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## EC98-454 Nutrition for the Elderly

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# Nutrition for the Elderly

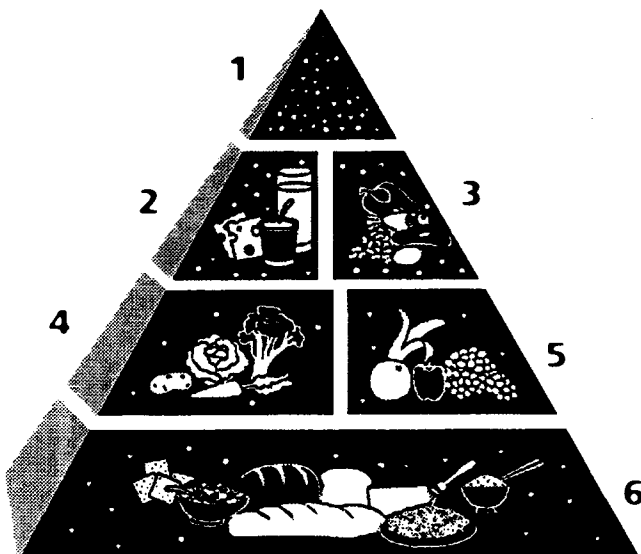
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Nutrition is important at every age and is one of the keys to healthy living. We are all overwhelmed with new information about nutrition each day. This publication focuses on nutrition topics specifically related to the elderly.

The nutrient requirements of an older person and that of younger adults do not differ greatly.

The older person may not eat enough food to provide him/her with the required nutrients which results in him/her not getting enough vitamins, minerals and calories needed to stay healthy. Assessing one's daily eating habits is a good place to start when obtaining a nutritious diet.

## Food Guide Pyramid for Older Adults



1. **Fats, Oils and Sweets**  
 (jelly, candy, gelatin, mayonnaise, salad dressing, margarine/butter) eat sparingly.
2. **Milk, Yogurt and Cheese**  
 (milk - 1 cup; yogurt - 1/2 cup; pudding - 1/2 cup; Milkshake - 1 cup; ice cream - 1/2 cup; Swiss cheese - 1 1/2 oz; cottage cheese - 1/2 cup) eat 2-3 servings daily
3. **Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**  
 (tuna, 2 oz; meatloaf, 2 oz; chicken, 2 oz; fish sticks, 2 oz; eggs, 2; baked beans, 1 cup; peanut butter, 4 tbsp) eat 2-3 servings daily
4. **Vegetables**  
 (corn, 1/2 cup; carrots, 1/2 cup; broccoli, 1/2 cup; salad greens, 1 cup; green beans, 1/2 cup; vegetable juice, 3/4 cup; mashed potatoes, 1/2 cup) eat 2-5 servings daily
5. **Fruits**  
 (orange, 1; banana, 1; fruit juice, 3/4 cup; applesauce, 1/2 cup; dried prunes, 1/4 cup; fruit cocktail, 1/2 cup; strawberries, 1/2 cup) eat 2-4 servings daily
6. **Bread, Cereal, Rice and Pasta**  
 (bagel, 1/2; rice, 1/2 cup; hot cereal, 1/2 cup; dinner roll, 1; muffin, 1 small; English muffin, 1/2; noodles, 1/2 cup; bread, 1 slice; graham crackers, 3 to 4; ready-to-use cereal, 1 oz) eat 6-11 servings daily.

### What About Water?

Water is an important nutrient. It is recommended that you drink 8 cups of fluid daily.



A nutritious diet should include a variety of foods: fruits and vegetables; whole grain breads and cereals and grain products such as rice and pasta; fish, poultry, meat, eggs and dry peas and beans; and milk, cheese and other dairy products.

## **Fat in Your Diet**

Fat is needed by the body and it gives food flavor, aroma and texture. The Dietary Guidelines recommend 30 percent or less of calories come from fat. Eating too much saturated fat and too many calories can increase your blood cholesterol. A diet containing too much fat may increase your risk for certain cancers. Two roles or functions of fat are to provide energy and help our bodies absorb fat soluble vitamins A, D and E.

