

## Network to Work Meeting

April 2019

### SUPPORTIVE SERVICE RESOURCE INFORMATION

#### *Nutrition Assistance*

## Know Your Food Groups

**Knowing the food groups can help you get the nutritious foods you need.**

### Grains

Any food made from wheat, rye, rice, oats, cornmeal, barley, or another cereal grain is a grain product. In addition to bread and pasta, there are cereal, rice, grits, tortillas, even popcorn. Many people find it easy to eat more grains than needed.

Look for grain choices that are low in saturated and trans fat and low in added sugar when possible. But be careful—low-fat baked goods can be high in added sugar.

Try to choose grain products made from whole grains. Make sure the first food on the ingredients list contains the word "whole," such as whole wheat, whole oats, or whole grain. Other whole grains include popcorn, brown rice, wild rice, buckwheat, bulgur, and quinoa. Whole grains can help you add fiber to your diet.

#### **Grain Options**

These are one ounce or an ounce-equivalent grain examples.

- Slice of bread
- Small (2-1/2-inch) muffin
- Cup flaked cereal
- Half cup cooked rice, pasta, or cooked cereal
- Three cups popcorn
- 6-inch corn or flour tortilla

## Vegetables

Sometimes, vegetables get a bum rap. That's a shame because delicious vegetables come in a wide variety of colors and flavors. Dark green vegetables include broccoli, collard greens, spinach, and kale. Some red and orange vegetables are acorn squash, carrots, pumpkin, tomato, and sweet potato. Starchy vegetables are foods like corn, green peas, and white potatoes. Other vegetables include eggplant, beets, cauliflower, Brussels sprouts, celery, artichokes, and onions. Beans and peas (not green peas) include black beans, garbanzo beans (chickpeas), lima beans, soybeans, and tofu.

### One-half cup of vegetables equals:

- Cup of uncooked leafy vegetables
- Six baby carrots or one medium carrot
- Half a large baked sweet potato
- Five broccoli florets
- Half of a large (3 x 4-inch) red pepper
- Half cup cooked green beans

## Fruits

Like most Americans, older people generally do not eat enough fruit. Yet, there are so many choices—citrus fruits like oranges and grapefruits; different kinds of berries; fruits that grow on trees such as apricots, cherries, peaches, and mangoes; and others like figs, raisins, and pineapples.

Try some fruits that you haven't eaten before. Fruits with skins like apples and pears provide extra fiber that promotes regularity.

One half cup of fruit equals:

- Small piece of fruit such as a 2-inch peach
- Quarter cup dried fruit
- One-eighth of a medium cantaloupe
- Four ounces of 100% fruit juice
- Half a medium grapefruit
- Sixteen grapes

## TIP: SNACKING

When you are out and need a snack, don't be tempted by a candy bar. Instead, take along some fruit or raw vegetables in a plastic bag when you go out.

### Protein

It can be a surprise to find out how often you eat more than the suggested amount of protein. But, simply cutting back on other food groups to keep your calories in line won't solve the problem because you'll be missing out on the nutrients those food groups give you. In addition to watching how much food with protein you eat, try to choose lean or low-fat foods. Higher-fat choices count as added fats and oils. Try to eat seafood instead of meat at least twice a week to balance your proteins. Small fish, like sardines or trout, or farm-raised fish (check the label) contain less mercury than large fish, like tuna. Mercury can be harmful.

#### **One ounce serving equals:**

- 12 almonds or 7 walnut halves
  - Tablespoon peanut butter
  - Half cup lentil or bean soup
  - Quarter cup tofu
  - One Egg
  - Two tablespoons hummus
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## TIP: VEGETABLES OR PROTEIN

Are you confused about whether beans, peas, and foods made from soybeans should be counted as vegetables or protein foods? It's up to you. Here's an example: if you eat  $\frac{1}{2}$  cup of baked beans with dinner, you get to choose whether to count the beans as  $\frac{1}{2}$  cup of vegetables or 2 ounces of protein foods, depending on what else you've eaten during the day.

### Dairy

Most adults do not get enough dairy products. For your heart health, always try to pick from the many low-fat or fat-free choices in the dairy products food group. Choosing fat-free or low-fat milk and yogurt, rather than cheese, gives you important vitamins and minerals and less sodium and fat.

