

Nutrition Tidbits

January 2020

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 plums are good for you:

A ½ cup or one medium-sized plum provides: an excellent source of Vitamin C. Vitamin C help with wounds healing and may help prevent degenerative disease, cardiovascular disease, and certain cancers.

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

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Please feel free to contact us
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questions.

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Plum Produce Tips



Money \$aving Tip:

Check the store ads to find deals on fresh produce. Consider buying in bulk. Preserve fruits by canning them to enjoy them all year 'round.

Storage Tip:

Store unripe plums in paper bag until ripe. Refrigerate ripe plums.

Buying Tip:

When purchasing fresh plums, choose plump plums with smooth skins. When buying canned plums, look for label descriptions such as "packed in its own juices", "unsweetened", or "in light syrup". These options will have fewer calories than the plums packed "in heavy syrup."

Fun Fact

Plums are believed to be one of the first fruits ever domesticated by humans!



Granola, Yogurt Plum Parfait

Servings: 4

Ingredients

2 cup canned plums or 2 medium plums, chopped
2 cup vanilla yogurt
3 tablespoons honey
A sprinkle of cinnamon
2 cup granola

How to prepare

1. Place yogurt in a bowl.
2. Rinse and drain plums (if using canned)
3. Chop plums and add to yogurt
4. Drizzle honey, sprinkle cinnamon, and top yogurt and fruit with granola.
5. Serve immediately to keep granola crunchy.

Nutrients per 1 serving: 290 Calories, 31g Total Fat, 117mg Sodium, 90g Carbohydrate, 11.5g Dietary Fiber, 25g Protein



Health News: Walking, A Step Towards Improving Your Health

Have you been wanting to add more physical activity into your daily routine? Walking is an excellent way to improve your activity level that is highly beneficial. This activity is free to do and has a low risk of injury.



There are many benefits to walking including:

- Lowering your risk of high blood pressure, high cholesterol, heart disease, and type 2 diabetes
- Strengthening your bones and muscles
- Helping burn more calories
- Improving your fitness level
- Lifting your mood

Aim for around 150 minutes of aerobic activity. This can be performed in bouts of at least 10 minutes duration. As your fitness level increases and walking becomes too easy, try increasing your speed or going uphill. Aside from the benefits listed above, walking can be a good way to become more social. Invite your neighbor, significant other, or friend over and take a scenic walk around your neighborhood.

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