

EAT WELL, AGE WELL. NUTRIENT ANALYSIS

Help for Mindful Eating

As we get older, our nutritional needs and requirements change. Certain nutrients become a bit more important to pay attention to. The Academy of Nutrition and Dietetics lists some of the more important ones:

- Calcium
- Vitamin D
- Vitamin B₁₂
- Fiber
- Potassium

Fortunately, you are not alone in your goal for a healthy, balanced diet. **Did you know the US Department of Agriculture has a database where you can look up thousands of foods to discover their nutritional value!?! At <https://fdc.nal.usda.gov/> not only can you search types of food, but you also have the ability to type in a specific nutrient (e.g. fiber) and explore different foods that are rich in that nutrient!**

Here's a couple quick & easy recipes that address some key nutrients for aging individuals. Use the USDA database (website in the orange box) to try and find the ingredients and fill in the blanks!

Egg on Avocado Toast

Ingredients

- 1 slice whole grain bread
- ½ avocado, peeled (slightly mushy ones work best)
- ½ teaspoon olive oil
- 1 egg
- Salt (to taste)
- Pepper (to taste)

1. Toast the bread
2. While it's toasting, heat the oil in a small, non-stick pan and cook the egg to your preference (scrambled, over-easy, etc.)
3. Mash the avocado in a bowl using a potato masher or a fork.
4. Spread avocado on toast, put egg on top, and season with salt and pepper.

Nutrition Information:

Calories: 295

Fiber: 6.5 grams (g)

Vitamin D: 44 International Units (IU)

Potassium: 485 milligrams (mg)

Mixed Berry Yogurt

Ingredients

- ½ cup nonfat, plain Greek yogurt
- ½ cup raspberries
- ½ cup blueberries
- 2 Tablespoons sliced almonds

1. Mix ingredients in a bowl and serve immediately.

*This makes for 1 serving but can be adjusted to make more or less.

Nutrition Information:

Calories: 200

Protein: 25 g

Fiber: 7.5g

Potassium: 554 mg

Calcium: 300 mg

What are Nutrient Analysis Apps and Websites?

Nutrition apps and websites allow a person to set goals for themselves and to track what they eat. These resources track daily calorie intake. Some include full nutrient analyses of foods, so the user can track how much fat, protein, carbohydrate, vitamins, minerals, etc. that they are consuming. The user can compare their eating habits to their goals and make changes accordingly.

These websites and apps can help a person improve their overall health. Many list recipes, weight management plans, and personalized goals.

Reliable Apps and Websites:

- **USDA ChooseMyPlate.gov**
 - Available as an app or website
 - Tracks daily calorie intake
 - www.choosemyplate.gov/myplatekitchen
- **Cronometer.com**
 - Available as an app or website
 - Tracks calorie intake and lists all nutrients in foods
 - Compares intake to daily goals

Black Bean Quesadillas

Yield: 2 servings



Pixabay.com, Chris Tweten (Photographer)

Ingredients

- ½ teaspoon extra virgin olive oil
- ¼ cup fresh tomato, diced
- ¼ cup green bell pepper, diced
- ¼ cup onion, diced
- ½ cup low-sodium black beans, drained and rinsed
- ½ cup shredded reduced-fat Colby & Monterey Jack cheese
- 2 8-inch whole grain tortillas
- *Optional: serve each quesadilla with 1 tablespoon of salsa*

For food group analysis, go to ChooseMyPlate.gov

Directions

1. Dice tomato, pepper and onion, and place into a medium bowl.
2. Mix in black beans and cheese.
3. Divide the mixture evenly over half of each tortilla (about ½ cup each).
4. Fold tortillas in half, brush with oil, and place them on a griddle or pan over medium-high heat.
5. Flip the tortillas when they are browned and crisp, about 5 minutes per side.
6. Cut the tortillas into wedges and serve with salsa, if desired.

Recipe modified from www.choosemyplate.gov by Nicole Tellock.

This recipe was listed on the ChooseMyPlate website. By plugging these ingredients into these websites and apps, the nutrition information listed below was made available.

Calories: 290, Fat: 10g, Saturated fat: 4.7g, Carbohydrates: 37g, Protein: 14g, Sodium: 490mg, Fiber: 8.5g, Vit A: 26%, Vit C: 28%, Calcium: 24%, Iron: 13%

For full nutrient analysis, go to Cronometer.

What can nutrient analysis websites and apps help with?

Proper nutrition is seemingly hard to keep track of, but with a little help from websites and apps it is actually easy!

The apps and websites can allow you to track your food intake to ensure the adequate amount of nutrients are being put into the body.

Many apps and websites offer recipes, reminders, and tips to stay on track.

An example of a website that can be used is the USDA Nutrition.gov <https://www.nutrition.gov/> It provides visuals, a basic nutrient guide, recipes and more!

Garden Fresh Sandwich: Serves 1



Photo Courtesy of Pixabay.com

Ingredients:

- 2 slices whole wheat bread
- 2 teaspoons Dijon-type mustard
- 1 slice of cheddar or swiss cheese
- 2 slices tomato
- 4 slices cucumber
- Leafy green lettuce

Directions

1. Spread one side of each piece of bread with mustard.
2. Lay ingredients on one slice of bread and top with the other slice.

This sandwich is a quick, easy, and healthy meal! This meal is taken from the USDA Nutrition.gov website! Apps and websites are a great way to find new recipes that provide nutrients and are tasty.

Another great website is <https://www.choosemyplate.gov/myplatekitchen>

Recipe adapted from: Alice Henneman

Tracking Your Food

Tracking the foods that you eat allows you to get a bigger picture of your eating habits. It will give you a good idea of what you are doing well already and allows you to see what you can work on.

The first step is deciding how long you are going to track the foods you are eating. Will it be a week? A month? A year? Then, you will need to decide how you are going to track your foods. There are many apps and websites available that are free and easy to use.

The more specific and detailed you are with tracking your food, the more beneficial it will be to you. Don't forget to log your "extras." These can include condiments, coffee creamer, sugar, or candies.



Photos Courtesy of Pixabay.com

Tracking Apps & Websites:

Chronometer: Log your diet, exercise and biometrics. Available as an app on your phone or through the website

MyPlate: Track the calories from the foods you are eating. Available as an app on your phone.

Waterlogged: Tracks the amount of water you drink in a day. Available as an app on your phone.

Nutrient-Dense Foods

Nutrient-dense foods are foods that are high in nutrients, but low in calories. Nutrient-dense foods are filled with vitamins, minerals, lean protein, complex carbohydrates, and healthy fats. Some nutrient-dense foods include:

- Kale
- Salmon
- Spinach
- Garlic
- Shellfish
- Blueberries
- Nuts