Fats are made up of three kinds of fatty acids — saturated, monounsaturated and polyunsaturated fatty acids. Examples of these fatty acids are:

### **Foods High in Saturated Fatty Acids (SFA):**

- Meat, dairy products, coconut and palm oil
- Examples: cheese, butter, beef, lamb, pork and poultry

### **Foods High in Monounsaturated Fatty Acids (MUFA):**

- Primarily found in plants and some fish
- Examples: olive, canola and peanut oil

### **Foods High in Polyunsaturated Fatty Acids (PUFA):**

- Primarily found in plants
- Examples: sunflower, corn and soybean oils
- Found also in fish in the form of omega-3 fatty acids

The United States Department of Agriculture (USDA), National Institutes of Health (NIH) and the National Institute on Aging (NIA) recommend the following to reduce the fat in your diet:

- Choose lean cuts of meat, such as beef round, loin, sirloin, pork loin chops and roasts and lean hamburger;
- Choose fish and poultry instead of red meat;
- Buy non-fat versions of dairy products;
- Choose foods that are lower in fat by reading the food label;
- Use reduced-calorie salad dressings;
- Gradually replace whole milk as a beverage with reduced fat (2%)milk, then low fat (1%) or nonfat (skim) milk;
- Broil, roast, bake, steam or boil foods instead of frying them;
- Trim all visible fat from meats before cooking and remove the skin from poultry;
- Spoon off fat from meat dishes after they are cooked;
- Use nonfat milk or low-fat milk when making "cream" sauces, soups or puddings;
- Substitute low-fat yogurt or whipped low-fat cottage cheese for sour cream and mayonnaise in dips and dressings;
- Substitute two egg whites for each whole egg in recipes for most quick breads, cookies and cakes; and
- Try lemon juice, herbs or spices to season foods instead of butter or margarine.

## How do you score on FAT?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almos daily</i>
<b>How often do you eat</b>				
1. Fried, deep-fat fried, or breaded foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatty meats, such as sausage, luncheon meats, fatty steaks and roasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Whole milk, high-fat cheese, ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Pies, pastries, rich cakes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rich cream sauces and gravies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Oily salad dressings, mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Butter or margarine on vegetables, dinner rolls, toast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(US Department of Agriculture, National Institutes of Health, National Institute on Aging)

**Several checks in the last two columns mean you may have a high fat intake. If so, begin making changes in your diet.**

### Cholesterol in Your Diet

Just as fat is needed in the body, cholesterol also is needed. Cholesterol is found in almost all of our body cells and is used by the body to make hormones and other things needed by the body. Cholesterol that comes from the food we eat is called dietary cholesterol. Animal foods in which dietary cholesterol is present are: meat, poultry, fish, dairy products and egg yolk. Dietary cholesterol and blood cholesterol made by the body both circulate in the blood (blood cholesterol). The following are some helpful facts about cholesterol:

- Eating a diet high in saturated fat and cholesterol may increase your blood cholesterol.
- A high blood cholesterol level may increase the risk of having a heart attack or a stroke.
- The desirable blood cholesterol level for adults is 200 mg/dl or less.
- A way of lowering your blood cholesterol level is through the diet.

The above helpful facts to help lower the cholesterol in your diet also can be applied to lowering the amount of fat in your diet.

### Sodium in Your Diet

Sodium is needed in our bodies to maintain normal blood volume, regulate water balance and transmit nerve impulses. High intakes may lead to high blood pressure, which may increase risk for heart attack, stroke and kidney disease. For people who are sodium-sensitive, lowering the amount of sodium in the diet can help control high blood pressure. Many health professionals suggest that sodium intake for healthy adults should be 2,400 milligrams a day or less.

The following are some suggestions to reduce sodium in your diet:

- Fresh meat has less sodium than lunch meat, bacon, hot dogs, sausage and ham.
- Cook plain rice, pasta, and hot cereals using less salt than the package calls for.
- Choose fresh rather than canned vegetables. Canned vegetables and vegetable juices usually have salt added.
- Frozen vegetables without sauces are generally lower in sodium.
- Fresh, frozen and canned fruit and fruit juices are usually low in sodium.

- Snacks such as potato chips, pretzels, corn chips, popcorn, crackers and nuts normally have more salt added and should be eaten sparingly.
- Commercially prepared foods such as soups, frozen dinners and other “fast food” items have salt added during preparation.
- When grocery shopping, look for low-sodium and sodium-free items on the food labels. If sodium is one of the first three ingredients listed, the product is high in sodium.

- Adjust your recipes, gradually cutting down on the amount of salt.
- Reduce the amount of salt at the table.

