



HEALTHY EATING: OLDER MEN

**EASY RECIPES FOR A HEALTHY
LIFE**

**GREATER WISCONSIN AGENCY
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OVERNIGHT OATS

INGREDIENTS

- 1/2 cup oats
- 1/2 cup low-fat or fat-free milk or milk alternative
- 1/2 cup fat-free or low-fat yogurt (any flavor)
- Fruit and/or nuts of choice (examples: strawberries, blueberries, bananas, almonds, walnuts, pecans, chia seeds, flax seed)
- A dash of cinnamon or maple syrup for flavor

DIRECTIONS

Mix all ingredients in a mug or jar, cover and place in fridge overnight. Enjoy cold or heated in microwave for warm oatmeal.

Recipe inspired by
HurryTheFoodUp

MAKE-AHEAD EGG CUPS

INGREDIENTS

- 6 eggs
- 2T milk
- 1/2 cup chopped spinach
- 1/2 cup diced pepper of choice
- 1/2 cup diced onion
- 1/3 cup shredded cheese of choice
- Dash of salt and pepper

DIRECTIONS

Preheat oven to 350 degrees F. Coat a 6-slot muffin pan thoroughly with non-stick spray. In a skillet, heat 1 T oil over medium heat and saute veggies of choice about 5 minutes. Whisk together eggs and milk in large bowl, stir in veggies and cheese. Pour egg mixture evenly into wells of muffin tin. Bake for 15-20 minutes. Store in airtight container for up to 5 days and microwave about 30 seconds for hot eggs in the morning. Serve with a slice of whole wheat bread and a glass of milk or 100% juice for a balanced breakfast.

EASY FRUIT SMOOTHIE

INGREDIENTS

- 1 medium banana
- 1/2 cup ice cubes
- 1 cup low-fat plain or vanilla yogurt
- 1/2 cup 100% orange juice
- 1 cup frozen strawberries
- 1/2 cup spinach

DIRECTIONS

Place all ingredients in a blender or food processor. Cover and blend until smooth. For different flavors, replace strawberries and orange juice with any fresh or frozen fruit and 100% juice.

Recipe Adapted from
CookingMatters

TUNA PASTA SALAD INGREDIENTS

- 8 oz small shells whole wheat pasta, or pasta of choice
- 7 oz canned albacore white tuna, drained
- 2 celery ribs, chopped
- 1/4 cup red onion, chopped
- 1 cup frozen peas
- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- Dried dill weed, to taste, optional
- Dash of salt and pepper to taste

DIRECTIONS

Cook noodle according to package, drain water.
Add onion, celery, peas, pasta, and tuna into a large bowl. In smaller bowl, combine yogurt and mayonnaise. Add sauce to pasta mixture and stir.
Refrigerate to thicken.

Recipe Adapted from
TasteBetterFromScratch

WHITE CHICKEN CHILI

INGREDIENTS

- 1 rotisserie chicken shredded or 2 lbs boneless skinless chicken boiled and shredded
- 1 large yellow onion, diced
- 2 stalks celery, diced
- 8 oz diced green chili peppers
- 3 cloves garlic, minced
- 2 tsp cumin
- 1 1/2 tsp salt
- 1/2 tsp ground coriander
- 1/2 tsp dried oregano
- 4 cups low-sodium chicken broth
- 15 oz can white beans (cannellini, navy, or other)
- 1 cup frozen corn kernels

DIRECTIONS

Place all ingredients in a slow cooker, stir to incorporate seasoning. Cook on high 4 hours or low 6 hours.

Recipe Adapted from
TheKitchn

ROASTED PORK CHOPS

INGREDIENTS

- 3 T olive oil
- 1 oz ranch seasoning packet
- 1 tsp smoked paprika
- 1 T oregano
- 1 tsp pepper
- 6 pork chops
- 2 lbs baby potatoes

DIRECTIONS

Preheat oven or grill to 400 degrees. Spray baking sheet with nonstick spray. Slice larger potatoes in half. Place potatoes and pork chops on baking sheet and sprinkle with olive oil. Mix together all seasonings in a bowl and rub seasoning over potatoes and pork chops. Cook for 35-40 minutes, or until pork reaches an internal temperature of 145 degrees. Serve with steamed broccoli or veggie of choice.