#### **One cup of milk is the same as:**

- Cup or 8 ounces yogurt
  - 1-1/2 ounces hard cheese, such as cheddar, mozzarella, Swiss, or Parmesan
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- Third cup shredded cheese
- Cup calcium-fortified soy beverage
- Two cups cottage cheese
- Cup pudding made with milk

## Oils

Oils are high in calories, but they are also an important source of nutrients like vitamin E. If possible, use oils instead of solid fats, like butter, when cooking. Measuring your daily oils can be tricky—knowing what you add while cooking or baking is one thing. But, oil is naturally part of some foods.

How much oil is in:

- Half a medium avocado has three teaspoons of oil
- Four large ripe olives have half teaspoon of oil
- Tablespoon of peanut butter has two teaspoons of oil

## Solid Fats and Added Sugars

For most people, the U.S. Department of Agriculture (USDA) Food Patterns allow extra calories every day for solid fats and added sugars (SoFAS) in the processed foods they eat.

Choosing foods that are low in fat and without added sugar whenever possible might just leave you with some extra calories left over each day. These extra calories can be used as you like. Some mornings you could have a glazed donut—but don't forget to count it as a grain and don't go over your suggested limits for SoFAS.

### Added Sugars

With both the USDA Food Patterns and the Dietary Approaches to Stop Hypertension (DASH) Eating Plan, added sugars mean more calories without more nutrients. For some people, added sugars can lead to higher levels of fats in the blood, raising their risk of heart disease.

Read the ingredients label to see if the processed foods you are eating have added sugar. In addition to other updates, food labels will now include "Added Sugars" on the Nutrition Facts label to inform consumers of their sugar intake. Look for these key words on the label:

## Added Sugars: Words to Know

- Brown sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose

- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Sugar
- Maple syrup

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## **For More Information on Healthy Eating**

### **USDA Center for Nutrition Policy and Promotion**

1-703-305-7600

[www.cnpp.usda.gov](http://www.cnpp.usda.gov)

### **USDA Food and Nutrition Information Center**

National Agricultural Library

1-301-504-5414

[fnic@ars.usda.gov](mailto:fnic@ars.usda.gov)

[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

### **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

1-800-860-8747 (toll-free)

1-866-569-1162 (TTY/toll-free)

[healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

[www.niddk.nih.gov](http://www.niddk.nih.gov)

### **National Heart, Lung, and Blood Institute**

1-301-592-8573

[nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov)

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Information provided by the U.S. Department of Health and Human Services, National Institute on Aging.

# NUTRITIONAL ASSISTANCE INFORMATION

## 2-1-1

2-1-1 is a national service that can help connect you to services in your local area. You can call 2-1-1 from your phone or you can visit 211.org to start your search.

### Nutritional Assistance:

The United States Department of Agriculture (USDA) Supplemental Nutritional Assistance Program (SNAP), formerly known as the Food Stamp Program, provides food benefits, access to a health diet, and education on food preparation and nutrition to low-income households.

### Additional ways you can get assistance:

You can obtain services from a variety of agencies in your area. We have provided you with space so that you can write down the agencies your Case Management Participant Assistant (CMPA) will provide you during the meeting today:

Food Shelf: \_\_\_\_\_  
\_\_\_\_\_

Soup Kitchen/Meal Center: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional Services: \_\_\_\_\_

Please remember that you should always reach out to your Case Management Participant Assistant (CMPA) when you have questions about the services that are available to you in your community. These needs include nutritional assistance, housing/rent issues, legal services, fuel assistance, and job readiness.

Nutrition is important!  
You should always maintain a balanced diet based upon your age and physical needs. This includes following the suggested guidelines of the United State Department of Agriculture (USDA) MyPlate program.



More information on the MyPlate initiative can be found at [www.choosemyplate.gov/older-adults](http://www.choosemyplate.gov/older-adults)



## Agency on Aging of South Central Connecticut

• 203-785-8493

- The Agency on Aging provides additional information and support to help older adults remain as independent and engaged as possible within their communities through advocacy, information, and services.