Suggested alternatives to salt when cooking: use lemon, pepper, herbs, spices, onion and garlic powders (not salts), powdered mustard, small amounts of sugar, finely chopped garlic and fresh grated horseradish.

The following is a checkup on your diet for sodium intake.

### How do you score on SODIUM?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almost daily</i>
<b>How often do you</b>				
1. Eat cured or processed meats, such as ham, sausage, hot dogs and other luncheon meats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Choose canned vegetables or frozen vegetables with sauce?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use frozen TV dinners, entrees or canned or dehydrated soups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat cheese?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eat salted nuts, popcorn, pretzels, corn chips or potato chips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Add salt to cooking water for vegetables, rice, pasta, or cereals or add seasoning mixes or sauces containing salt when preparing food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Salt your food before tasting it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(US Department of Agriculture, National Institutes of Health, National Institute on Aging)

**Several checks in the last two columns mean you may have high sodium intake. If so, think about changes in your diet that you could make.**

## Fiber in Your Diet

Fiber is present in foods that come from plants. Our bodies need fiber in order to avoid constipation. There are two types of fiber — insoluble and soluble. Insoluble fiber is found in whole-grain products, such as whole-wheat bread and cereals, fruits and vegetables with their peels and dry beans and peas. Insoluble fiber helps prevent constipation. Diets high in insoluble fiber and low in fat may reduce the risk of colon cancer.

Soluble fiber is found in fruits, vegetables, dry beans and peas and some cereal products such as oatmeal, oat bran and rice bran. Research indicates that diets that are low in fat and saturated fat and rich in soluble fiber may help reduce blood cholesterol levels (“Food Facts For Older Adults”, United States Department of Agriculture, National Institutes of Health, National Institute on Aging).

Many experts suggest eating 20-35g of fiber a day. To include at least 20g of fiber each day you would need the following:

	<i>Examples</i>
3 servings of vegetables every day	broccoli spears, corn, potato and kidney beans
	and
2 servings of fruit everyday	pears, apples, bananas, figs and oranges
	and
3 servings of whole grain products every day	Whole-wheat bread, oatmeal, and whole-grain cereals

The following is a checkup on the amount of fiber in your diet:

## Are You Getting Enough Fiber in Your Diet?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almost daily</i>
<b>How often do you eat</b>				
1. Three or more servings of breads and cereals with whole grains?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Starchy vegetables such as potatoes, corn, peas or dishes made with dry beans or peas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Several servings of other vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Whole fruit with skins and/or seeds (berries, apples, pears, etc?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(US Dept of Agriculture, National Institutes of Health, National Institute on Aging)

**Several checks in the first two columns mean you should include more fiber in your diet.**

## Avoiding Constipation Through Diet and Fluids

An elderly person may not drink enough water because his/her sense of thirst may decline with age. Often people drink less on purpose to avoid many trips to the bathroom. If the body does not get enough fluids, it becomes dehydrated and constipation could occur. Eating a diet low in fiber or misusing laxatives also can cause constipation. Constipation is defined as fewer than usual bowel movements, with a long or hard passing of stools.

The diet plays an important role in avoiding constipation. Eating more foods high in fiber such as vegetables, fruits and whole wheat breads and cereals decreases your chances of experiencing constipation. It is recommended that adults should drink at least eight glasses of water a day. This water can come from juice, coffee, tea, milk or soup. Some choices are plain water, unsweetened fruit juices and low-fat milk. Water and other liquids add bulk to the stool, making bowel movements easier.

Using laxatives too often may cause constipation. Laxatives are not always the cure for constipation. If laxative use is frequent, the body will begin to rely on the laxatives to bring on bowel movements, and over a period of time fails to work on its own.

Many older adults experience constipation. Regular bowel movements differ from person to person. Know what is normal for you and avoid relying heavily on laxatives.

## Calcium and Vitamin D

Calcium and vitamin D are dietary requirements at any age. Particularly for the elderly, calcium and vitamin D are needed due to the increased risk for osteoporosis, which is a disease that causes your bones to become weak and brittle. As you age, you lose minerals from your bones. If mineral loss is excessive, osteoporosis may develop. Also, the loss of calcium from the bones increases in women after menopause, which increases the risk of osteoporosis.

