

Nutrition Tidbits

April 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 asparagus is good for you:

A 1/2 cup of cooked asparagus is an excellent source of folate and vitamin K. The body uses vitamin K to keep the immune system, skin, and hair healthy.

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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Asparagus Produce Tips



Buying Tip:

Look for firm, bright green spears with tightly closed tips. Avoid limp asparagus or spears.

Money Saving Tip:

Compare cost of fresh vs frozen vs canned. Fresh asparagus may be best quality and lowest price when harvested locally, usually April and May.

Storage Tip:

Stand stems up in a container with about one inch of water. Cover loosely with plastic bag. Store in the refrigerator until ready to use.



Spring Asparagus

Prep Time: 15 minutes

Servings: 4

Ingredients

1 bunch of asparagus (ends trimmed)
½ lemon cut into slices

1 tbsp olive oil
Salt & Pepper to taste

How to prepare

1. Preheat oven to 400 degrees F.
2. Place asparagus in large bowl or dish and add olive oil, salt and pepper. Combine well.
3. Place asparagus on a foil lined baking sheet and place lemon slices on top of asparagus.
4. Bake in oven for ~10-15 minutes.

Nutrients per 1 serving: 38 Calories, 3.6g Total Fat, 1 mg Sodium, 1.8g Carbohydrate, .8g Dietary Fiber, .7g Protein



Salmon Pasta Skillet

Prep Time: 30 minutes

Servings: 6

Ingredients

1 ½ cups pasta (elbow)
2 tbsp chopped onion
2 small tomatoes, chopped
1 tsp dried parsley

1 tbsp butter
1 (5 oz) can of salmon, drained
3 tbsp lemon juice
salt to taste

How to prepare

1. Cook pasta according to package directions. Drain, then set aside
2. While pasta is cooking, heat butter in a medium skillet over medium heat. Add onion and cook until tender.
3. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.

Nutrients per 1 serving: 140 Calories, 3g Total Fat, 160 mg Sodium, 22g Carbohydrate, 2g dietary fiber, 8g Protein



Health News: Gardening

Gardening is an excellent way to help stock your kitchen with delicious vegetables and fruits. In the case of senior citizens the additional benefits of gardening become even more important. Elderly gardening may seem to be too much effort. With the help of some very helpful tools and tips, you can continue to garden well into your golden years.



Getting moving in the garden is an excellent form of physical therapy and exercise. Every movement that you do while gardening builds strength, flexibility, endurance, and aerobic capacity. It's low-impact, too. Below is a list of tips for working in the garden this season.

- Use raised beds to allow you to sit on the side while gardening
- Avoid the hottest times of day by gardening early in the morning or shortly before dusk
- Drink plenty of water to stay hydrated
- Wear lightweight, long-sleeved clothing to protect against scratches and cuts that may heal slowly
- Wear sunscreen to protect against skin damage

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