

Nutrition Tidbits

May 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 carrots are good for you:

Carrots provide fiber, vitamin A, and potassium.

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
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Carrot Tips



Buying Tip:

When buying fresh carrots, look for those that have a bright color and smooth skin.

Storage Tip:

To keep carrots fresh and crisp, place them in a container of water and store in the refrigerator.

Money \$aving Tip:

Compare the cost of canned, frozen, and fresh. Rinse off the sodium if using canned carrots.

Fun Fact: Carrots were originally red, black yellow, white, or purple – not orange. They were first grown in Afghanistan in the 7th century, and they started with yellow flesh and a purple exterior. It was the Dutch who developed the orange carrot and the English who brought carrots to America.



Carrot Cookies

Ingredients

1 cup chopped carrots
½ cup shortening
½ cup sugar
1 small egg
1 cup all-purpose flour

Makes 24 cookies

1 teaspoon baking powder
¼ teaspoon salt
Finely shredded orange peel (optional)
½ cup raisins (optional)

How to prepare

1. In a medium saucepan, cook carrots, covered, in boiling water for 20 minutes or until very tender. Drain well. Transfer to a bowl and mash (you should have about ½ cup).
2. In a large mixing bowl, beat shortening and sugar until fluffy. Beat in mashed carrots and egg. Combine flour, baking powder, and salt; gradually beat into carrot mixture.
3. Drop the dough by rounded teaspoons 2 inches apart on ungreased cookie sheets. Bake in a 375 degree F oven for 10 minutes or until edges are lightly browned. Transfer the warm cookies to a wire rack and let them cool.

Nutrients per 1 serving: 121 Calories, 6g Total Fat, 9mg Cholesterol, 60mg sodium, 17g carbohydrates, 0g fiber, 1g protein.



Health News: Spring Cleaning

As the days grow warmer, many of us start to focus on the annual spring cleaning. Deep cleaning the house after a long, cold winter has the obvious benefit of organized cabinets, shiny counters, and more room to move around in. It also has the less obvious benefit of improving mental health. Clearing away the clutter can help to decrease stress and improve mood by removing distractions and making the house smell and look fresh and clean.



Spring cleaning doesn't have to be overwhelming or take a lot of time. Even little changes make a difference. Below are some tips for spring cleaning:

- **Make a to-do list** – before starting, make a list of what needs to be done.
- **Put away the clutter** – put everything away where it belongs and throw away the rest.
- **If you haven't used it, get rid of it** – if you haven't used it in the past year, give it away, sell it, or throw it away.
- **Throw away expired items** – getting rid of expired medications and food is a great way to cut down on clutter.