

Nutrition Tidbits

June 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



In this Issue

Harvest of the Month:
Strawberries

Produce Tips

Recipes

Health Fact

Why are strawberries are good for you:

Strawberries are an excellent source of vitamin C. Vitamin C may be linked to its prevention of degenerative diseases, certain cancers, and cardiovascular diseases.

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	2 cups	2 cups	2 cups
Females	2 cups	1 1/2 cups	1 1/2 cups

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

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Strawberries Produce Tips



Money \$aving Tip:

Compare the cost of fresh vs frozen. If selecting frozen, look for options with no sugar added.

Storage Tip:

Store unwashed strawberries in the refrigerator for up to three days.

Buying Tip:

Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.



Grilled Pork Chops & Carmalized Pears

Ingredients

1 ½ quarts water
2 tbsp white sugar
½ cup olive oil
1 tbsp rosemary, minced
1 tbsp butter

5 tbsp salt
6 pork loin chops
4 garlic cloves, minced
½ cup balsamic vinegar
1 tbsp olive oil

2 onions
2 pears

Prep Time: 30 minutes

Servings: 6

How to prepare

1. In a large bowl, stir together the water, salt, and sugar. Add pork chops to this brine, and let them soak for no more than one hour. Drain and discard the brine. Pat pork chops dry with paper towels.
2. In a dish, stir together the olive oil, garlic, and rosemary. Place pork chops in the dish, and turn to coat. Cover, and marinate in the refrigerator for at least 1 or 2 hours.
3. Pour the balsamic vinegar into a small saucepan. Bring to a boil, and cook until reduced by 1/2, about 10 minutes. When the vinegar cools, it should be the consistency of syrup.
4. Melt butter with olive oil in a large skillet over medium-high or high heat. Add the onions and pears, and quickly brown. Once the onions and pears are browned, reduce heat to low, and cook for about 7 minutes, or until tender. Stir in the reduced vinegar and salt.
5. Preheat the grill for medium-high heat.
6. Warm pears on a cool section of the grill (in the skillet), while placing the pork chops over the hot part. Cook pork for about 3 minutes per side, or to desired doneness. Remove to a serving plate, cover with aluminum foil and let rest for a few minutes. Uncover, top with the pear onion sauce, and serve.

Nutrients per 1 serving: 420 Calories, 31g Total Fat, 525 mg Sodium, 22g Carbohydrate, 3g dietary fiber, 14g Protein



Strawberry Breakfast Smoothie

Ingredients

½ cup oats
1 large banana, frozen
2 tbsp honey

1 cup low-fat milk
14 strawberries

Prep Time: 10 minutes

Servings: 2

How to prepare

1. Add oats to blender and pulse until oats are fine
2. Add milk, banana, strawberries and honey to blender. Blend until smooth and well combined
3. Pour into glass and serve.

Nutrients per 1 serving: 280 Calories, 3g Total Fat, 57 mg Sodium, 60g Carbohydrate, 5.6g Dietary Fiber, 8.2g Protein



Health News: National Senior Health and Fitness Day

Wednesday, May 29, 2019 celebrates the 26th annual National Senior Health & Fitness Day. The common goal for this day is to help keep older Americans healthy and fit.



Follow the tips below for safe exercise:

1. Obtain medical clearance to exercise.
2. Stop exercising if you feel pain.
3. Don't exercise when you are injured, sick, or running a temperature.
4. Always warm up and cool down.
5. Drink plenty of water before, during and after exercise.
6. Use sun screen, hats, visors, and sunglasses during outdoor daytime exercise.
7. Stop exercise and consult your physician immediately if you experience chest pain or tightness in the chest, neck or throat; difficulty breathing; or dizziness and light headedness.

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