

Yogurt Berry Parfait

Serves: 4

Cost per serving: \$.96

Ingredients

- ◆ 2 cups yogurt (low-fat or fat-free, plain or vanilla*)
- ◆ 1 cup banana (sliced)
- ◆ 1/2 cup blueberries (fresh)
- ◆ 1/2 cup optional fruits (if desired, such as strawberries blueberries, peaches, pineapple and/or mangos)
- ◆ 1 cup granola

Directions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.



*Low-fat vanilla yogurt used for costing and nutrient analysis.

Note: Optional ingredients are not included in the nutrient or cost analysis.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

TEXAS A&M
AGRI LIFE
EXTENSION

August 2015



What's in Season?

Blueberries

Blueberries are known for their delicious taste and high nutrient content.

Blueberries are low in fat and sodium. They are a good source of dietary fiber and are high in vitamin C.

During the summer months, blueberries are in season and can be found for lower prices in your grocery store.

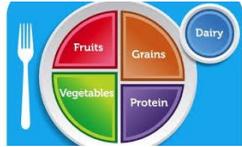
Select firm, plump, dry blueberries with a dusty blue color and a uniform size when buying fresh blueberries.

Fresh blueberries can be stored in the refrigerator for 10-14 days.



Courtney Levens
County Extension Agent — FCS
Dawson County
400 South 1st
P.O. Box 1268
Lamesa, TX 79331

Courtney.levens@ag.tamu.edu
Office 806-872-3444
Fax 806-872-5606
dawson.agrilife.org
www.facebook.com/pages/dawson-county-fcs



10 Healthy Eating Tips for People Age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. DRINK PLENTY OF LIQUIDS



With age, you may lose some of your sense of thirst. Drink water often. Lowfat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt.

2. MAKE EATING A SOCIAL EVENT

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others.



3. PLAN HEALTHY MEALS

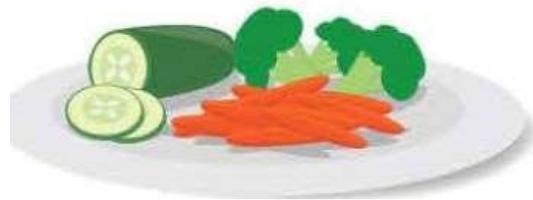
Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4. KNOW HOW MUCH TO EAT

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5. VARY YOUR VEGETABLES

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



6. EAT FOR YOUR TEETH AND GUMS

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7. USE HERBS AND SPICES

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



8. KEEP FOOD SAFE

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9. READ THE NUTRITION LABEL

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10. ASK YOUR DOCTOR ABOUT VITAMINS OR SUPPLEMENTS

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Nutrition Facts	
Serving Size: 3oz. (86g) About 47 shrimp	
Servings per container: 26 Servings	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value**	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 170mg	57%
Sodium 170mg	7%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A * %	Vitamin C * %
Calcium 6%	Iron 10%
* Contains less than 2 percent of the daily value of this nutrient.	
** Percent Daily Values are Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375
Dietary Fiber	25g 30g
INGREDIENTS: SHRIMP	
PRODUCT OF INDIA	