

**Aging Program Directive (APD) 15-03-2, the policies and procedures for the Aging Nutrition Services, requires Elderly Nutrition Program (ENP) nutrition programs to conduct nutrition education programs. Nutrition education presented in the congregate setting must be vetted and planned by a registered dietitian or someone with comparable expertise. Education must include verbal instruction which may be supplemented with written materials.**

**The following nutrition education programs may be used to meet the APD requirements. The lessons have been reviewed and approved by the PDA dietitian. Each program provides an objective, activity, and hand out materials. Phrases that are underlined will provide links to additional web based materials to use in support of the program.**

**Program: Healthy Eating for Senior Adults**

Objective: Participants will be able to plan a healthy breakfast to consume at home that is nutritious and easy to prepare based on National Institutes of Health (NIH) nutrition tips.

Resources/Handouts:

[“What Are Some Simple Ideas for Eating Well?”](#) This material, offered by the National Institutes of Health (NIH), provides the following tips:

- Start every day with breakfast. Try oatmeal or a whole-grain cereal with fat-free or low-fat milk. Smear fruit spread or fat-free or low-fat yogurt on whole-wheat toast. Enjoy some fruit with your breakfast, too.
- Make half of what's on your plate fruit and vegetables.
- Choose fat-free or low-fat milk, yogurt, and cheese instead of full-fat dairy products.
- Choose whole grains more often than refined grains. Whole-wheat bread and pasta, oatmeal, and brown rice have more dietary fiber than white bread, rice, and pasta. Dietary fiber helps keep you regular.
- Don't let sweets like cookies, candy, or sugary sodas and fruit juices crowd out healthy foods.
- Most Americans need more calcium, which builds strong bones and teeth. If you can't digest milk, try lactose-free milk that is fat-free or low-fat. Fat-free or low-fat yogurt and hard cheeses like cheddar may also be easier to digest than milk.

Activities:

- Using the tips presented in the NIH material as a discussion tool, share ideas for healthy breakfast. Explore the possibility of using this breakfast at other times of the day, for example as a dinner when the consumer does not feel very hungry but wants to eat healthy foods.
- Design a plate. Consider what can be served at breakfast for ½ plate of fruits and vegetables? Where can calcium come from? What whole grains are possible?
- Explore breakfast in other cultures. For example, many Mediterranean countries may choose plates of cheese, olives, cucumber and tomato for breakfast, while Asian countries may use broth and noodles. Resources for this can include breakfast from [Greece](#), [Turkey](#), and [other countries](#).
- Prepare Muesli (recipe follows) and serve it the following morning. Try adding fresh fruit when serving, or even a spoonful of peanut butter in each serving.

## **Muesli**

Yield: 6-8 servings

- 1 cup whole wheat flake cereal (such as Wheaties)
- 1 cup raw quick or old fashioned oats
- 3/4 cup chopped nuts (almonds, pecans, walnuts, hazelnuts all work well)
- 1 cup sweetened dried cranberries, pitted dates or raisins, or a combination
- 1/4 cup coconut, toasted
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 cup brown sugar
- 3 cups 1% reduced-fat milk or soy milk, or a combination of yogurt and milk

Combine dry ingredients in a large bowl. Add milk or yogurt, stirring to combine.

Cover and refrigerate mixture overnight.

Serve chilled.

**Program: Cooking for One or Two**

Objective: Participants will plan ways to shop for food and prepare meals for themselves.

Resources/Handouts: It can be difficult to learn to cook for one or two people without ending up with leftovers for each meal. Presenting [tips](#) and [recipes](#) for smaller meals can help consumers find shortcuts to meal preparation. Using information about local grocery stores and markets in your neighborhood can help participants see that there are foods available in smaller quantities that they may not have tried before. Or there may be foods offered on sale that can easily be divided into smaller meals.