Your body needs vitamin D to absorb calcium. Vitamin D is made when your skin is exposed to sunlight. Milk also contains vitamin D. If you have any concerns about your need for vitamin D, consult your doctor or dietitian. Usually dietary supplements of vitamin D are not necessary. If your

doctor or dietitian recommends a vitamin D supplement, it should not exceed the U.S. Recommended Dietary Intake of 400 International Units (IU) per day (U.S. recommended daily allowances are nutrient standards developed for food product labels by the federal government).

Ways to include calcium in your diet:

- milk, yogurt, cheese;
- dark-green leafy vegetables such as kale and broccoli;
- canned fish eaten with the bones such as canned sardines and salmon; and
- tofu

If you are unable to digest milk in your diet (lactose intolerance) some alternatives:

- drink milk that has had lactase added (i.e. Lactaid);
- eat yogurt or cheese;
- try cooked foods made with milk such as soups, puddings or custards;
- tortillas made with cornmeal that is fortified in calcium;
- macaroni and cheese; or
- you may want to talk to your doctor about a calcium supplement.

It is important to note that moderate exercise that places weight on your bones, such as walking, helps maintain and may even increase bone density and strength in older adults.

## Medications, Supplements and Food

Often older adults take medications that are prescribed as well as those that can be bought without prescriptions. Some medicines do not mix with certain types of foods. It is important that you check with your doctor or pharmacist to see if the medicines you are taking are affected by food or beverages.

You may want to ask your doctor about diet and the following:

- diuretics and other high blood pressure medicines;
- antibiotics;
- pain relievers;
- antidepressants;
- anticoagulants (drugs for blood thinning); and
- antacids

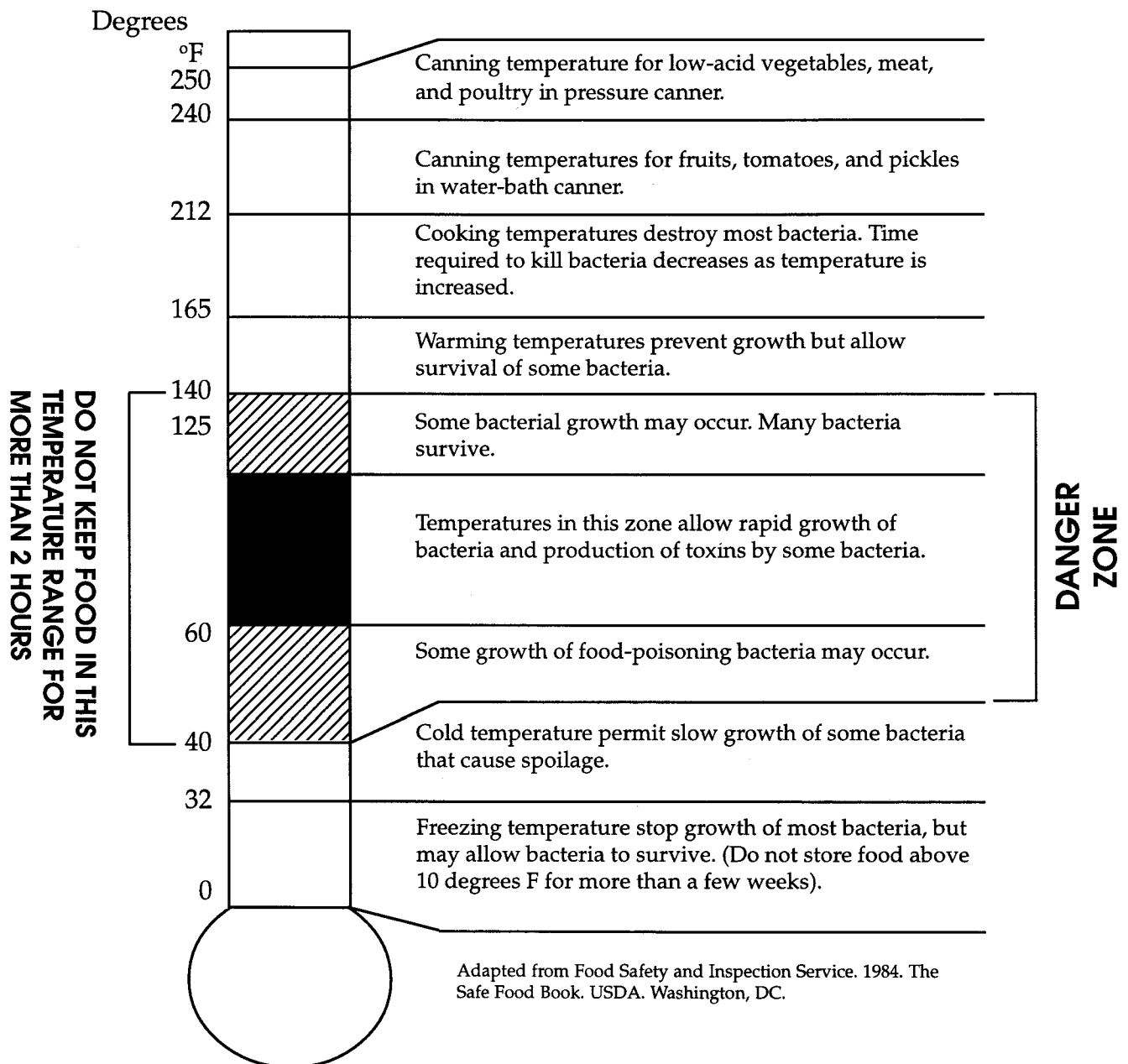
To avoid possible side effects it is very important that you visit with your doctor about any other medicines, vitamins or supplements you are taking, whether prescribed or bought over-the-counter.

