



Food Hero for Older Adults

Focus on Fiber



Corn, beans and squash grow well when planted together and are known as the “Three Sisters.”

Beans are a good source of plant protein and fiber.

To save time and energy in the kitchen, use pre-cut frozen or canned vegetables.

Add cooked poultry or meat for protein and flavor – a great way to use leftovers.

Freeze leftovers in portions for another easy meal.

Three Sisters Soup

Makes 8 cups **Prep time:** 15 minutes
Cook time: 30 to 45 minutes

Ingredients

- 1 ½ Tablespoons **vegetable oil**
- ¾ cup diced **carrot**
- 1 cup chopped **onion**
- 1 teaspoon **garlic powder** or 4 cloves of **garlic**, minced
- 2 cups diced **summer** or **winter squash** (fresh or frozen)
- 1 ½ cups **corn** (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 ½ cups cooked **beans** (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes** or 2 cups diced fresh tomatoes
- 3 ½ cups low-sodium **broth** (any type)
- 1 teaspoon **cumin**
- ¼ teaspoon **pepper**

Directions

- 1.** Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, approximately 8 to 10 minutes.
- 2.** Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
- 3.** Add beans, tomatoes, broth, cumin and pepper.
- 4.** Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).
- 5.** Refrigerate leftovers within 2 hours.



Nutrition Facts

| | |
|-------------------------------|--------------|
| 8 servings per container | |
| Serving size | 1 cup (297g) |
| Amount per Serving | |
| Calories | 170 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 0.5g | 3% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 130mg | 6% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 3g | 11% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 1mg | 6% |
| Potassium 494mg | 10% |
| Vitamin A 294mcg | 33% |
| Vitamin C 16mg | 18% |

*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.

Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.

Classics Stay Strong

The fiber in fruits, beans, other vegetables, whole grains, nuts and seeds supports a healthy gut and prevents constipation.

After age 50, aim for 21 grams of fiber (for women) or 30 grams (for men) each day.

Food packages and Food Hero use the Nutrition Facts label to show you the amount of fiber in grams (g) of one serving of the food or recipe.

Make snacks count! Examples of high-fiber snacks include:

- any kind of fruit.
- peanut butter on whole-wheat bread.
- brown rice pudding.
- whole-grain crackers with bean dip.

Blueberry Crisp

Makes 2 cups **Prep time:** 5 minutes
Cook time: 25 minutes

Ingredients

3 cups frozen or fresh **blueberries**

topping:

- 2 teaspoons **margarine** or **butter**, softened
- 1 Tablespoon **all-purpose** or **whole-wheat flour**
- 1 Tablespoon **brown sugar**
- ½ cup **old fashioned rolled oats**
- ½ teaspoon **cinnamon**

Directions

1. Preheat the oven to 375 degrees F.
2. Place frozen blueberries in a 9-inch pie plate or baking dish. If using fresh blueberries, wash and drain before placing in the plate or dish.
3. Make the topping: In a small bowl, use a fork to mix the margarine or butter, flour, sugar, oats and cinnamon.
4. Sprinkle the topping over the blueberries.
5. Bake for about 25 minutes. Enjoy while warm!
6. Refrigerate leftovers within 2 hours.

Notes

- For variety, make with different fresh, frozen or canned fruits.
- To add protein, serve with yogurt for breakfast, snack or dessert.

For a single serving, try this:

Place ¾ cup fruit (fresh, canned or frozen and thawed) in an oven-proof bowl that measures 4 to 6 inches in diameter. Follow directions above for making the topping and sprinkle 1½ Tablespoons of topping over the fruit. Bake in a 375 degree F oven for about 20 minutes.

Place the remaining topping in a sealed and dated container. It can be stored in the refrigerator for up to 2 months or in the freezer for up to 6 months. You should have enough to make 3 more single servings.



Nutrition Facts

| | |
|-------------------------------|----------------|
| 4 servings per container | |
| Serving size | 1/2 cup (131g) |
| Amount per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 25mg | 1% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 4g | 14% |
| Total Sugars 15g | |
| Includes 3g Added Sugars | 6% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 17mg | 2% |
| Iron 1mg | 6% |
| Potassium 133mg | 2% |
| Vitamin A 3mcg | 0% |
| Vitamin C 11mg | 12% |

*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.