

## Suggested Resources

**Lecture:** NOURISH — Small Steps for Big Health Benefits

**Presented by:** Pam VanKampen, RDN, CD Greater WI Agency on Aging Resources

### Summary Overview: NOURISH-Small Steps for Big Health Benefits

Have you ever felt overwhelmed by the idea of “dieting”? What if we told you there’s a fresh, fun, and totally doable way to feel better, have more energy, and actually enjoy the process? It’s called the **NOURISH Step**—and it’s not a diet, it’s a mindset and gateway to reliable nutrition information.

Taking small steps can help strengthen your nutrition foundation. It can help you stay strong, have more energy, elevate your mood, think more clearly, prevent or control illness, heal quicker, have less pain, and more! If you want more pep, take a NOURISH Step!

We created the NOURISH Step to help you shift your focus from restrictions to nourishing foods and simple habits that work in real life. Take control of your health one small, doable step at a time; you will feel energized and empowered. You are in control and choose the steps that work for you! Enjoy your unique NOURISH journey!

1. **NOURISH Step Mindset-** *NOURISH Step is a practical, empowering approach to nutrition—grounded in science and focused on small, doable changes **that you choose**.*
2. **Eat Colorfully!** *Colorful foods & meals provide nutrients that affect your energy, mood, pain, healing, memory, muscles, skin, and overall well-being.*
3. **Protein Throughout the Day-** *Spreading protein intake evenly (25–30 grams per meal and including with snacks) helps maintain muscle, strength, and function as we age.*
4. **Hydration Matters-** *Staying well-hydrated supports clear thinking, energy, and appearance—enhance water with flavor and include foods high in water content.*
5. **Small Recipe Swaps, Big Impact-** *Simple recipe modifications—like reducing added sugar and unhealthy fats—can improve how you feel and support chronic disease management.*
6. **Desserts Still Fit-** *You don’t have to give up sweets—NOURISH stepping desserts with small changes can support better health without losing enjoyment*

**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, Hydrate.**

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If you want to learn more please visit  
<https://gwaar.org/nourishstep>



## BOOKS

- [\*Life is Hard, Food is Easy\*](#) by Linda Spangle
- [\*Eat Your Way to Happiness\*](#) by Elizabeth Somer, MA, RD

## WEBSITES

- [NOURISH Step by GWAAR](#) (Greater WI Agency on Aging Resources)
- [Academy of Nutrition and Dietetics](#)
- [Dietary Guidelines for Americans](#)
- [Dietary Supplement Fact Sheets](#) (National Institutes of Health)
- [National Council on Aging's Diet and Nutrition Page](#)

## ARTICLES

- [Beyond Sugar: A Holistic Review of Sweeteners and their Role in Modern Nutrition](#) (*National Library of Medicine*, September 12<sup>th</sup>, 2025)
- [Artificial Sweeteners or Sugar?](#) (*Northwestern Medicine*, October 2025)

## RECIPES

- [My Plate Kitchen](#) (U.S Department of Agriculture)
  - [Chef Lori Fernandez Recipes](#)
  - [U.S Department of Agriculture Recipes](#)
  - [Whole Grains Council Recipes](#)
  - [Canned Beans Recipes](#)
  - [Food Hero](#) (Oregon State University)
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## NOURISH Step Journal Page



### Track Your Daily Healthy Choices and How They Make You Feel

Use this journal to turn ideas & intentions into action. Notice what gets in your way, what helps you stay motivated, and take small steps to move forward.

#### Tips for Using Your NOURISH Journal

- Be **specific** about the small step you took (e.g., “Added 1 tsp chia seeds to oatmeal,” “Replaced sugar with applesauce in muffins”).
- Notice **how you feel**—energy, mood, fullness, pain level, digestive effect, etc.
- Use the **Notes / Observations** column to record ideas, challenges, or things you want to try next.
- Review your entries weekly to **celebrate your progress** and plan your next NOURISH Step(s)!

**\*NOURISH stands for:** **N**utrient-Rich Foods, **O**mega-3s & Healthy Fats, **U**nderstand, **R**ecipes, **I**ncrease Protein & Fiber, **S**ugar & Sodium Awareness, **H**ydrate.



