



Nutrition News

Published by the Area Agency on Aging of Dane County

Good Gut Health



Did you know that your digestive system plays an essential role in your overall health? Nurturing a population of good gut bacteria is good for your health. What you eat may encourage the growth of good or bad bacteria. For example, avoiding processed foods, high-fat foods, and foods high in added sugars is important for maintaining a healthy gut. Eating high-fiber and fermented foods actively promotes the growth of good gut bacteria.

High-fiber foods are a good source of prebiotics. Prebiotics are the fuel for your good gut microbes. High fiber foods include legumes, like black beans and chickpeas; whole grains, including whole wheat and oatmeal; vegetables; nuts; and fruits. Eating high fiber foods may help build a strong immune system; improve digestion, sleep, and brain health; and support heart health.

Fermented foods are great sources of probiotics. Probiotics are living friendly bacteria. The goal is for these helpful organisms to take up residence in your gut and replace other less helpful or even harmful bacteria. Fermented foods include yogurt, sauerkraut, kefir, and kimchi.

This month's recipe, Berry & Greens Smoothie, has both high fiber and fermented foods. Bananas, frozen berries, and greens are high in fiber and yogurt is a fermented food; try it today!

Sources: Healthline & Tufts University

Berry & Greens Smoothie



Serving Size: 8 oz. | Serves: 8

Ingredients:

- 2 medium bananas
- 12 oz. nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 oz.) frozen berries
- 1 cup nonfat milk

Directions:

1. Put bananas, yogurt, and greens in the blender. Blend.
2. Add berries to blender. Blend.
3. Add milk to blender. Blend until smooth.
4. Enjoy immediately.

Cooking for 1 or 2 tip: Blend once and drink all week! Freeze extra servings in mason jars. To enjoy, thaw the jar in the fridge overnight. Give it a shake in the jar and enjoy!

Nutrition information per serving:

100 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 50mg sodium, 23g total carbohydrate, 3g fiber, 12g total sugar, 4g protein

Recipe courtesy of ISU Extension
spendsmart.extension.iastate.edu

Cool Food the Right Way to Protect Yourself

Every year in the U.S. one in six people get sick from contaminated food. Cooling food quickly helps reduce the risk of food-borne illness. Avoid the Temperature Danger Zone (temperatures between 40°F and 140°F) by refrigerating perishable food within two hours—one hour if it is a hot day (above 90°F). Keep your fridge temperature at 40°F or below and use a fridge thermometer to keep food safe.

Keep food safe by dividing leftovers into smaller portions and storing in shallow containers for quicker cooling in the refrigerator, putting perishable foods in the refrigerator or freezer as soon as you get them home from the store, and always marinating food in the refrigerator.

Source: [Partnership for Food Safety Education](http://www.fightbac.org/), www.fightbac.org/



Senior Farmers' Market Nutrition Program June 1 – October 31, 2024



Starting in June, the Area Agency on Aging (AAA) of Dane County will distribute farmers' market vouchers to older adults for use in purchasing **\$45** of Wisconsin grown fruit, vegetables, or herbs at farmers' markets and roadside farm stands.

The vouchers are distributed on a first come/first serve basis to those age 60+ or Native Americans age 55+, who live in Dane County, and have gross incomes under \$27,861 per year (or \$2,321/month) for a one person household and \$37,814 per year (or \$3,151/month) for a two person household. One set of vouchers is available per person.

Individuals that received vouchers last year will automatically receive an application by mail this year. If you wish to apply to the program, or need to update your mailing address, contact AAA Dietitian Shannon Gabriel at 608-261-5678 or Gabriel.Shannon@countyofdane.com. Applications will be mailed out in early May. Once we receive and approve your application, vouchers will be mailed starting on June 1st.

"This program is funded by the United States Department of Agriculture. USDA is an equal opportunity provider and employer."

Healthy Living with Chronic Pain Workshop

A 6-week workshop proven to help with chronic pain management.

What is Healthy Living with Chronic Pain?

This workshop is designed to help people with chronic pain learn coping skills, increase confidence, and minimize the adverse affects of pain. These small group workshops are led by two trained facilitators and meet one hour per week for six weeks over a conference call.

No computer needed!

Register for the next phone-based workshop:

Thursdays 10am – 11am
May 23—June 27, 2024

Where: Over-the-phone
Cost: Free

(Suggested donation: \$15 to cover class materials to Area Agency on Aging)

Register by calling either facilitator by May 13th:

Julie 608-332-1077 -or-
Deanna 608-327-7285

wiha
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for Healthy Aging



Nutrition News—April, May, June 2024

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<https://aaa.dcdhs.com/nutrition.aspx>