Many people take supplements to improve the way they feel, to prevent or cure diseases and even to lengthen life. Often people increase the amount of supplements they take, thinking more is better. Large amounts of some supplements may upset the natural balance of nutrients that the body normally maintains. For example: large amounts of vitamin A can cause headaches, nausea, diarrhea and eventually liver and bone damage. High amounts of vitamin D can cause kidney damage and even death.

Older people can get the nutrients that they need through their diet. There are a lot of vitamins and minerals in fruit, vegetables, meat, dairy products, whole grain or enriched breads and cereals. Remember to adhere to the food guide pyramid recommendations.

## Food Safety

It is important to handle foods safely to avoid food-borne illnesses. The following food safety tips should be followed so that your food will be safe to eat (USDA Meat and Poultry Hotline).





- Wash hands with warm soapy water before handling food.
- Thaw frozen foods in the refrigerator, not on the kitchen counter, or thaw them in the microwave, following the oven manufacturer's directions.
- Cook raw meats, poultry, fish and eggs thoroughly.
- Keep hot foods hot and cold foods cold until serving time.
- Refrigerate or freeze leftover foods promptly.
- Don't let perishable foods sit out at room temperature for more than two hours.

Raw or undercooked ground beef may contain harmful bacteria. Thoroughly cook ground beef to avoid a food-borne illness. Food safety tips for ground beef:

- At the store (40°F or less), be sure to choose a package that is not torn and that feels cold. If possible, enclose it in a plastic bag so juices won't drip on other foods. Make ground beef and other perishables your final purchase of the trip.
- After leaving the store, get perishables home quickly and refrigerate or freeze them immediately. If the trip home is more than an hour, pack them in an insulated chest. When handling raw ground beef, don't let raw juices contaminate foods that won't be cooked. Wash your hands with soap and hot water before and after handling ground beef to make sure you don't spread bacteria from one surface to another.
- Don't reuse any packaging materials. Use soap and hot water to wash utensils and surfaces which have come into contact with the raw meat. After cooking hamburgers, do not put the cooked hamburgers on the same platter that contained the raw patties.
- Bacteria multiply rapidly in the "danger zone" between 40°F and 140°F. To keep bacterial levels low, store ground beef at 40°F and use or freeze it within two days.
- Ground beef kept frozen at zero F will maintain its quality up to four months (USDA Meat & Poultry Hotline).

## Meal Planning

Some older adults do not eat or cook meals because they have lost interest. Older adults who live alone may have difficulty buying and preparing food. Make meal time enjoyable by eating with a friend, eating in a different place, such as the den or dining room, or starting a covered dinner dish club, where everyone brings a prepared dish.