Date	NOURISH Step Category	Specific Action(s) Taken	How It Made You Feel	Notes/Observations

**Remember:** Healthy changes are about **small, consistent steps, not perfection.**

**Each NOURISH Step counts! ♥ If you want more pep, take a NOURISH Step!**



## NOURISH Step Food Hacks

**Small changes that make everyday foods  
more nourishing**



Greater Wisconsin  
Agency on Aging Resources, Inc.

You don't have to give up your favorite foods. Mindful, nourishing eating is about progress—not perfection. Even one small change makes a difference.

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### Grilled Cheese

- Use whole-grain bread (Increase Fiber)
- Add tomato, spinach, onions, fruit such as apples or peaches (Nutrient Dense)
- Grill with olive oil instead of butter or margarine. (Omega 3 & Healthy Fat)
- Add turkey, tuna, egg (fried or hard-boiled sliced), or beans for protein & high in leucine needed for muscle synthesis. (Increase Protein)

**NOURISH Tip:** Pair with soup for extra fluids (Hydration)

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### Pasta

- Choose whole-wheat, bean, or lentil-based pasta (Increase Fiber & Protein)
- Add vegetables and beans or chicken (Nutrient Dense & Increase Protein)
- Mash or puree kidney or navy beans and add to sauce or add Shrimp & ricotta to increase leucine.
- Use olive oil-based sauces (Omega 3's & Healthy Fats)
- Watch added sugar and sodium in jarred sauces (Sugar & Sodium Awareness)

**NOURISH Tip:** Protein + fiber help prevent energy crashes and keep blood sugar steady

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### Soup

- Use low-sodium broth and look for low-sodium soups (Sodium Awareness)
- Add beans, lentils, or vegetables (Nutrient Dense)
- Add walnuts, seeds like pepitas (Omega 3s & Healthy Fats and leucine)
- Add feta or other cheese, or make with milk (Increase Protein)

**NOURISH Tip:** Soup counts toward hydration!



## Casseroles or Hot Dish

- Add shredded vegetables or leafy greens (Nutrient Dense)
- Substitute part or all with brown rice, quinoa, or whole grains (Increase Fiber)
- Sprinkle Nutritional Yeast flakes (high in B<sup>12</sup>) on top before baking = toasted & cheesy
- Add beans, tuna, lentils, or lean meat (Increase Protein)

**NOURISH Tip:** One-pan meals save time and money. [Sheet Pan](#) meals are a great option too!

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## Oatmeal

- Transition from Quick Cook or Instant to Old Fashioned or Steel Cut Oats (Increase fiber and decrease Sodium & Sugar)
- Add walnuts, flax, or chia seeds (Omega 3's & healthy fats)
- Stir in milk, yogurt, or peanut butter powder, nut butter, or powdered milk or protein powder (Increase Protein)
- Flavor w/fruit or canned pumpkin puree instead of sugar or add sauteed veggies for a savory side (Nutrient Dense). Find more pumpkin recipes at [FoodHero.org](#).

**NOURISH Tip:** Fiber + protein = longer-lasting energy. Try an [Overnight Oats](#) recipe.

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## Yogurt

- Choose plain or minimal added sugar. Watch for sugar substitutes.(Sugar Aware)
- Add fruit, nuts, or seeds (Increase Protein and Fiber)
- Choose Greek or Icelandic yogurt (Increase Protein & leucine)
- Use Plain yogurt instead of sour cream (Omega 3s & Healthy Fats)
- Flavor Plain yogurt with extracts and spices.

**NOURISH Tip:** Good for gut health and to increase protein, fiber, pre and probiotics.

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## Salad

- Add colorful veggies, fruit, nuts, & seeds
- Include protein (beans, eggs, chicken, tuna)
- Use olive oil-based dressings, lemon or lime juice, or salsa.

