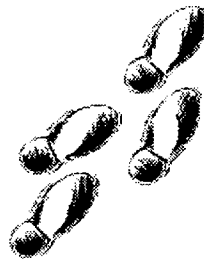
My Snack Idea:

-
-
- **How did you decide which food groups to use in your snacks?**
 - **Which nutrients do these snacks add to your eating patterns?**



Next Steps

Think about the variety and balance in the foods you currently eat. In addition, think about the impressions that you had from looking at the 'nutrient rich' vs. 'nutrient-poor' snack examples.



Based on what you read today, how might this information help you or others in your family?

Questions for Thought

- ◆ Where do you feel you are now with your selection of nutrient-rich snacks?
- ◆ Where would you like to be?

How Much Variety Do I Eat?

Place a check mark next to any food that you ate during the last week.

Bread, Cereal, Rice & Pasta Group:

- ☐ Non-whole grain breads (white bread, pita, plain bagels, flour tortillas, etc.)
- ☐ Whole -grain breads (whole grain breads, crackers, pita bread, bagels, corn and wheat tortillas, etc.)
- ☐ Quick breads (muffins, cornbread, biscuits, pancakes, waffles)
- ☐ Non-whole grain pasta, noodles or white rice
- ☐ Whole-grain pasta or rice (brown or wild rice, whole wheat noodles, etc.)
- ☐ Refined cereals, cold or hot (cornflakes, cream of wheat, etc.)
- ☐ Whole-grain cereals, cold or hot (bran, oatmeal, etc.)
- ☐ Other whole grains (barley, bulgar, kasha, etc.)
- ☐ Whole grain snacks (popcorn, corn tortilla chips, etc.)
- ☐ Refined grain snacks (pretzels, rice cakes, saltine/soda crackers, etc.)
- ☐ Refined sweet grains (donuts, pastries, coffeecakes, etc.)

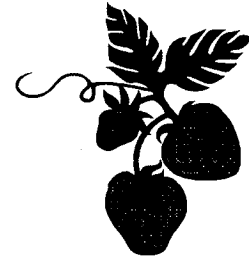
Vegetables (canned, fresh or frozen):

- ☐ Dark leafy vegetables (spinach, kale, greens, etc.)
- ☐ Deep yellow/orange vegetables (winter squash, carrots, sweet potatoes, etc.)
- ☐ Tomatoes and tomato products
- ☐ Cruciferous vegetables (broccoli, Brussels sprouts, cabbage, cauliflower, bok choy, etc.)
- ☐ White potatoes (baked, mashed, French fries, etc.)
- ☐ Other starchy and root vegetables (corn, peas, beets, turnips, parsnips, etc.)
- ☐ Other vegetables (lettuce, okra, peppers, green beans, summer squash, onions, etc.)
- ☐ 100% vegetable juices



Fruits (canned, fresh or frozen):

- ☐ Citrus fruits (orange, grapefruit, tangerines, kiwi, guava, etc.)
- ☐ Melons (cantaloupe, honeydew, watermelon, etc.)
- ☐ Cherries and berries (strawberries, blueberries)
- ☐ Dried fruit (raisins, prunes, apricots, etc.)
- ☐ Vitamin-A rich fruits (papaya, mango, apricots, nectarines, peaches)
- ☐ Other fruits (banana, pear, pineapple, figs, grapes, etc.)
- ☐ 100% fruit juices

**Dairy Foods:**

- ☐ Milk (skim, 1 or 2%, whole, evaporated, etc.)
- ☐ Yogurt (nonfat, lowfat, regular)
- ☐ Cottage cheese (nonfat, lowfat, regular)
- ☐ Cheese, nonfat, lowfat, regular (American, mozzarella, cheddar, ricotta, feta, cream cheese, etc.)
- ☐ Milk-based desserts, lowfat or regular (frozen yogurt, ice cream, puddings, etc.)
- ☐ Other dairy foods (sour cream, half n' half, cream, whipped cream)

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts:

- ☐ Beef, pork/ham, lamb, veal
- ☐ Poultry (chicken, turkey, etc.)
- ☐ Fish and seafood
- ☐ Liver/organ meats
- ☐ Other meats (sausage, bacon, bologna, etc.)
- ☐ Eggs and egg substitutes
- ☐ Legumes, dried or canned (beans: kidney, navy, black, garbanzo, lentils, etc.)
- ☐ Tofu and soy-based meat alternatives
- ☐ Nuts, seeds and peanut butter

