



# SENIOR NUTRITION

Healthy food choices



## WHAT'S IN THE BOX

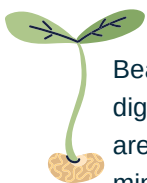


### Beans

## »» READ MORE

Beans are high in complex carbohydrates and fiber. The soluble fiber in beans helps lower LDL (bad) cholesterol. The insoluble fiber in beans helps to prevent constipation, colon cancer, and other problems related to digestion. Beans have a low glycemic index, meaning they only have a small effect on blood sugar and are ideal for managing diabetes and blood glucose levels.

## READ MORE ««



Beans improve gut health by providing the healthy bacteria in our digestive system, prebiotic fiber (food to help nourish our gut). Beans are less expensive than meat sources of protein. The vitamins and minerals contained in beans consist of potassium which helps maintain healthy blood pressure. Beans contain magnesium which helps with high blood pressure, diabetes, bone loss, and even headaches. Beans also contain copper, phosphorous, manganese, iron thiamin, folic acid, riboflavin, and B6.

## VITAMINS AND MINERALS IN BEANS

# DRY BEANS VS. CANNED BEANS



## DRY BEANS:

Dry beans are the least expensive option and are practically sodium-free (important for maintaining healthy blood pressure). Dry beans can be batch cooked (cooked in large quantity) and frozen for later use to use for cooking and save time on future meals.

## CANNED BEANS:

Canned beans are great, healthy, quick, and an easy choice. Canned beans often have added sodium; lower-sodium canned beans are recommended. Rinsing and draining canned beans can decrease the sodium amount by about 40 percent. The U.S. Dietary Guidelines for Americans recommends 3 cups of beans each week or about 1/2 cup per day.

## WAYS TO ADD BEANS TO YOUR DIET:

You can add beans to your daily meals, any beans you have on hand will work. Black beans are perfect on taco salads, and white beans are delicious on Caesar salads. You may also add beans to salsa or a breakfast burrito. You can add beans as a side dish and add the bean of your choice to your favorite soup.

## HEALTH BENEFITS OF WHOLE GRAINS



## WHOLE GRAINS:

Including whole grains as part of a healthy diet can help reduce the risk for heart disease, diabetes, and some cancers. Whole grains are an important source of many nutrients, including carbohydrates, dietary fiber, several B vitamins, and minerals (iron, magnesium, and selenium). Fiber from whole grains may help reduce blood cholesterol levels and may lower risk of heart disease. Brown rice and whole grain pastas are healthy choices due to their higher fiber content. Brown rice and whole grain pastas take a little longer to prepare so keep that in mind when cooking them. For someone with diabetes, the portion size recommended would be what is considered 1/4 of your plate to be filled with grains.

References: [beaninstitute.com](http://beaninstitute.com), [myplate.gov](http://myplate.gov)



## FRUITS AND VEGETABLES

## HEALTH BENEFITS AND NUTRITION:

Fruits and vegetables have many essential nutrients like potassium, fiber, vitamin C, and folate. Diets rich in potassium may help maintain healthy blood pressure. Fruit sources of potassium include, bananas, prunes, cantaloupe, honeydew, and kiwifruit. Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Vegetables sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), soybeans, lima beans, spinach, lentils, and kidney beans. Anyone 60 or older should eat 1 1/2 to 2 cups of fruit and 2 to 3 cups of vegetables daily.

## TWO BEAN CHILI RECIPE:



- 1/2 pound ground beef
- 1/2 can (8 ounces) low-sodium kidney beans, drained
- 1/2 can (8 ounces) low-sodium pinto beans or any beans of choice
- 1/2 cup onion, diced
- 1 teaspoon chili powder
- 2 1/2 cups low-sodium tomato juice
- 1/4 tsp pepper

### **Directions:**

**In a medium pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat. Add kidney beans, pinto beans, or beans of choice, onions, chili powder, tomato juice, and pepper. Cook over low heat for about 40 minutes. Serve hot and enjoy!**

Scan now for  
more senior  
nutrition  
information