**NOURISH Tip:** Put the greens under your entrée and skip the dressing & the added calories.

## Sandwich

- Use whole-grain bread or a large portabella mushroom as a bun!
- Add lots of veggies
- Swap mayo for hummus or avocado (sliced or mashed)
- Choose lower-sodium meats or use less

**NOURISH Tip:** Try a variety of mustards to elevate the flavor. It's one of the lowest calorie and lowest cholesterol condiment options. It is rich in calcium, potassium, niacin, and magnesium

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## Pizza

- Choose whole-grain, thin crust, or cauliflower crust when available
- Add extra vegetables, artichokes, fresh greens, and even fruit!
- Use less cheese or choose part-skim cheese
- Try pesto or olive oil-base or drizzle
- Go easy on processed meats to reduce sodium

**NOURISH Tip:** Pair pizza with a salad or veggies to boost fiber and hydration

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## Peanut butter & Jelly Sandwich

- Choose lower added sugar brands
- Choose natural version without hydrogenated fat
- Top with mashed fresh fruit or banana slices instead of jelly
- Choose whole grain bread or crackers

**NOURISH Tip:** Try a fresh twist on PB&J—use natural peanut butter, whole-grain bread, and mashed fruit for sweetness without the added sugar

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## Baked Goods

- Add oats, nuts, shredded veggies, or fruit (refrigerate after baking)
- Cut sugar by 1/4 to 1/2 for most recipes still taste great
- Enjoy with milk, the protein helps keep blood sugar stable

**NOURISH Tip:** Treats can still offer nourishment

## Comfort Foods Can Still NOURISH



### Ice Cream

- Choose smaller portions and enjoy slowly (use a baby spoon to savor each bite)
- Add nuts, seeds, or peanut butter for healthy fats
- Pair with fruit for fiber and nutrients
- Try frozen yogurt bark or lower-sugar slow-churned options.
- “Nice Cream”- blend frozen bananas + splash of milk + cinnamon/cocoa + vanilla

**NOURISH Tip:** Pairing with protein or fiber helps steady blood sugar and increase fullness



### Mac & Cheese

- Use whole-grain or protein-enriched pasta (like chickpea or black bean pasta)
- Add vegetables (peas, broccoli, spinach, and more)
- Use less cheese but choose sharper flavors
- Stir in beans, tuna, or chicken and sprinkle with hemp seeds for protein

**NOURISH Tip:** Balance comfort foods with protein and fiber to support energy and muscle



### Chips & Crunchy Snacks

- Choose baked or air-popped options when available
- Portion chips into a small bowl instead of eating from the bag
- Mix a small handful of chips with crunchy veggies to boost volume and fiber



### Crunchy Swaps that Still Satisfy:

- Dill pickles or pickle spears
- Carrot sticks, celery, cucumber, or veggie strips
- Snap peas or bell pepper slices
- Air-popped popcorn (lightly seasoned)

**NOURISH Tip:**

Pair crunchy snacks with protein (cheese, hummus, yogurt dip, etc.) for longer-lasting fullness.



*“If you want more pep, take a NOURISH Step!”* <https://gwaar.org/nourishstep>

## NOURISH Step™ Baking with Dates/Prunes:



Dates & prunes add natural sweetness, texture, and moisture, so you can eliminate the “empty calories” from *added sugars* and replace unhealthy fats.

### Date or Prune Swap Baking Chart

Replace This	With Dates	How to Use	Best For
<b>Butter or shortening</b>	Date or Prune paste (Recipe on p. 2)	Replace $\frac{1}{2}$ – $\frac{3}{4}$ <b>cup date or prune paste</b> for <b>1 cup fat</b>	Muffins, quick breads, snack bars
<b>Oil</b>	Date or Prune paste	Replace $\frac{1}{2}$ <b>of the oil</b>	Brownies, bars, baked oatmeal
<b>Frosting or cream cheese filling</b>	Date or Prune paste + milk or yogurt	Blend until smooth	Snack bars, layered desserts
<b>Chocolate chips or candy</b>	Chopped dates	1:1 replacement	Cookies, granola bars, banana bread
<b>Caramel or sugar glaze</b>	Date “caramel”	Blend dates or prunes + warm water + vanilla	Fruit crisps, baked oatmeal
<b>Part of fat + moisture</b>	Date or Prune paste + applesauce	Use $\frac{1}{2}$ <b>date or prune paste + <math>\frac{1}{2}</math> applesauce</b>	Cakes, quick breads