Fats/Oils and Sugars:

- ☐ Margarine, butter, oil, shortening
- ☐ Jelly, jam, syrup, honey, candy (chocolate, hard, etc.)
- ☐ Soft drinks (regular or diet)

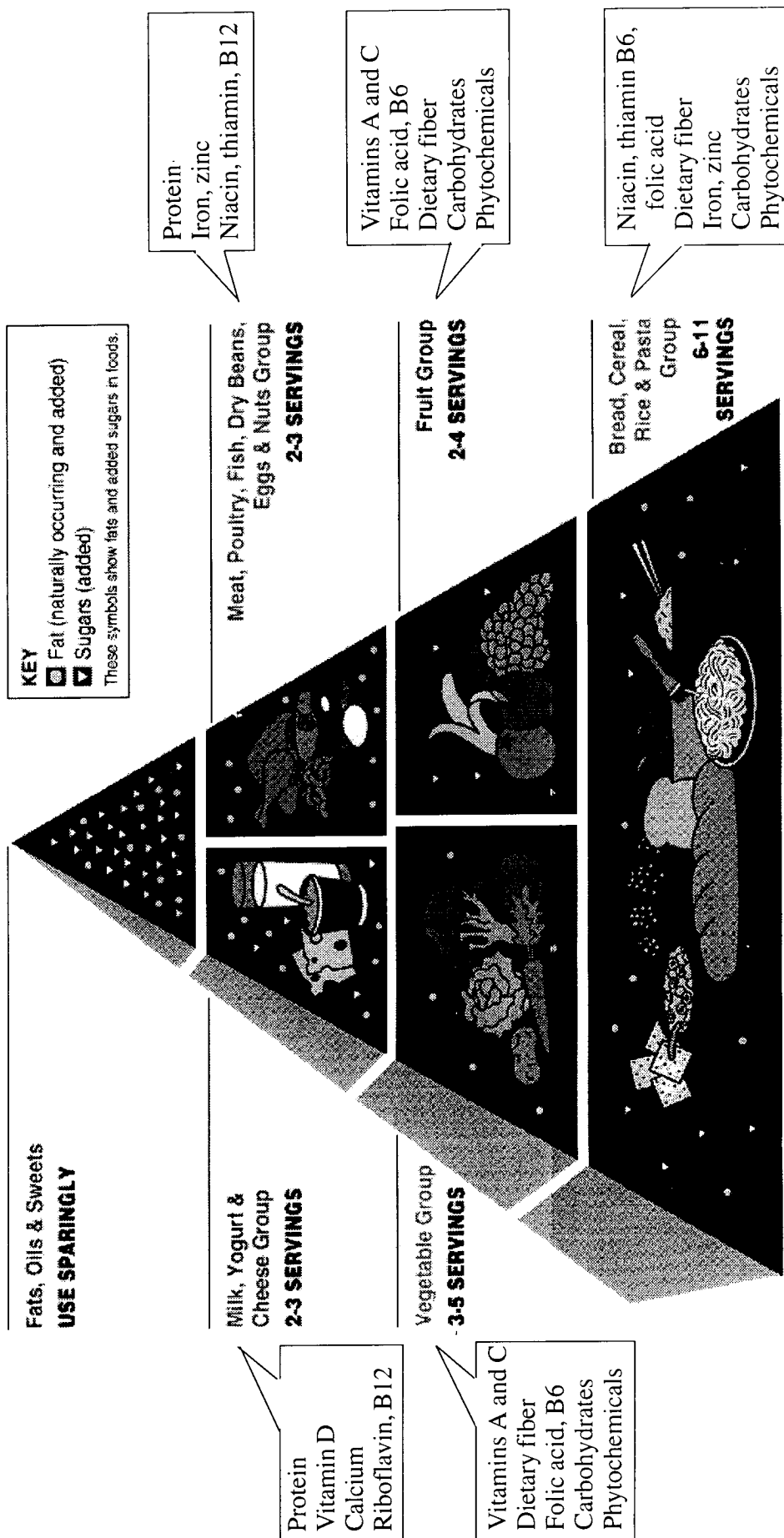
Total number of foods checked: _____

Checking 35 or more foods, indicates that a person is eating a wide variety of foods that is probably consistent with good nutrition.

