

Nutrition Tidbits

April 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 kidney beans are good for you:

Kidney Beans provide nutrients that can contribute to your overall health such as fiber, protein, and potassium. Being rich in protein, fiber, and slow-release carbohydrates, kidney beans are very effective at maintaining healthy levels of blood sugar.

How much do I need?

The Dietary Guidelines for Americans include legumes to be a lean protein. The chart below shows how much protein you should eat in a day.

	Age 19-30	Age 31-50	Age 50+
Males	6 1/2 ozs	6 ozs	5 1/2 ozs
Females	5 1/2 ozs	5 ozs	5 ozs

In this Issue

Harvest of the Month:
Kidney Beans

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

Erica McFadden
SNAP Coordinator
501-539-4311
emcfadden@arkansasfoodbank.org



Kidney Bean Tips



Money Saving Tip:

Compare the cost of canned and dry kidney beans. Dry kidney beans may take longer to prepare, but are normally cheaper than canned.

Buying Tip:

When buying canned kidney beans, choose reduced or no salt added options. When purchasing raw kidney beans in bulk or in a packaged container, make sure there is no evidence of moisture or insect damage and that the beans are whole and not cracked.

Storage Tip:

Store dried kidney beans in an airtight container in a cool, dry and dark place where they will keep for up to 12 months. Cooked kidney beans will keep fresh in the refrigerator for about three days if placed in a covered container.

Fun Fact: Kidney beans are considered a legume. A legume is a seed, pod, or other edible part of a leguminous plant, used as food.



Three Beans Salad with Celery

Ingredients

Servings: 10

½ onion diced
2 stalks celery chopped
1 can garbanzo beans drained and rinsed
1 can cut green beans drained and rinsed
½ cup cooking oil (olive, canola, or vegetable)

½ cup of white vinegar
¼ cup of white sugar
½ tsp salt
½ tsp pepper
½ tsp celery seed (optional)

How to prepare

1. Combine onion, celery, kidney beans, garbanzo beans, and green beans in a mixing bowl.
2. Add olive oil, vinegar, sugar, salt, celery seed, and black pepper to bean mixture
3. Gently stir to coat. Cover bowl and chill completely 2 to 4 hours.

Chef Tips:

- If you don't have white vinegar on hand, you can use apple cider vinegar, lemon, or lime juice instead. Dilute with water if the vinegar is too strong.
- If you don't have garbanzo beans aka "chick peas", feel free to replace it with any bean such as black, pinto, or lima beans.

Nutrients per 1 serving: 193 calories; 11.4 g fat; 2.0 g saturated fat, 19.6 g carbohydrates; 4.1 g protein; 4.6 g fiber; 0 mg cholesterol; 367 mg sodium; 36 mg calcium



Health News: Strive for Healthy Skin

As the days grow warmer, and the sun shines brighter, you may be tempted to soak up the sun. While this can be relaxing, keep your skin in mind. It is the largest organ in the body and needs to be protected. Skin cancer is the number one most common cancer. Fortunately, there are ways to protect your skin to keep it glowing and healthy. Protecting your skin shouldn't have to be expensive or intimidating. Even little changes make a difference.



Below are some tips for keeping your skin healthy:

- Reapply Sunscreen – Make sure to reapply sunscreen every two hours you are in the sun.
- SPF – chose an SPF between 30 and 50. Any lower isn't effective. Any higher isn't much more effective than SPF 50 and is not worth the extra cost.
- Wear a hat – While reapplying sunscreen is necessary, a hat acts as an extra layer of protection for your face.
- See a Dermatologist – if you have any sun spots or burns, it may be necessary to visit a dermatologist to make sure that your skin is healthy.