**Tip:** For any of the above, add 1–2 Tbsp oil if the texture feels too dense.

### Nutrients You Gain by Using Dates or Prunes

#### ✓ Fiber (Digestion & Blood Sugar Support)

- ~3 g fiber per 2 dates or prunes
- Helps slow digestion and reduce blood sugar spikes

#### ✓ Potassium (Heart & Muscle Health)

- Supports blood pressure and hydration

#### ✓ Magnesium (Muscle, Nerves & Bone Health)

- Important for relaxation and muscle function

#### ✓ Antioxidants

- Natural polyphenols help reduce inflammation

#### ✓ No Trans Fat or Added Sugar

Visit <https://gwaar.org/nourishstep> for more tips. GWAAR Nutrition Team 1-21-26

## Why This Matters

**Helpful for:** - Managing blood sugar - Supporting digestion - Adding nutrients without increasing portion size - Improving heart and brain health.



### NOURISH Step Connections

- **Nutrient Dense:** Fiber, potassium, magnesium
- **Increase Fiber:** Supports gut health & fullness
- **Sugar Awareness:** Replaces refined sugars
- **Recipes:** Simple, affordable, pantry-friendly



### Simple Recipe: Date-Sweetened Banana Oat Muffins

#### Ingredients

- 1 cup mashed ripe bananas
- ½ cup date or prune paste (see recipe below)
- 2 eggs or 2 Flax Eggs (see recipe below)
- ¼ cup oil
- 1½ cups rolled oats (or oat flour)
- 1 tsp baking soda
- 1 tsp cinnamon - Optional: chopped nuts, dried fruit, shredded veggies, or seeds



*Image by Pam Carter from Pixabay*

**Directions** **1.** Preheat oven to 350°F. Line or grease muffin tin. **2.** Mix bananas, date or prune paste, eggs or flax eggs, and oil. **3.** Stir in oats, baking soda, and cinnamon. **4.** Fold in nuts, shredded veggies, fruit, and seeds if using. **5.** Bake 18–22 minutes until the toothpick comes out clean.



#### Date or Prune Paste Recipe

- 1 cup pitted dates or prunes
- ¾ cup hot water



Blend until smooth. Store refrigerated up to 1 week.



#### Flax or Chia Egg Recipe

- 1 TBSP Ground Flax or Chia Seeds
- 3 TBSP Warm Water

Stir and let sit for 5 minutes. This replaces 1 egg in a baked good recipe.







## High-Protein Foods: 2 Tablespoon Guide

### Small amounts can make a big difference!

Protein needs increase with age. Even small additions throughout the day can support muscle, strength, healing, and energy. This handout shows common high-protein foods in **2 Tbsp portions**, listed from **lowest to highest calories**.

*Aim for 25-30 grams of protein at each meal throughout the day to help muscles stay!*

### 2 Tbsp High-Protein Foods (Calories are approximate and may vary by brand)

#### Lowest to Highest Calories

- |   |  |
|---|--|
| 1. <b>Nonfat Plain Greek Yogurt</b><br>~20 calories   ~2-3 g protein                    | 7. <b>Feta Cheese</b><br>~50-70calories   ~5-6 g protein                   |
| 2. <b>Nonfat Cottage Cheese (blended or small curd)</b><br>~25 calories   3-4 g protein | 8. <b>Hemp Seeds (hulled)</b><br>~90-120 calories   ~5-6.5 g protein       |
| 3. <b>Skyr (Icelandic yogurt, nonfat)</b><br>~20-30 calories   3-4 g protein            | 9. <b>Chia Seeds</b><br>~120-140 calories   ~4-6 g protein                 |
| 4. <b>Ricotta Cheese (part-skim)</b><br>~40 calories   ~3 g protein                     | 10. <b>Peanut &amp; Almond Butter</b><br>~160-180 calories   6-7 g protein |
| 5. <b>Hummus</b><br>~50-80 calories   ~2 g protein                                      | 11. <b>Tahini (sesame seed paste)</b><br>~170-210calories   ~5-8 g protein |
| 6. <b>Peanut Butter Powder (dry)</b><br>~50-60 calories   ~6 g protein                  | 12. <b>Sunflower Seed Butter</b><br>~180-210 calories   ~5-7 g protein     |