Activities:

1. Develop a list of grocery sources in the area. Is there a supermarket salad bar where fresh vegetables can be packaged in very small quantities? Is there a farmer's market allowing purchase of only one or two of an item? Is there a warehouse store that appeals to your participants, and is there a way to share the purchases among many?
2. Bring in salad bar vegetables. Often a participant does not want fresh vegetables because of waste.
  - a. A salad bar package of 4 or 5 broccoli pieces can be steamed to serve with a chicken breast
  - b. A few grape tomatoes, fresh spinach leaves, and a spoonful of feta cheese can be tossed with leftover plain pasta for a Greek style salad. The addition of tuna or an egg could make this a complete meal
  - c. Diced meats or poultry coupled with any available "matching" vegetables, including diced onion, chopped celery, or grated carrots can be used with low fat mayonnaise as a sandwich filling.

3. Cook in a Mug: Prepare a sample of the handout recipes. Recipes can be cooked in a bowl or mug and each recipe serves 1 person

### **One-Bowl Microwave Macaroni and Cheese**

1/2 cup macaroni pasta

1/2 cup water

1/2 teaspoon salt

1/4 cup milk, any percent

1/4-1/2 cup shredded sharp cheddar cheese (or any other cheese that suits your fancy)

- Combine the pasta, the water, and the salt in a microwave-safe bowl. Microwave on HIGH in 2-minute intervals until the pasta is al dente, stirring between each interval. This should take about 6-8 minutes total. If the pasta absorbs all the water before the pasta is cooked, add another 2 tablespoons of water.
- Stir in the milk and the cheddar cheese. Microwave on HIGH in 30-second intervals until the cheese has melted into a creamy sauce, stirring between each interval and 1-1.5 minutes total. For a creamier sauce, add an extra tablespoon or two of milk and cheese.
- **Optional Add-Ins** - Add any of these along with the milk and cheese. Diced onions, diced peppers, diced tomatoes, leftover meat (shredded or cubed), a few tablespoons of salsa, 1/4 teaspoon dried mustard, 1/2 teaspoon chili powder, 1/2 teaspoon smoked paprika.

## **1-minute Microwave Quiche in a Mug**

1 large egg

1 1/2 tablespoons milk

1 teaspoon melted unsalted butter

Pinch of salt

Pinch of freshly ground black pepper

4 small grape tomatoes, halved

1 slice of bread torn into pieces

1-2 tablespoon grated cheese (e.g., cheddar cheese, mozzarella, etc.)

1 teaspoon chopped fresh herbs, if desired (e.g., green onions, Italian parsley, chives, etc.)

- In a microwavable mug, add egg, milk, melted butter, salt, and pepper and whisk until thoroughly mixed and egg whites are completely broken up. Add halved grape tomatoes, torn bread, grated cheese, and chopped herbs on top of egg mixture, making sure ingredients are evenly dispersed and have not settled to bottom of mug. Ingredients will stay settled within the quiche mixture better if you do not whisk ingredients into egg mixture.
- Place mug in microwave, and cook on high for 1 minute, just until egg is completely cooked and quiche is slightly puffed. Garnish with fresh herbs and serve immediately.

### **Coffee Cake in a Mug**

1 tablespoon butter	1 pinch salt
2 teaspoons white sugar	2 teaspoons all-purpose flour
1/4 cup all-purpose flour	1 teaspoon butter
1 tablespoon applesauce, or as needed	1 teaspoon brown sugar
	1/4 teaspoon ground cinnamon
1/8 teaspoon baking powder	
2 drops vanilla extract, or to taste	

1. Heat 1 tablespoon butter in a microwave-safe mug until softened, about 10 seconds. Stir white sugar into butter until dissolved. Mix 1/4 cup flour, applesauce, baking powder, vanilla extract, and salt into butter-sugar mixture until batter is smooth.
2. Mix 2 teaspoons flour, 1 teaspoon butter, brown sugar, and cinnamon together in a bowl using your hands until the texture of lumpy sand is reached; sprinkle over batter.
3. Cook in the microwave until coffeecake appears to be barely set, 50 to 80 seconds. Cool before eating.



**Program: Shopping for Less [Sodium and Salt](#)**

Objective: Participants will understand that salt and sodium are linked to high blood pressure. They will learn how to use the ingredient list and nutrition facts labels on foods to limit use of salt and sodium to impact blood pressure.

