

# Nutrition Tidbits

February 2019

*Nutrition Tidbits, Arkansas Foodbank Senior Newsletter, gives health recommendations, recipes, and budget friendly nutrition information and tips for Arkansas grown produce. Distributed monthly, this is our primary contact to provide simple and practical messages that promote positive dietary behaviors and needs for seniors.*



## Harvest of the Month



### Why radishes are good for you:

Radishes provide vitamin C and potassium. Radish greens are an excellent source of vitamins A, C, and B.

### How much do I need?

Refer to the chart below to see the daily recommendation for your age group.

	Age 19-30	Age 31-50	Age 50+
Males	3 cups	3 cups	2 cups
Females	2 1/2 cups	2 1/2 cups	2 1/2 cups

## In this Issue

Harvest of the Month:  
Radish

Produce Tips

Recipes

Health Fact

Please feel free to contact us at 501-565-8121 if you have questions.

Lauren Allbritton  
Nutritionist  
501-539-4327  
[lallbritton@arkansasfoodbank.org](mailto:lallbritton@arkansasfoodbank.org)

Erica McFadden  
SNAP Coordinator  
501-539-4311  
[emcfadden@arkansasfoodbank.org](mailto:emcfadden@arkansasfoodbank.org)



## Radish Produce Tips



### **Money Saving Tip:**

Compare cost of a fresh bundle vs pre-prepped radishes.

### **Buying Tip:**

Choose those that are plump, firm, smooth, and free of cracks and blemishes. Larger radishes tend to be more fibrous and spicy- select smaller radishes for mild flavor.

### **Storage Tip:**

Radishes keep best without their greens, which can speed up the loss of moisture. Keep radishes, unwashed, in a perforated bag in the refrigerator for up to one week.



## Roasted Radishes

Prep Time: 30 minutes  
Servings: 4

### Ingredients

1 bunch radishes, greens & ends removed  
1 tbsp olive oil  
Salt & pepper to taste

### How to prepare

1. Preheat oven to 400°F
2. Cut radishes into equal-sized pieces.
3. Add radishes to a baking dish and toss them in olive oil, salt and pepper.
4. Place baking dish in oven and roast 15-30 minutes (until tender)
5. Remove from oven and serve.

Nutrients per 1 serving: 31 Calories, 0g Protein, .1g Carbohydrate, 3.5g Total Fat, 2 mg Sodium, .1g Dietary Fiber



## Peanut & Broccoli Ramen

Prep Time: 10 minutes  
Servings: 1

### Ingredients

1 package Ramen noodles  
2 tbsp peanut butter

1 cup finely chopped broccoli  
½ package ramen flavoring

### How to prepare

1. Boil 3 cups of water. Place noodles in pot and cook for 2 minutes.
2. Add broccoli to pot of noodles and cook for 1 minute.
3. Drain water and mix in ½ flavor pack and peanut butter. Add water if mixture is too dry.

Nutrients per 1 serving: 409 Calories, 16g Protein, 38g Carbohydrate, 23g Total Fat; 503mg sodium, 5g Dietary Fiber



## Health News: Food Product Dating

### Types of Dates:

- A “Sell-By” date tells the store how long to display the product for sale. You should buy the product before the date expires.
- A “Best if Used By (or before)” date is recommended for best flavor or quality. It is not a purchase or safety date.
- A “Use-By” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.



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