### Best Protein for Fewer Calories

- Nonfat Greek yogurt
- Cottage cheese, nonfat
- Skyr/Icelandic yogurt, nonfat
- Powdered peanut butter

*Great choices for increasing protein when trying to maintain or lose weight.*



### Best for Malnutrition Risk or Unintentional Weight Loss

- Nut and Seed butters
- Fuller fat yogurt & dairy
- Hemp & Chia seeds

*These provide protein **plus** healthy fats for extra calories in small amounts.*

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### Calcium-Rich Options

- Greek yogurt
- Cottage cheese
- Skyr/Icelandic Yogurt
- Ricotta cheese

*Supports bone health and muscle strength with calcium, vitamin D, magnesium & leucine.*

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### Easy Ways to Use 2 Tbsp Protein Foods

- Stir into oatmeal, soup, or mashed potatoes
- Blend into smoothies. Sprinkle on yogurt, ice cream
- Spread on toast, crackers, or fruit
- Add to sauces, dips, casseroles, baked goods, & sprinkle on salads

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### 2 Tbsp Seed Comparison: Calories, Omega-3s, Protein & Fiber

Food	Calories	Protein (g)	Fiber (g)	Omega-3s (ALA, g)
Flaxseed (ground)	~70-120	~3	~4	~3.2
Chia Seeds	~70-120	~3 - 4	~ 4	~4
Hemp Hearts/Seeds (hulled)	~120	~6 - 10	~0.5	~0.3 (8 grams Omega 3 & 6)
Pepitas (hulled pumpkin seeds)	~90	~5	~1	~0.02
Pumpkin Seeds (with shell)	~85	~4	~2	~0.02
Sunflower Seeds (hulled)	~100-105	~4	~2	~0.02

**Note:** Nutrients can vary by brand. Choose options with no or minimal sodium.



## NOURISH Step: Healthy Baking with Pumpkin & Applesauce

**Simple, flavorful swaps to be sugar-aware, boost protein & fiber, and include healthy fats**

Healthy baking isn't about giving things up—it's about **small swaps that help your body feel better while still enjoying food you love**. One NOURISH Step at a time adds up!

*Try a swap and notice how much better you feel.*



### NOURISH Steps

- ✓ **Sugar Awareness** – Use natural sweetness and reduce added sugars when possible
- ✓ **Increase Protein & Fiber** – Support fullness, muscle health, and digestion
- ✓ **Omega-3s & Healthy Fats** – Support heart and brain health
- ✓ **Understand why it works:** Adds moisture and natural sweetness while reducing saturated fat and added sugar.

### Healthy Baking Swaps That Still Taste Great

#### Applesauce Swap

- **Replace ½ of the butter or oil in a recipe with unsweetened applesauce** - You can replace all of the fat, but the texture will be denser - If batter seems thin, reduce other liquids slightly.

#### Pumpkin Purée Swap

- Replace ½ to all of the fat with **100% pure pumpkin purée** (not pumpkin pie filling)
- Works best in muffins, quick breads, pancakes, brownies, and bars

**Benefits:** - Adds fiber for digestion - Provides vitamin A for eye and immune health - Adds natural sweetness and moisture

**Tip:** Adding strong flavors like cinnamon, nutmeg, ginger, cocoa, or fruit to the recipe will enhance it even more and add additional health benefits.



### Boost Protein, Fiber & Omega-3s and Healthy Fats to baked goods:

- **Nuts & Seeds:** walnuts, pecans, almonds, chia seeds, flaxseed, pumpkin seeds
- **Nut Butters:** peanut, almond, or sunflower seed butter
- **Oats & Whole Grains:** rolled oats, whole wheat flour, oat flour
- **Greek Yogurt:** adds protein and moisture

**Healthy fat Facts:** Walnuts, flaxseed, and chia seeds provide omega-3 fatty acids that support heart and brain health.