Checking 22 or less foods, indicates that a person probably needs to increase the variety of their food choices.

Nutrients Supplied by the Food Groups in the Food Guide Pyramid

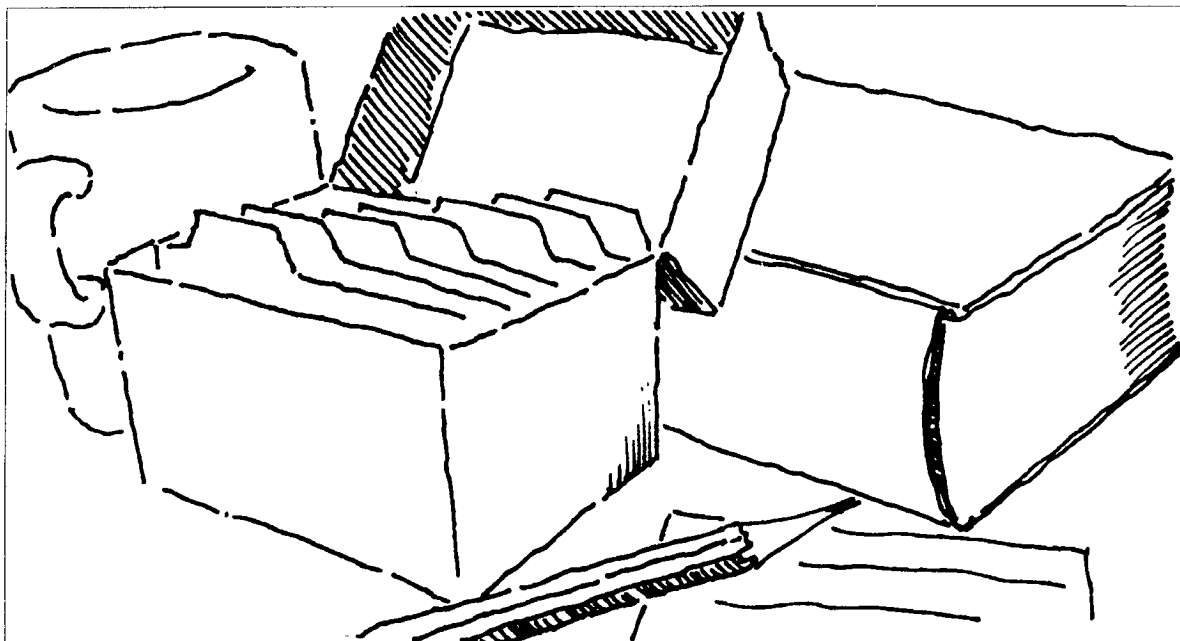
Resource



Spring 2001

Recipes

- ◆ *Cheddar Toast with Black Bean Relish*
- ◆ *Warm Spinach and Cheese Dip*
- ◆ *Tuna Pasta Salad*
- ◆ *Fruit Kabobs with Chocolate Dip*
- ◆ *English Summer Pudding*



Cheddar Toast with Black Bean Relish

Rich in flavor and visual appeal, these bite-size appetizers are surprisingly lean in cost and calories. We combine hot-from-the-oven Cheddar toast with a chilled, slightly spicy black bean and vegetable relish for a delightful combination of tastes and temperatures.

1 cup cooked black beans
1/4 cup minced peeled pears or mangoes
1/4 cup chopped scallions
1/4 cup chopped tomatoes
1 teaspoon minced fresh jalapeño peppers (wear plastic gloves when handling)
1 teaspoon olive oil
1 teaspoon ground cumin
1-2 tablespoons lime juice
1 medium loaf Italian bread
1/2 cup shredded low-fat extra-sharp Cheddar cheese

In a medium bowl, combine the beans, pears or mangoes, scallions, tomatoes, jalapeño peppers, oil, cumin, and 1 tablespoon of the lime juice; mix well. Cover and refrigerate for 45 minutes, stirring occasionally. Add up to 1 tablespoon more lime juice, if desired.

