



# Food Hero for Older Adults

## Focus on Fats



Everyday aerobic activities – such as walking or dancing – can also help you manage or prevent heart disease.

The fat in food helps your body absorb vitamins A, D, E and K, which are important for healthy aging.

The unsaturated fats in fish include heart-healthy omega-3s. Eat 4 ounces of fish twice a week.

Examples of lean meats are pork loin, beef round and 90% lean ground beef, pork and turkey.

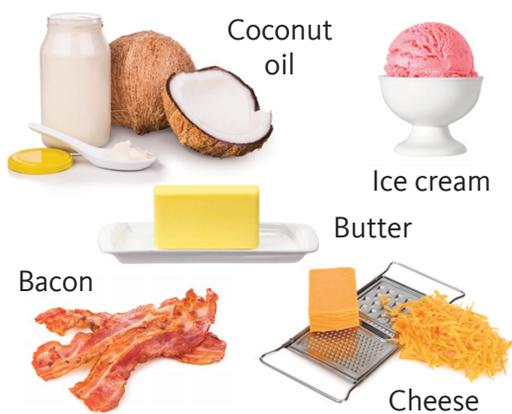
Enjoy a variety of foods from all groups and make them a part of your everyday routine.

**Choose meals and snacks with less saturated fat to help lower your risk for heart disease.**

**Instead of saturated fat → choose unsaturated fat**

### Saturated fat

is found in animal foods such as high-fat meats and full-fat dairy products. It is also in coconut, coconut oil, palm and palm kernel oil.



### Unsaturated fat

is found in plant foods such as nuts, seeds, avocado, tofu, mayonnaise and liquid vegetable oils. It is also in fish, such as tuna, salmon, mackerel and sardines.



### Tips for eating less saturated fat:

- Check the Nutrition Facts label on packaged foods. Aim for less than 20 grams of saturated fat each day.
- Choose lean proteins more often, such as beans and peas, tofu, poultry, fish and lean meats.
- Go light with cheese on pizza and sandwiches.
- Choose sweets like ice cream and brownies less often.
- Try a spread of nut butter, mayonnaise or avocado instead of butter or cream cheese.

Nutrition Facts	
1 servings per container	
Serving size	1 sandwich (128g)
Amount per Serving	
<b>Calories</b>	<b>400</b>
% Daily Value*	
<b>Total Fat</b> 26g	33 %
Saturated Fat 10g	50 %
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40 %
<b>Sodium</b> 610mg	27 %
<b>Total Carbohydrate</b> 29g	11 %
Dietary Fiber 2g	7 %
Total Sugars 5g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 13g	



# Classics Stay Strong

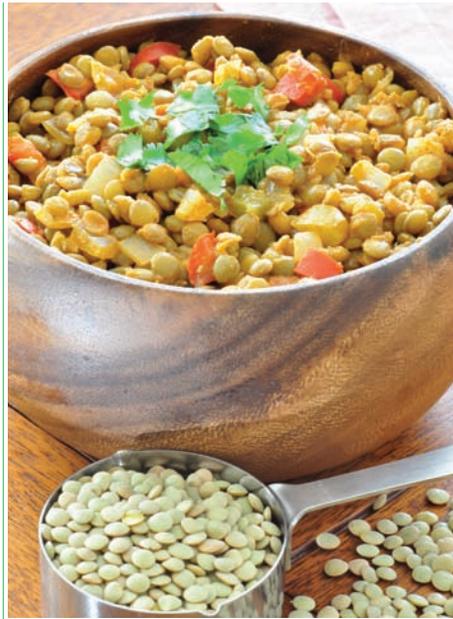
Use liquid oil or soft margarine instead of butter or stick margarine when preparing foods.

Vegetable oils made of mostly unsaturated fat include canola, corn, sesame, soybean and olive.

Eggs are a healthy protein food. They are budget-friendly and easy to cook.

Remove skin from chicken or turkey and trim extra fat from meat.

Choose low-fat milk and yogurt and part-skim cheese such as mozzarella and cotija.



## Lentil Taco Filling

Lentils provide protein and fiber and are easy to cook. Enjoy in tacos, wraps or salads.

**Makes** 2 cups **Prep time:** 30 minutes

**Cook time:** 30 minutes

2 teaspoons **vegetable oil**

½ cup chopped **onion**

½ cup chopped **bell pepper** (any color)

1 clove **garlic**, minced or ¼ teaspoon garlic powder

½ cup dried **lentils**, rinsed

4 ½ teaspoons **chili powder**

1 teaspoon **cumin**

½ teaspoon **oregano** (optional)

1 ¼ cups low-sodium **broth** (any flavor)

½ teaspoon **salt** (optional)

### Directions

1. Wash hands with soap and water.
2. In a large skillet, heat oil on medium. Add the onion, bell pepper and garlic. Sauté until tender, about 3 minutes.
3. Add the lentils, chili powder, cumin and oregano, if desired. Cook and stir for 1 minute.
4. Add broth and bring to a boil. Reduce heat, cover and simmer until the lentils are tender, about 20 to 30 minutes. Add water, if needed, to keep the lentils just covered with liquid.
5. Uncover the skillet and cook until the mixture thickens and most of the water is gone, about 5 to 10 minutes. Add salt, if desired.
6. Refrigerate or freeze leftovers within 2 hours.

### Note

Lentils come in different shapes and sizes and have different cooking times. Check the package or bulk bin for how long to cook the type you buy. Our photo shows green lentils.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	1/2 cup (144g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 32mg	<b>2%</b>
Iron 3mg	<b>15%</b>
Potassium 354mg	<b>8%</b>
Vitamin A 49mcg	<b>5%</b>
Vitamin C 18mg	<b>20%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Adding Calories with Fat

- Health and dental conditions that come with aging can make it hard to eat enough calories to maintain muscle strength and body weight.
- Including more unsaturated fat is a helpful and healthy way to add calories.
  - Add nut butter or tofu to smoothies.
  - Drizzle extra oil on salads and vegetables.
  - Add extra mayonnaise to tuna or chicken salad.
  - Add chopped nuts to hot cereal, muffins and salads.