Resources/Handouts:

The sodium in salt is the element that affects [blood pressure](#). Salt is 40 percent sodium and 60 percent chloride. Of the two minerals, sodium is the one linked to serious health problems. Research has shown that salt and sodium have been linked to high blood pressure, also known as hypertension. Sodium is needed to balance body fluids, help muscles including the heart, to contract and to conduct nerve impulses. Sodium is found in bodily fluids, tissues and bones.

Salt has been associated with hypertension. Many people are salt sensitive, especially people who have hypertension. As we eat salt, sodium goes into our bloodstream, making it saltier. The body responds to this increased sodium by adding more water to the blood, to maintain a normal level of sodium. This extra fluid increases the volume of blood and blood pressure is increased.

## Shopping for Less Sodium and Salt

Salt has been used as a food preservative, especially for meat and fish, for over 200 years. Vegetables and fruits have also been preserved using salt. Today, salt and sodium containing ingredients are used in food preparation and processing and to bring out the natural flavor of food.

An important part of healthy eating is choosing foods that are low in salt and sodium. Decreasing sodium can reduce an elevated blood pressure. Most Americans eat too much salt and sodium, much more than the recommended limit of 2,400 milligrams or one teaspoon per day. Some people, especially African Americans and the elderly, have been found to be salt sensitive. These people should be careful of their salt and sodium intake. With high blood pressure a doctor may advise less than 2,400 milligrams per day.

Processed foods account for most of the salt and sodium Americans consume. The ingredient list of a product may show salt and three or four sodium-containing ingredients. The "Nutrition Facts" panel will show the amount of sodium in one serving of the product. Food labels should be carefully inspected for salt and sodium. One serving of a product may have over 1,000 milligrams of sodium.

Convenience packaged foods and processed frozen foods are high in sodium and frequently used to save time in food preparation. Rinsing canned vegetables will reduce the sodium content. However, there will be a loss of water-soluble Vitamin C and B vitamins (thiamin, riboflavin, niacin, B12 and folic acid).

Low-salt and no-salt food items are appearing in supermarkets in increasing numbers. Lowering salt and sodium is possible by food choices and preparation.

Activities:

- Convenience packaged foods and processed frozen foods are usually high in sodium. The ingredient list and the “Nutrition Facts” panel on the food label will give information regarding the presence of salt and sodium in a product and the amount contained in a serving. It is good to check the ingredient label on packaged foods. Ingredients are listed by weight, from the greatest to the least. Look at food labels and Nutrition Facts and compare products. This can be done by:
  - Comparing canned vegetables and equivalent frozen vegetables
  - Comparing different kinds of bread
  - Looking at [Nutrition Fact Labels](#)
  - Looking for salt and sodium as part of the name of an ingredient
  - Choosing foods that have less than 20% of the Daily Value for sodium, or that do not have salt or sodium listed in the first 5 ingredients
  
- Most of the sodium and salt people take in comes from packaged processed foods. [Choosing low sodium foods](#) means selecting foods that are fresher and not prepackaged. Have participants talk about the foods they eat at home. Discuss [foods that can be substituted](#) for some high sodium options.

**Program: DASHing to Control Hypertension**

Objective: Participants will:

- Understand the DASH eating plan
- List 3 dietary changes that they can make to meet the DASH diet guidelines

Resources/Handouts: The [DASH eating plan](#) has been shown to successfully lower blood pressure. **A panel of scientific experts selected by US News and World Report has selected DASH as the "Best Overall Diet."**

Increasing fruits, vegetables, low-fat dairy products and whole grains are important in the DASH eating plan, as is portion control.