Recipe Adapted from
JoCooks

PESTO GRILL PACK

INGREDIENTS

- 1 small jar pesto
- 2 (6oz) salmon or chicken fillets
- 3/4 pound or 1 bunch asparagus, ends trimmed
- 1 tsp olive oil
- 1/2 lemon, juiced
- 1/2 pint grape tomatoes

DIRECTIONS

Wash and dry vegetables, trim 1 inch off end of asparagus. cut 14-inch pieces of aluminum foil. Preheat oven or grill to 400 degrees. Place half of asparagus on each piece of foil, drizzle with oil and sprinkle with salt and pepper. Set chicken or salmon on asparagus and season with salt and pepper. Spread 1 T pesto on top of meat. Drizzle 1 tsp lemon juice on top of pesto. Cut tomatoes in half and place on top and around meat. Wrap foil over top of tomatoes and crimp edges. Cook for 20-28 minutes or until salmon reaches 145 degrees or chicken reaches 165 degrees.

Recipe Adapted from
GeniusKitchen

TACO SALAD

INGREDIENTS

- 1 tsp olive oil
- low-sodium taco seasoning
- 1 lb lean ground turkey
- 1 head romaine, chopped
- 15oz can reduced-sodium black beans, rinsed and drained
- 11oz can corn, drained
- 2 cups cherry tomatoes, halved
- 1 ripe avocado, diced
- 1/2 cup cilantro leaves, chopped
- 1/2 cup reduced fat shredded cheese of choice
- 1/4 cup onion of choice, diced (optional)
- 1/4 cup salsa
- 1/4 nonfat plain Greek yogurt

DIRECTIONS

Brown turkey. Add beans and add taco seasoning based on seasoning packet directions. In a small bowl, mix salsa and yogurt. Add all other ingredients in a large bowl. Add turkey and beans. Toss salsa yogurt dressing with salad and enjoy.

Recipe Adapted from
WellPlated

MEXICAN BEANS AND RICE

INGREDIENTS

- 1 or 2 (14oz) cans black beans, rinsed and drained
- 3/4 cup brown rice
- 1 1/2 cups water
- 3/4 cups salsa
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1 tsp cumin
- 1 tsp garlic salt

DIRECTIONS

Put all ingredients in slow cooker and stir to incorporate spices. Cook on low for 3-5 hours. Add a pinch of salt, pepper, and lime juice to flavor the dish. Add shredded chicken to create a more hearty dish.

EASY GUACAMOLE

INGREDIENTS

- 3 ripe avocados
- 1 firm tomato, diced
- 1/2 white onion, diced
- 1/2 cup cilantro, chopped
- 2 T lemon or lime juice
- Dash of salt and pepper to taste

DIRECTIONS

Mash avocados in a bowl. Stir in other ingredients. Store in air-tight container. Seeing the guacamole turn a slight light brown is normal. Serve with low-sodium tortilla chips as a healthy snack. For reference, there are 8 servings in this recipe.

Recipe Adapted from
PaleoLeap

Nutrition for Older Men

Nutrition is often an afterthought when aging, especially during retirement, but it is vital in ensuring healthy and comfortable years ahead. Older men are much more susceptible to health problems such as diabetes, heart disease, high blood pressure, osteoporosis, and more. Risk for these conditions can decrease with proper diet and exercise. Here are four tips for better nutrition.

Tip 1: Eat Plenty of Fiber

Most US adults do not have enough fiber in their diets. Make it a goal to get 30 grams of fiber each day through various foods. Whole grains such as oatmeal, high fiber or bran cereal, brown rice, and whole wheat bread are excellent sources of fiber. Fruits, vegetables, beans and lentils also contain fiber. Fiber is known to keep bowel movements regular and maintain gut health. It can also lower cholesterol levels and help control blood sugar levels.



Tip 2: Decrease Sodium Intake



Decreasing sodium intake is important to lower risk of high blood pressure. Choosing low-sodium food, not adding salt to already cooked foods, and flavoring foods with herbs and spices are great ways to ensure sodium intake is kept at a minimum.

Tip 3: Pick Healthy Fats



Fat is very important for body and brain health, but the source of fats in your diet can play a large role in increasing or decreasing risk of disease. Most of your daily fat intake should come from heart-healthy unsaturated fats such as olive oil, canola oil, walnuts, almonds, and avocados. Stick to correct portion sizes of red meats, and try low-fat milk and yogurt to decrease saturated fat intake.

Tip 4: Increase Calcium intake

Bone density starts to decrease after age 30, so it is important that all adults get their recommended intake of calcium and vitamin D, which also helps to rebuild bones. It is important to know that low-fat and fat-free dairy food have just as much calcium as their full-fat counterparts. Food high in vitamin D include tuna, salmon, fortified juices and dairy products, cheese and eggs.



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