To include the correct amount of nutrients in your diet, take time to plan each meal. Whether young or old everyone needs a variety of foods from each food group in the pyramid. The following are some shopping tips for the next time you visit the grocery store:

### Breads, cereals, rice and pasta:

- Whole-wheat, rye, pumpernickel, mixed grain, and enriched breads and rolls, bagels and English muffins
- Whole-grain crackers, such as graham crackers, wheat crackers and rice cakes
- Whole-grain breakfast cereals
- plain rice, pasta (cook with less salt)

### Fruits:

- fresh fruit
- canned fruit, in juice rather than heavy syrup
- canned or frozen fruit juice, unsweetened

### Vegetables:

- Fresh leafy vegetables and other vegetables
- carrots, potatoes, onions.
- frozen vegetables without sauce.
- canned vegetables, tomato sauces, and soups try with reduced sodium or no salt added.
- dry beans or split peas; canned beans; bean and pea soups.

### Meat, poultry, fish:

- fresh, well-trimmed, lean meats — beef round, loin, sirloin, chuck arm; pork loin, roasts, chops, and leg of lamb.
- for leaner ground beef, choose ground round
- fresh chicken, turkey; boneless, skinless breasts or thighs.
- fresh or plain frozen fish, tuna fish canned in water
- eggs
- peanut butter

**Milk, yogurt, cheese:**

- reduced (2%) low-fat (1%) or nonfat (skim) milk
- low-fat or nonfat yogurt, plain or flavored
- part-skim and low-fat cheeses such as mozzarella, ricotta, cottage cheese
- frozen yogurt or ice milk

**Spreads and seasonings**

- margarine, with liquid vegetable oil
- vegetable oil — canola, olive, corn, soybean oils for cooking and salad dressings

- reduced fat mayonnaise and salad dressings
- salt-free herb blends for seasoning

**Menu Planning**

The following menu shows how you might use the Food Guide Pyramid to plan your menu. The 1,600-calorie menu includes the lower number of servings from the food groups, while the 2,400-calorie menu includes the higher number of servings.

**Menu****1600 Calories****2400 Calories****Breakfast**

1/2 medium  
2 slices  
1 tsp.  
None  
1 cup

Grapefruit  
Whole wheat bread  
Margarine, soft  
Jelly  
Milk, skim

1/2 medium  
2 slices  
2 tsp.  
1 tbsp.  
1 cup

**Lunch**

6 fl. oz.  
  
1 oz.  
1 oz.  
1 1/2 oz.  
1 1/2 cups  
1 tbsp.  
2 small  
1 medium

Vegetable juice, no salt added  
Luncheon salad:  
Turkey  
Ham  
Swiss cheese  
Mixed greens  
French dressing, low calorie  
Corn muffins  
Peach, fresh

6 fl.oz.  
  
2 oz.  
1 oz.  
1 1/2 oz.  
1 1/2 cups  
1 1/2 tbsp.  
3 small  
2 medium

**Dinner**

3 oz.  
1/2 cup  
1/2 cup  
1 small  
1 tsp.  
1/2 cup  
As desired

Sirloin steak, broiled (lean only)  
Yellow corn, fresh or frozen  
Stewed tomatoes, no salt added  
Whole-grain roll  
Margarine, soft  
Lime sherbet  
Coffee, tea or water

3 oz.  
1 cup  
1/2 cup  
2 small  
1 tsp.  
1/2 cup  
As desired

**Snacks**

None

Peanut butter sandwich  
2 slices whole-wheat bread  
2 tbsp. of peanut butter  
2 tsp. jelly

1 sandwich

3 squares  
8 fl. oz.

Graham crackers  
Lemonade

None  
8 fl. oz.

(United States Department of Agriculture, National Institute of Health, National Institute on Aging)

Suggestions for healthy snacking:

- plain popcorn, without added butter or oil
- whole-grain crackers
- unsalted pretzels
- low-fat yogurt
- low-fat cheeses and spreads
- unsweetened fruit juices
- tomato juice
- fruit slices with peel (for more fiber)
- raw vegetable strips and pieces
- sparkling water flavored with a slice of lemon or lime

Limit the amount of food you eat at snack time, so you won't be tempted to skip meals.

Here are some suggestions that can help you prepare meals easier:

- Prepare larger amounts of items you enjoy and refrigerate the leftovers to eat in a day or two.
- Divide leftovers into individual servings, write contents (and date) on each package and freeze for later use.
- To avoid excess fat, trim meat before cooking and boil, bake, broil or pan-fry without added fat. Use low-fat milk and products such as cottage cheese and yogurt.
- To preserve vitamins, don't overcook vegetables to the soft and mushy state. Try eating them raw or steamed, or stir-fry them briefly in a little oil or margarine.
- Buy frozen vegetables in one-pound bags. Cook what you need for single or double servings, or mix several kinds for a vegetable stew.