The DASH diet recommendations are:

- Eat 7-8 servings of grains each day. Grains provide a lot of energy and fiber. One serving is equal to 1 slice of bread or ½ C dry cereal, cooked rice, pasta or grits.
- Eat a diet that includes a lot of vegetables for potassium. This means 4-5 servings of fruits and 4-5 servings of vegetables each day. One vegetable serving is equal to ½ cup cooked vegetables such as broccoli, corn, greens or carrots or ¾ cup vegetable juices. One serving is also 1-cup green, leafy vegetables, 1 tomato, and 1 stalk of celery or 1 large baked potato. Eating a lot of fruit provides potassium to help maintain normal blood pressure, contract muscles, transmit nerve impulses, regulate fluids and help mineral balance in and out of body cells. One serving of fruit is a medium banana, apple or pear; ½ cup of chopped fruit or ¾ cup of juice.
- Eat 2-3 servings of low or non-fat dairy products each day. A serving size is equal to 1 cup of low-fat yogurt, 1-cup skim or low-fat milk or 1-1/2 ounces of low-fat cheese, such as part-skim mozzarella. These foods are important sources of calcium, which plays a role in normal nerve function, contraction of muscles, and beating of your heart.
- Eat 4-5 servings of beans, lentils, nuts and seeds each week. These foods are rich in magnesium (helps maintain body cells in nerves and muscles, part of body enzymes which regulate body functions), protein and fiber. One serving is equal to ½ cup of cooked beans or

1/3 cup peanuts or sunflower seeds, though nuts and seeds are high in fat and should be limited. A better choice would be cooked beans such as lima, great northern, pinto, black, kidney beans or black-eyed peas.

- Meats are limited to no more than two, 3-ounce servings per day. Examples are lean cuts of meat such as sirloin beef, tenderloin pork and leg of lamb. Chicken, turkey and fish are excellent low fat choices. Remove the skin and trim away all visible fat before cooking and try broiling or roasting instead of frying to decrease the amount of fat in any meat dish. One serving of meat is about the size of a deck of cards. One serving is equal to 3 ounces of cooked beef, poultry or fish. Fats should be limited to 2-3 servings per day. One serving is equal to 1 teaspoon oil, margarine or regular mayonnaise; 1 tablespoon low fat mayonnaise or regular salad dressing; or 2 tablespoons of low-fat salad dressing.
- Limit the amount of sweets and alcohol. These foods contain a lot of calories but few nutrients.

## DASH Snacks to Try

- 1 rice cake with 2 teaspoons almond butter or natural peanut butter
- 1 cup sliced bananas and fresh berries
- 20 unsalted pretzel sticks, 1 reduced-fat string cheese stick, unlimited amounts of carrot and celery sticks
- 1 medium apple with 1 oz. low-fat cheese
- 1 cup fresh fruit salad sprinkled with 1 tablespoon slivered almonds
- ½ a reduced-fat string cheese stick and 4 whole-wheat crackers
- ½ medium banana sprinkled with 2 tablespoons shredded coconut
- 3 cups unsalted air-popped popcorn
- 1 cup strawberries with 1/3 cup plain nonfat yogurt
- all-you-can eat green veggie sticks with 1 tablespoon reduced-fat dressing
- ½ cup unsweetened toasted oat cereal with ¼ cup blueberries and ½ cup nonfat milk
- 1 hard-boiled egg with 1 slice melba toast

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## Fruit Smash Smoothie

1 cup low-fat, fat-free milk, or soy milk

Handful of frozen strawberries, apricots, bananas, and fresh raspberries

Handful of ice cubes

Mix ingredients in a blender for 1 minute.

**Program: How Can I Get Enough Calcium-Rich Foods?**

**Objective:** The participants will understand easy ways to add calcium to their food plan and recognize nondairy calcium sources.

Resources/Handouts: If you do not get enough [calcium from foods](#) or supplements, then you may have weak bones, bone loss, and increase your chance of having a fracture. Hip fractures can be very serious. Recently the National Academy of Sciences released a report recommending higher calcium intakes for older Americans. It is believed that as we get older we may need more calcium. For those ages 51 and over, the recommendation for calcium is 1,200 milligrams per day. For example, this is the amount of calcium in four 8-ounce glasses of milk (1 quart). Many older adults do not get this recommended amount of calcium in their diets every day.



