



*Black Bean-Zucchini Brownie
Photo by Pam VanKampen,
the others from Pixabay.com*



EAT WELL, AGE WELL. NUTRIENT DENSE FOODS

2015-2020 Dietary Guidelines

One of the 2015-2020 Dietary Guidelines is to focus on foods that are nutrient dense. As we age, we tend to eat less so we need to make every bite count! *"You are what you eat."* There is a lot of truth in this statement. The foods we eat, the amounts, and when we eat them, affect how we feel. What we put into our bodies can make us feel energetic, vibrant, happy and well-nourished or it can cause us to feel tired, run down and overall in a funk.

Conditions such as high blood pressure, diabetes, heart disease, arthritis, etc. can be influenced by what we eat.

You really have a lot of control over your health and can take an active role. This new education series is designed to help you do just that. We will help you move from knowing what to do... to taking action and making changes by completing the **"Weekly Challenges"**. It's time to take action...we dare you.

WEEKLY CHALLENGES

TRY A RECIPE WITH
QUINOA

ADD KALE TO YOUR
SALAD/RECIPES

ADD
VEGGIES/BEANS TO
A DESSERT RECIPE

HAVE VEGGIES AT
BREAKFAST TWICE
THIS WEEK

DID YOU KNOW?
NUTRIENT-DENSE
FOODS ARE RICH IN
NUTRIENTS, HAVE
LITTLE OR NO ADDED
SOLID FATS, SUGARS,
REFINED STARCHES,
OR SODIUM.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc.

Week 1: Give out:

- The 1- page overview handout Eat Well, Age Well. Nutrient Dense-Dietary Guidelines
- placemat/handout for *Fiesta Wrap*

Week 2: Give out placemat/handouts for:

- *Kale Caesar Salad*
- *Potato, Black Bean & Kale Skillet*

Week 3: Give out placemat/handouts for:

- *Savory Bread Pudding with Kale & Butternut Squash*
- *Black bean brownies recipe*

Week 4: Give out placemat/handout:

- *Eggs over Kale with Sweet Potato Grits*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org