

Eat Colorfully!

Easy, Quick, Delicious



Pumpkin

Yellow/orange fruits and vegetables, contain vitamin C, vitamin A and potassium. They can boost your immune system and enhance vision.

Pumpkin Yogurt- Just add some canned pumpkin to plain or vanilla yogurt with pumpkin pie spice or cinnamon and enjoy!

Pumpkin Hummus

Beans/Hummus

Canned beans are versatile packed with protein, fiber and nutrients.

Look for low-sodium varieties or rinse with water before using.

<https://cannedbeans.org/recipes>

White Bean and Veggie Salad

Hummus Veggie Sandwich

Artichoke

Artichokes are rich in fiber, vitamin C, folate, (a B- vitamin associated with brain and heart health), Magnesium and Potassium (Amounts similar to a banana).

Canned, jarred or frozen artichokes are soft and easy to use!

Mediterranean Pasta Salad

Grapes

Studies suggest a diet rich in grapes can help protect against metabolic brain decline in Alzheimer's -related areas of the brain.

Powerful antioxidant Resveratrol is found in the skin of red grapes.

[Quinoa with grapes and roasted carrots salad](#)

Summary

Eat Seasonally! Vibrantly colored fruits and vegetables are rich in vitamins, minerals, fiber and antioxidants. Choose fruits and vegetables that are high in fiber, they will fill you up more, leaving less room for foods that are high in calories and fat. High-fiber diets have been associated with decreased risk and recurrence of cancer.

Simple Tips:

If you can't get fresh fruits and veggies, frozen is fine. Look for low sodium canned vegetable and soup versions and choose canned fruit that's packed in water or natural juice. Find more recipes at <https://www.myplate.gov/myplate-kitchen> and <https://foodhero.org/healthy-recipes>

Include whole grains (oatmeal, popcorn, whole grain bread and cereal, quinoa, brown rice, wild rice, and more!) They pair perfectly with fruits & veggies and add additional fiber to your day and are rich in B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals.

Simple Tips:

- Add cooked grains of your choice and/or beans to soups and salads. They taste great in Tomato Basil and Vegetable soups!
- Add cold, cooked quinoa to applesauce and sprinkle on cinnamon. If you like rice or tapioca pudding you should enjoy this.

Oatmeal: with savory toppings. Sausage, squash/sweet potato/pumpkin, sautéed greens (kale, spinach etc.), onion, peppers, tomato, mushrooms, eggs (Cooked the way you like them), smoked salmon, avocado, cheese (feta, parmesan, etc.), green onion, sriracha, lemon zest, fresh herbs. Here is a basic recipe for [Savory Oatmeal](#)

Find more whole grain recipes at <https://wholegrainscouncil.org/recipes>

Bottom line: *If you want more energy, healthy skin, regular bowel function, improved cognition, and a strong immune system, eat colorfully, include whole grains and seasonal produce and drink plenty of fluids each day.*

Pumpkin Hummus



Image by [Bernadette Wurzinger](#) from [Pixabay](#)

INGREDIENTS

- **1 c. pumpkin puree**
- **15 oz garbanzo beans, rinsed and drained**
- **2 TBSP Tahini**
- **Juice from half of a large lemon**
- **1-2 TBSP extra-virgin olive oil**
- **2-3 garlic cloves, minced**
- **1/2 tsp cumin**
- **1/2 tsp chili powder or smoked paprika**
- **Salt to taste**

DIRECTIONS

1. Put all ingredients into a food processor and blend until smooth. Add a dash of water if needed to desired consistency.
2. Serve with fresh veggies, whole grain crackers, put on toast or pita bread. Can also be stirred into chili, stew or soup.
3. Store in the fridge up to 4 days.

Note: you can substitute cannellini beans for garbanzo beans.

Recipe adapted from <https://littlesunnykitchen.com/pumpkin-hummus/>

White Bean and Veggie Salad



Image by -Rita-und-mit ♥ from Pixabay

INGREDIENTS

- **2 cups mixed salad greens**
- **$\frac{3}{4}$ cup chopped cucumber & tomatoes (combined)**
- **$\frac{1}{3}$ cup reduced sodium white beans (Cannellinin, Navy or great Northern), rinsed and drained**
- **$\frac{1}{2}$ Avocado, diced**
- **1 TBSP Red Wine Vinegar**
- **2 tsp. extra-virgin olive oil**
- **Seasonings of your choice**

1-2

Yield

> 5 MIN

Prep time

10 MIN

Total time

DIRECTIONS

1. Toss greens, cucumbers and tomatoes, beans and avocado in a bowl.
2. Drizzle with vinegar and oil. Season with herbs of your choice, salt or black pepper.
3. Toss to combine.

Veggie and Hummus Sandwich



Photo by Shameel Mukkath: <https://www.pexels.com/>

INGREDIENTS

- **2 slices whole-grain bread**
- **3 tablespoons hummus**
- **¼ avocado, mashed OR whipped cream cheese**
- **½ cup mixed salad greens**
- **¼ medium red bell pepper, sliced**
- **¼ cup sliced cucumber**
- **¼ cup shredded carrot**

1-2

Yield

> 5 MIN

Prep time

10 MIN

Total time

DIRECTIONS

1. Spread 1 slice of bread with hummus and the other with mashed avocado or whipped cream cheese.
2. Fill the sandwich with the veggies listed Or any veggies of your choice.
3. Slice in half and enjoy.

