

Nutrition Tidbits

October 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 apples are good for you:

Apples contain Vitamin C, B-complex vitamins, and several minerals. Apples are rich in dietary fiber. Diets high in fiber can help prevent the development of certain diseases and may help prevent the amount of bad cholesterol in your blood from rising.

How much do I need?

How much you need depends on your age, gender, and physical activity level. 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 at 501-565-8121 if you have questions.

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Apple Tips



Buying Tip:

Look for apples that are firm and do not have bruises or soft spots.

Storage Tip:

Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.

Money Saving Tip:

Check out store ads to see when they are on sale. Compare cost of whole apple vs. pre-sliced apples. Compare the cost of different varieties.

Fun Fact:

It takes about 36 apples to create one gallon of apple cider.



Classic Applesauce

Serves: 6

Time: 25 Minutes

Ingredients

4 medium apples
¼ tsp cinnamon
1 cup water
1/8 tsp nutmeg

How to prepare

1. Peel and slice apples, removing the core. Place apples in pot
2. Add water, cinnamon and nutmeg.
3. Bring to a boil and let simmer until mushy
4. Use a masher to mash up the apples into preferred texture
5. Set aside and let cool. Serve warm or chilled.

Nutrients per 1 serving: 53 Calories, 0g Total Fat, 0mg Sodium, 15g Carbohydrate, 3g Dietary Fiber, 0g Protein



Health News: October is the beginning of Flu Vaccinations!

The CDC recommends that people get a flu vaccine by the end of October. It is especially important for individual 65 and older to get their vaccinations before flu season really begins. Due to COVID-19, it is essential to protect yourself from the flu and keep yourself out of the hospitals to the best of your ability. Our first line of defense against the flu is the flu vaccines. Talk to your health provider today about being protected!

Flu in Adults Age 65 Years and Older What Are the Risks?

Adults **65+** are at increased risk of flu-related complications

**Pneumococcal
Pneumonia**
kills more than

18,000

older adults in the US
each year

Heart Attack risk
is increased by

3 to 5x

in the first 2 weeks
of infection

Stroke risk is
increased by

2 to 3x

in the first 2 weeks
of infection



High rates
of related
deaths and
hospitalizations
in adults 65+

78%

of all flu-related
hospitalizations
(more than 750,000 in US
2014-2015 flu season alone)

6x

more deaths from flu and
related complications
compared to all other age
groups combined

Annual vaccination is the best way to protect yourself against the flu

Vaccines are safe and
effective and reduce
the risk of flu and
related complications



www.nfid.org/flu

Immune systems decline as adults age. Certain
vaccines are available to help boost immune
response, specifically in adults 65+:



High-dose vaccines
contain **4X more**
antigen than
standard-dose
vaccines



Adjuvanted flu
vaccines contain an
ingredient that **helps**
create a **stronger**
immune response

If a specific flu vaccine is not available in your area,
don't delay! Vaccination with any available influenza
vaccine is recommended and will still provide protection.