Read the food label on the outside of a packaged food to help you choose appropriate foods. Here are some helpful hints to follow (USDA,NIH,NIA):

- Ingredients are listed in order by weight from the largest to the least amount. Some examples are salt, saturated fats or sugars.
- Nutrition information lists calories, protein, carbohydrates, fat, sodium, vitamins and minerals contained in one serving of the food.

The Nutrition Facts Panel provides nutrition information per serving on the outside of each package. Here are some helpful hints when reading the nutrition information:

- Serving size is the amount you usually eat.
- Amounts of fat and sodium per serving — It is good to compare the amount per serving of the product to the total amounts suggested per day:
  - Fat: Suggested amount is 30 percent of daily calories
  - 53 g per day for 1,600-calorie diets
  - 80 g per day for 2,400-calorie diets
- Sodium: Health professionals suggest 2,400 mg or less per day.
- Amounts of vitamins or minerals — Look for foods that have a significant amount of the vitamin or mineral (10 percent or more of the U.S. RDA), but not too many calories.

# Recipes

The following are some suggested recipes provided by the USDA, NIH, NIA.

## Tuna Pasta Salad

4 servings, about 1 cup each

*Per serving*

Elbow macaroni, uncooked	3/4 cup
Tuna, water-pack, drained	6 1/2 oz can
Celery, thinly sliced	1/2 cup
Seedless red grapes, halved	1 cup
Salad dressing, mayonnaise-type reduced-calorie	3 TBSP

### Directions:

1. Cook macaroni according to package directions, omitting salt. Drain.
2. Toss macaroni, tuna, celery and grapes together.
3. Mix in salad dressing.
4. Serve warm or chill until served

Calories .....	195
Total Fat .....	2 g
Saturated Fatty Acids .....	trace
Cholesterol .....	13 mg
Sodium .....	170 mg

**Menu Suggestion:** Serve with broccoli spears, pumpernickel rolls, and ice milk topped with sliced strawberries.

**Standard Equipment:** Stove, mixing bowl, standardized measuring cups, 1 tablespoon, mixing spoon.

## Herbed Vegetable Combo

4 servings, about 3/4 cup each

*Per serving*

Water	2 TBSP
Zucchini squash, thinly sliced	1 cup
Yellow squash, thinly sliced	1 1/4 cups
Green pepper, cut into 2 inch strips	1/2 cup
Celery, cut into 2 inch strips	1/4 cup
Onion, chopped	1/4 cup
Caraway seed	1/2 teaspoon
Garlic powder	1/8 teaspoon
Tomato, cut into 8 wedges	1 medium

### Directions:

1. Heat water in large frypan.
2. Add squash, green pepper, celery and onion.
3. Cover and cook over moderate heat until vegetables are tender-crisp — about four minutes.
4. Sprinkle seasonings over vegetables. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated — about two minutes.

Calories .....	25
Total Fat .....	trace
Saturated Fatty Acids .....	trace
Cholesterol .....	0
Sodium .....	10 mg

**Standard Equipment:** Stove, large frypan, standardized measuring cups and spoons, mixing spoon.

## Apple Crisp

4 servings, about 1/2 cup each

*Per serving*

Tart apples,pared,sliced	4 cups
Water	1/4 cup
Lemon juice	1 TBSP
Brown sugar, packed	1/4 cup
Whole-wheat flour	1/4 cup
Old-fashioned rolled oats	1/4 cup
Ground cinnamon	1/4 teaspoon
Ground nutmeg	1/4 teaspoon
Margarine	3 TBSP

### Directions:

1. Place apples in 8"x8"x2" baking pan.
2. Mix water and lemon juice, pour over apples.
3. Mix sugar, flour, oats and spices.
4. Add margarine to dry mixture; mix until crumbly.
5. Sprinkle crumbly mixture evenly over apples.
6. Bake at 350°F until apples are tender and topping is lightly browned, about 40 minutes.

Calories .....	235
Total Fat .....	9 g
Saturated Fatty Acids .....	2 g
Cholesterol .....	0
Sodium .....	105 mg

**Standard Equipment:** Conventional oven,  
standardized measuring cups and spoons,  
mixing spoon.

**Please note that the information in this document is intended for persons who are generally healthy. If your doctor has put you on a special diet, due to a health condition, follow that advice.**