### Ways to Use Leftover Canned Pumpkin

Don't let it go to waste!

- **Baking:** Stir into muffins, quick breads, pancakes, or brownies
- **Smoothies:** Blend with banana, yogurt, milk, and warm spices
- **Soups & Chili:** Stir into creamy soups or chili for thickness and nutrition
- **Oatmeal:** Mix into oats with cinnamon and nutmeg
- **Sauces & Dips:** Use as a base for pasta sauce or a lightly sweet pumpkin dip
- **Frozen Treats:** Mix with yogurt and spices for pumpkin popsicles or frozen yogurt

### Simple Microwave Baked Apple Recipe

Try this if you are craving apple pie!

#### Ingredients

- ☐ 1 baking apple (Honeycrisp, Fuji, Pink Lady, Granny Smith—or your favorite)
- ☐ ½–1 tablespoon brown sugar (optional)
- ☐ ½ teaspoon ground cinnamon
- ☐ ½ teaspoon ground nutmeg (or to taste)
- ☐ 1 teaspoon butter, or plant-based margarine
- ☐ *Optional healthy add-ins:* Dried fruit like raisins, nuts, or seeds.



#### Directions

1. Core the apple, leaving the bottom intact
2. Mix sugar, cinnamon, and nutmeg in a small bowl (raisins, nuts, or seeds)
3. Spoon the mixture into the apple
4. Place butter or margarine on top
5. Put the apple in a deep, microwave-safe dish and cover
6. Microwave 3½–4 minutes until tender
7. Let sit 2 minutes before serving. *Top with yogurt, additional spices, or nuts.*



## Add Protein to Your Plate

Easy High-Protein Meal Ideas (20–30g protein each)

Meal	Ingredients / Ideas	Protein Estimate
<b>Egg &amp; Cheese Sandwich</b>	2 eggs + 1 oz cheese + 2 slices whole grain bread	~22g
<b>Tuna Salad Plate</b>	1 can tuna + 1 tbsp mayo + whole wheat crackers or bread + veggie sticks	~25g
<b>Peanut Butter Banana Wrap</b>	2 tbsp peanut butter + 1 small banana + whole wheat tortilla	~20g
<b>Yogurt Power Bowl</b>	1 cup Greek yogurt + 2 tbsp granola + 1 tbsp seeds/nuts	~25g
<b>Cheesy Bean Quesadilla</b>	½ cup black beans + 1 oz shredded cheese in tortilla	~20g
<b>Simple Stir-Fry</b>	3 oz chicken or tofu + frozen stir-fry veggies + ½ cup cooked rice	~25–30g
<b>Quick Chili Bowl</b>	¾ cup canned chili + sprinkle of cheese + side of cornbread	~23g
<b>Cottage Cheese Plate</b>	1 cup cottage cheese + fruit + whole grain toast	~28g
<b>Ham &amp; Cheese Omelet</b>	2 eggs + 1 oz ham + 1 oz cheese	~25g
<b>Turkey &amp; Hummus Wrap</b>	2 oz deli turkey + 2 tbsp hummus + tortilla	~22g



## Protein-Packed Snacks (8–15g per snack)

Combine 2–3 snacks throughout the day to boost protein!

Snack	Ingredients / Ideas	Protein Estimate
Hard-Boiled Eggs (2)	Sprinkle with pepper or paprika	~12g
Peanut Butter Crackers	2 tbsp peanut butter + 4–6 whole grain crackers	~10g
Trail Mix	¼ cup nuts + 2 tbsp dried fruit + 1 tbsp seeds	~8–10g
String Cheese + Apple	1 cheese stick + 1 small apple	~7g
Protein Shake	1 scoop protein powder + 1 cup milk or soy milk	~20g
Cottage Cheese Cup	½ cup cottage cheese + fruit or veggie sticks	~14g
Hummus & Veggies	¼ cup hummus + carrots/celery or pita	~6–8g
Greek Yogurt Cup (5oz)	Look for plain or lower sugar versions	~12–15g
Edamame (steamed)	½ cup shelled edamame	~9g
Almond Butter Banana Bites	Banana slices + almond butter	~6–8g



### Tips to Boost Protein:

- Add **cheese, eggs, nuts, seeds, beans, or nut butters** to meals and snacks.
- Choose **Greek yogurt** or **cottage cheese** over regular yogurt.
- Keep **hard-boiled eggs, string cheese, and nut packs** on hand for grab-and-go.
- Use **protein-rich drinks** if chewing is difficult or when on the go.