Preheat the oven to 350°F. Cut the bread into 12 slices; place in a single layer on a baking sheet. Bake for 10 minutes. Sprinkle with the Cheddar cheese. Bake for 5 minutes, or until the cheese has melted. Top with the black bean relish.

Makes 12 servings

Fat: 3 grams

Grain Servings: 1 per serving

Recipe from *Low-Fat, Low-Cost Cookbook*. Edited by S. Sanders, Prevention Magazine

Warm Spinach and Cheese Dip

Pack a portion of this creamy dip along with vegetables or crackers and you have a great afternoon snack for hectic workdays. It's also a favorite at holiday parties.

1 cup chopped packed fresh spinach
1 cup canned artichoke hearts, drained
4 cloves garlic, minced
1 teaspoon balsamic vinegar
2/3 cup shredded low-fat mozzarella cheese
1/3 cup nonfat sour cream or nonfat plain yogurt
1/2 teaspoon cornstarch
4 tablespoons grated Parmesan cheese
nonstick cooking spray

Preheat the oven to 375°F. Coat a 1-quart casserole dish with nonstick cooking spray.

In a food processor or blender, puree the spinach, artichoke hearts, garlic and vinegar until smooth. Transfer to a medium bowl. Stir in the mozzarella, sour cream or yogurt, cornstarch, and 2 tablespoons of the Parmesan. Spoon into the casserole dish; sprinkle with the remaining 2 tablespoons Parmesan.

Bake for 20 minutes, or until the dip is golden brown and bubbling hot.

Makes 2-1/2 cups (1/4 cup per serving)

Fat: 2 grams

Fruit/Vegetable Servings: 0.5 per serving

Recipe from *Low-Fat, Low-Cost Cookbook*. Edited by S. Sanders, Prevention Magazine

Tuna Pasta Salad

1 cup shell pasta, cooked
1 cup cherry tomatoes, cut in half
1 cup cooked green beans
1/2 cup cucumber slices
1/4 cup sliced green onion
1/2 cup sliced red or green bell pepper
16-ounces can tuna packed in water, drained
1 teaspoon olive oil
4 tablespoons red wine vinegar
1 teaspoon Italian seasoning mix
black pepper to taste

Combine all ingredients in a large bowl. Refrigerate until ready to serve.

Makes 4 servings (1 cup)

Fat: 2 grams

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 0.5 per serving

Recipe from *Communicating Food for Health* magazine, July/August 1999

Fruit Kabobs with Chocolate Dip

12 six-inch wooden skewers
24 medium fresh strawberries, stems removed
24 cubes fat-free pound cake (3/4-inch cubes)
12 fresh pineapple chunks (about 1-1/2 cups)
2 fresh kiwi, peeled and cut into 12 chunks
2 (6-ounces) containers Snackwells Double Chocolate nonfat yogurt
1 tablespoon skim milk

On each of the 12 skewers, arrange 2 strawberries, 2 cake cubes, 1 pineapple chunk, and 1 kiwi chunk.

In a small bowl, stir together yogurt and milk and serve as dipping sauce for the fruit kabobs.

Makes 6 servings (2 kabobs per serving)

Fat: 1 gram

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 0.5 per serving

Recipe from *Nutrition Update, Eating for the Long Run*, Spring 1997
(Memphis WHI Clinical Center)

English Summer Pudding

Summer pudding was born when a thrifty Brit decided to use up stale bread and an abundance of fresh fruit. The result is a marvelous concoction that's elegant enough for company--and inexpensive enough for everyday.

2 cups blueberries
2 cups sliced strawberries
2 cups raspberries
1/4 cup packed brown sugar
1/4 cup apple juice or sweet white wine
12 slices bread, crusts removed
1/2 cup low-fat vanilla yogurt

In a medium saucepan, combine the blueberries, strawberries, raspberries, brown sugar, and apple juice or wine. Cook and stir over medium-high heat for 5 minutes.

Line a 2-quart glass bowl or soufflé dish with the bread; fill the center with the berry mixture. Cover and refrigerate for 12 hours, or until the bread is soaked with the berry mixture. Top with the yogurt.

Makes 8 servings

Fat: 2 grams

Fruit/Vegetable Servings: 1.5 per serving

Grain Servings: 1.5 per serving

Recipe from *Low-Fat, Low-Cost Cookbook*. Edited by S. Sanders, Prevention Magazine