## Lactose Intolerance Hand Out

Even if milk or other dairy foods gives you gas, cramps, or bowel problems, you can still eat dairy foods in these ways:

1. Drink less than 1 cup of milk at a time (start with  $\frac{1}{4}$  cup serving size).
2. Drink milk with a meal or other foods.
3. Try eating dairy products in small amounts spread out over the day.
4. Eat yogurt with active cultures, which has less lactose than milk. Look for yogurt with the “made with live active cultures” logo on its container.
5. Include hard cheeses, like cheddar, instead of processed cheeses.
6. Drink lactose-free milk such as Lactaid® or Dairy Ease®.
7. Ask your pharmacist about lactase caplets or chews, which you can take when you consume milk or dairy products.

If you still prefer to get your calcium from non-dairy foods, try to include more nondairy, calcium-containing foods such as collards, mustard greens, broccoli, sardines, and salmon with bones. Calcium fortified foods may also be a good choice, and these include calcium-fortified orange juice or calcium-fortified cereals.

### **Speedy Salmon Patties**

1/3 cup finely chopped onion

1 egg, beaten

5 saltines, crushed

1/2 teaspoon Worcestershire sauce or lemon juice

1/8 teaspoon pepper

1 can (14-3/4 ounces) salmon, drained, bones and skin removed

2 teaspoons butter or use PAM

In a large bowl, combine the first five ingredients. Crumble salmon over mixture and mix well. Shape into six patties.

In a large skillet over medium heat, fry patties in butter or PAM for 3-4 minutes on each side or until set and golden brown. 3 servings.

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### **Hasty Chocolate Pudding**

½ cup sugar

1/3 cup cocoa powder

3 tablespoons cornstarch

2 cups milk

2 teaspoons vanilla extract

In an 8 cup microwave safe bowl whisk together sugar, cocoa and cornstarch. Whisk in milk a little at a time so the mixture does not have any dry lumps.

Place in a microwave and cook on high for 3 minutes. Stir. Continue to cook for 1 minute intervals, stirring each minute, until thick and shiny. This will be an additional 2 to 4 minutes. Stir in vanilla.

Place a piece of plastic wrap on the pudding so it does not form a “skin”.  
Refrigerate until cool.

Activities:

- Have participants list ways to add calcium to their diet. Some ideas to increase calcium include:
  - Have cereal with milk for breakfast
  - Make hot cereal or soups with low-fat milk instead of water
  - Grate cheese over a salad or add a slice of low-fat cheese to a sandwich for lunch
  - Try low-fat frozen yogurt or low fat pudding for dessert or as a snack
  - Add non-fat powdered dry milk to pudding, oatmeal, grits, baked foods such as cookies, breads, and muffins, or to soups, gravy, casseroles, and mashed potatoes. Two to four tablespoons can be added to most recipes. You can also try adding 1/4 cup to a pound of ground beef before browning
  - Top pasta with tomato sauce and ½ cup ricotta cheese or some part-skim mozzarella cheese
  - Eat canned salmon with bones in place of tuna in sandwich spreads or on a bagel. Have some sardines in your salad or on a sandwich
  - Use plain yogurt or unflavored Greek yogurt as a substitute for sour cream or mayonnaise in recipes or on a baked potato
  - Eat broccoli, kale, okra and turnip greens regularly
  
- Many participants have heard information about calcium and about dairy products that may not be true. Some of these concerns include:
  - Could too many calcium rich foods cause me to have [kidney stones](#)?

People who are at risk for, or who have had kidney stones, were once told to limit their calcium intake because kidney stones are made of calcium salts. Current research shows that calcium from food sources actually decreases kidney stone risk because of interaction with other factors in the food itself. If you have ever had kidney stones, avoid taking calcium supplements and talk to your doctor.

- Can I get too much calcium in my diet?

This is very unlikely, especially since older adults are at risk for not getting enough calcium in their diet. Up to 2,500 mg of calcium a day is a safe amount.

- When I drink milk or eat cheese it causes me to be constipated or have a gassy stomach. Why?

If you experience constipation or gas from dairy foods, it may be a sign of lactose intolerance. Lactose is a type of sugar found in milk and other dairy products. Lactose intolerance develops when the small intestine does not make enough of an enzyme called lactase. The body needs this enzyme to digest lactose. The result of this undigested lactose is the gas, bloating, and constipation or diarrhea that some people experience. For other people trying to eat more calcium containing foods, there may be a mild lactose intolerance which can resolve by itself