To learn more about Falls Prevention visit <https://fallsfreewi.org/>

To learn more about nutrition and hydration visit <https://gwaar.org/nourishstep>





## Stepping Up Your Nutrition **Meal Ideas**

### Breakfast Ideas

**The Greek:** Top 6 oz Greek Yogurt (17 g pro) with 1/2 cup berries or fruit of your choice and 1 cup low-fat or fat-free cow's milk (8 g pro). **Total ~ 25 g Protein**

**Breakfast Sandwich:** Place 1 cooked egg (6 g pro), 1-ounce Canadian bacon (8 g pro), and 1 ounce low-fat or fat-free cheese (6 g pro) between two toasted whole-grain English muffin halves. Enjoy with 1 cup apple juice. **Total ~ 20 g Protein**

**Pop-Up Delight:** Toast a whole-grain toaster waffle and top with 6 oz low-fat or fat-free Greek yogurt (17 g pro), 1/4 cup walnuts (5 g pro), and 1/2 cup mixed berries, and 1 cup cow's milk (8 g pro). **Total ~30 g Protein**

**Bagel Sandwich:** Smooth 2 tablespoons of nut butter (7 g pro) and 1 fried egg (6 g pro) on a 3-inch toasted whole-grain bagel. Serve with 1/2 cup orange juice and 8 oz of Ensure (9 g pro) or 1 cup milk (8 g pro). **Total ~ 22 g Protein**

**Rainbow Fruit Parfait:** Layer 6 oz low-fat or fat-free Greek yogurt (17 g pro) with 1/2 cup blueberries, 1/2 cup sliced strawberries, and 1/2 cup sliced kiwifruit. Sprinkle with 1/2 cup walnuts (10 g pro). Enjoy with 1 cup of Tea. **Total ~ 27 g Protein**

### Lunch Ideas

**Tuna on Toast:** Mix 3 ounces water-packed tuna (21 g pro) with 2 tablespoons of non-fat plain Greek yogurt (6 g pro). Spread on 2 slices toasted whole wheat bread and top with romaine lettuce and 2 slices tomato. Serve with fruit and water with lemon slices. **Total ~ 27 g Protein**

**Pita and Peanut Butter Yum:** Spread 2 tablespoon favorite nut butter (7 g pro) inside a 4-inch whole-wheat pita pocket and stuff with 1/2 cup sliced strawberries or some jelly. Serve with 1 cup fat-free milk. (8 g pro). **Total ~ 20 g Pro. If you need more protein, add 1/2 cup cottage cheese for an additional 14 g protein. 34 g total**

**Grilled Sandwich:** Spread 2 slices of whole wheat bread with butter or margarine. Make a sandwich with 2 ounces sliced reduced-fat cheese (12 g pro) and 1 oz ham (7 g pro). Serve with 1 cup tomato basil soup made with milk (8 g pro). **Total ~ 27**





## Stepping Up Your Nutrition Meal Ideas

**grams Protein. Need more protein?** Add a high protein bar (~5 grams) or 20 almonds (5 g pro). **Total ~32 g Protein.**

**Protein-Packed Leftover Salad:** Slice 3 ounces leftover grilled chicken or roasted sirloin steak (26 g pro). Mix with 1 cup romaine lettuce, 1/2 cup tomatoes or veggies of your choice, and 2 tablespoons crumbled blue or feta cheese (~3 g pro), and ¼ cup sunflower seeds (6 g pro). Drizzle with 2 tablespoons low-fat balsamic vinaigrette dressing. Serve with iced tea. **Total ~ 35 g Protein**

