

Nutrition Tidbits

March 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 beets are good for you:

A ½ cup of beets is a good source of folate and manganese. It is also a source of riboflavin which is important for building healthy red blood cells.

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

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

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Beets Produce Tips



Money Saving Tip:

Compare cost of fresh vs frozen vs canned. Remember to choose low sodium or no salt added varieties when buying canned.

Buying Tip:

Look for smooth, hard, and round beets that do not have cuts or bruises. The greens should look healthy, not wilted or brown.

Storage Tip:

Remove the green tops from beets and store each in separate plastic bags. Keep beets in the refrigerator for up to two weeks.



Mandarin Beet Salad

Prep Time: 10 minutes
Servings: 4

Ingredients

2 cups canned beets, drained and rinsed
1 cup canned mandarin oranges, no sugar added
1 cup raisins

How to prepare

1. Drain mandarin oranges and keep $\frac{1}{4}$ cup of juice
2. In a bowl, combine beets, mandarins, raisins and $\frac{1}{4}$ cup of reserved juice. Mix well.
3. Serve immediately or chilled

Nutrients per 1 serving: 92 Calories, 2g Protein, 24g Carbohydrate, 0g Total Fat, 80 mg Sodium, 2g Dietary Fiber



Tuna Patty

Prep Time: 25 minutes
Servings: 4

Ingredients

3 (5 oz) cans tuna, drained	2 eggs
3 tbsp diced onion	3 tbsp grated parmesan cheese
$\frac{2}{3}$ cup Italian bread crumbs	2 tsp lemon juice
3 tbsp vegetable oil	

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 $\frac{1}{2}$ flavor pack and peanut butter. Add water if mixture is too dry.

Nutrients per 1 serving: 325 Calories, 31g Protein, 14g Carbohydrate, 16g Total Fat, 409 mg Sodium



Health News: National Nutrition Month

At the Arkansas Foodbank, we understand that healthy bodies and minds require nutritious meals at every age. However, 1 in 5 Arkansans face inconsistent access to adequate amounts of nutritious food needed to live healthy, active lives.



The county-level analysis that is part of Map the Meal Gap indicates that counties with the highest rates of food insecurity also have a higher prevalence of diabetes, obesity and persons with a form of disability.

As part of the Arkansas Foodbank's commitment to Partnership for Healthier America to increase the demand for healthier foods, we offer our member agencies and clients a variety of nutrition education resources.

The Arkansas Foodbank is proud to announce our partnership with Ambetter Health & Wellness to tackle issues around healthy food access and education by offering Nutrition programming throughout the year.

Each March, the Academy of Nutrition and Dietetics focuses nationwide attention on healthful eating through National Nutrition Month. This year to kick off our efforts, we are participating in National Nutrition Month by hosting a calendar of events/tips/challenges throughout the month of March.

Check out our website for more information:

arkansasfoodbank.org/agency-resources/nutrition-education

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