**Ham and Cheese Please:** Place 3 ounces lean ham (18 g pro) and 2 ounces low-fat Swiss cheese (12 g pro) on a whole grain bun. Top with 2 tablespoons stone-ground mustard and romaine lettuce. Accompany with a small, sliced apple and glass of refreshing ice water. **Total ~ 30 grams of Protein**

**Deli Bite:** Layer 3 ounces sliced lean roast beef (26 g pro) on a roll and top with lettuce and 2 tablespoons mashed avocado. Serve ½ cup cooked beans (8 g pro) and lemonade. **Total ~ 34 grams Protein**

### Dinner Ideas

**Grilled Salmon:** Marinate 3 ounces salmon (19 g pro) in orange juice. Grill with 1/2 cup baby red potatoes, 1/2 cup onions, and 6 asparagus spears tossed with 1 teaspoon olive oil. Serve with a crusty whole-grain roll and 1 cup milk (8 g pro). **Total ~ 27 grams Protein**

**Vegetarian Delight:** Sauté 2 teaspoons garlic in 1 tablespoon olive oil. Toss in 1/2 cup chopped tomatoes, 1/2 cup broccoli, 1/2 cup asparagus, 1/2 cup mushrooms and 2 tablespoons shredded carrots, 1/2 cup Tofu (12 g pro). Cook until the vegetables are tender. Add in 1/2 cup black beans (8 g pro). Mix with 1 cup cooked pasta and top with 2 tablespoons feta cheese (~3 g pro). Serve with 1 cup soy milk (7 g pro). **Total ~ 27 grams Protein**

### Snack Idea

**Powered-Up Banana:** Cut banana into slices and insert a toothpick into each slice. Spread nut butter on the bottom of each slice, then dip in roasted, unsalted sunflower seeds or finely crushed nuts and dust w/cocoa powder. **~14 g Protein.**

**Additional Nutrient-rich recipes designed for 1-2 people can be found at**  
<https://gwaar.org/eat-well-age-well>



## ***Hydrate for a better gait - Falls are not your fate!***

- Aim for 6–8 cups of fluid/day
- Include water-rich foods

### **Top Hydrating Foods (90%+ Water Content)**

Food	Water Content	Bonus Nutrients
Cucumber	~96%	Vitamin K, potassium
Iceberg Lettuce	~96%	Folate, small amounts of fiber
Celery	~95%	Sodium, potassium, fiber
Radishes	~95%	Vitamin C, antioxidants
Zucchini	~94%	Vitamin C, manganese
Tomatoes	~94%	Lycopene, vitamin C
Bell Peppers	~92%	Vitamin C (especially red), B6
Cauliflower	~92%	Vitamin C, fiber, folate
Watermelon	~92%	Lycopene, vitamin A, potassium
Strawberries	~91%	Vitamin C, antioxidants
Cantaloupe	~90%	Vitamin A, potassium
Spinach	~91%	Iron, magnesium, vitamin K

## Additional Hydrating & Nutritious Items

Food	Water Content	Bonus Nutrients
Oranges	~87%	Vitamin C, fiber, potassium
Pineapple	~86%	Vitamin C, bromelain enzyme
Blueberries	~85%	Antioxidants, vitamin K
Peaches	~89%	Vitamins A and C
Apples	~86%	Fiber, potassium
Carrots	~88%	Beta-carotene, vitamin A

### Hydrating Meals & Snacks Ideas:

- Cucumber & Hummus Snack Plate
- Watermelon + Feta Salad
- Greek Yogurt with Fresh Fruit
- Spinach, Bell Pepper, & Tomato, Hummus or Meat & Cheese Wrap
- Smoothie with Frozen Berries + Liquid
- Cottage Cheese + Cantaloupe or Fruit
- Chilled Vegetable Soup (gazpacho)
- Tomato, Cucumber Caprese Salad with Mozzarella

### **Staying hydrated helps with balance, focus & energy!**

To learn more about Falls Prevention visit <https://fallsfreewi.org/>

To learn more about nutrition and hydration visit <https://gwaar.org/nourishstep>