Recipe adapted from <https://www.eatingwell.com/recipe/259817/veggie-hummus-sandwich/>

Mediterranean Pasta Salad

INGREDIENTS

- **2 TBSP Plain Hummus**
- **1 TBSP Water**
- **½ cup chopped bell peppers**
- **½ cup canned, quartered artichoke hearts, drained and cut in half**
- **1 cup baby kale or spinach**
- **4 pitted Kalamata olives, chopped**
- **1- 3 oz can or pouch of tuna in water, drained**
- **½ cup cooked pasta**
- **1 TBSP crumbled feta cheese**
- **1 TBSP toasted chopped walnuts**
- **1 TBSP of fresh lemon juice**

DIRECTIONS

1. Whisk Hummus and water in small bowl and set aside.
2. Heat oil in a skillet over medium-high heat. Add pepper and cook ~1 minute. Add artichoke hearts, kale or spinach, and olives.
3. Add the tuna and stir gently until tuna is warmed, about 1-2 minutes.
4. Stir in the cooked pasta. Remove from heat and toss with hummus sauce.
5. Top with feta and walnuts, and drizzle with lemon juice.



Photo by Eneida Nieves pexels.com

Recipe adapted from Cooking Light- 20 Minute Meals 2024

Quinoa with Grapes and Roasted Carrots

This recipe can be enjoyed hot or cold. Great way to use leftover quinoa and veggies.

INGREDIENTS

- **1 tsp smoked paprika**
- **1 tsp ground cumin**
- **1 tsp ground coriander**
- **Pinch of cinnamon**
- **Sea salt and black pepper**
- **3 TBSP extra-virgin olive oil**
- **4 large carrots cut into disks or strips**
- **½ cup walnuts**
- **1 cup cooked quinoa**
- **2 TBSP lemon juice**
- **1 ½ cups red grapes cut in half**
- **Fresh salad greens of your choice**

DIRECTIONS

1. Preheat oven to 400 F.
2. Combine the spices in a medium size bowl with a dash of salt and pepper. Add 2 TBSP oil. Add the carrots and toss then spread in a single layer on a cookie sheet lined with parchment paper. Bake until tender, about 20-25 minutes.
3. While they are roasting, place the walnuts on a small baking sheet and bake with the carrots during the last 8 minutes to lightly toast them. Then cool and chop if desired.
4. If the quinoa is cold, reheat it if you wish OR you can add the cooked carrot mixture to the cold quinoa and stir.
5. Add 1 TBSP of lemon juice and the grapes to the quinoa mixture.
6. In a large bowl mix the greens, 1 TBSP olive oil, 1 TBSP lemon juice and salt and pepper if desired and mix. Top with the quinoa mixture and roasted walnuts.

Recipe modified from

<https://www.grapesfromcalifornia.com/>

GWAAR Nutrition Team 1/2024

Quinoa Breakfast Cereal with Grapes and Pistachios



Image by [we-o rd35ghczdq1090c5m](#) from [Pixabay](#)

INGREDIENTS

- **1 ½ cups cooked quinoa**
- **1 ½ cups milk of your choice**
- **1 tsp maple syrup**
- **1/8 tsp ground cardamom**
- **¼ tsp cinnamon**
- **½ tsp orange zest (optional)**
- **¾ cup red grapes, divided**
- **¼ cup crushed roasted pistachios, divided**

DIRECTIONS

1. In a saucepan, combine the quinoa, milk, maple syrup, cardamom, cinnamon, and orange zest. (Use vanilla-flavored milk or add ½ tsp vanilla if desired).
2. Warm over medium heat for 2-3 minutes.
3. Remove from heat and put into a bowl and top with remaining grapes and pistachios or nuts/seeds of your choice.

Recipe adapted from <https://www.grapesfromcalifornia.com/>



Savory Oatmeal



Ingredients

- ½ cup 1% or nonfat **milk**
- 1 ½ cups low-sodium **broth** (any flavor)
- ½ cup **steel cut oats**
- ⅓ cup shredded **cheddar cheese**
- ¼ cup chopped **green onion**
- ½ cup chopped **tomatoes**

Directions

1. Wash hands with soap and water.
2. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
3. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
4. Stir in cheese and green onion. Top with tomatoes.
5. Refrigerate leftovers within 2 hours.

Notes

- No steel cut oats? Use old fashioned rolled oats. Use ½ cup less broth and cook for 15 minutes.

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Makes: 3 cups
Prep time: 15 minutes
Cooking time: 30 minutes



Nutrition Facts

5 servings per container	
Serving size	1/2 cup (143g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 4g	5 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 5mg	2 %
Sodium 70mg	3 %
Total Carbohydrate 16g	6 %
Dietary Fiber 2g	7 %
Total Sugars 2g	
Includes 0g Added Sugars	0 %
Protein 5g	
Vitamin D 0.5mcg	1 %
Calcium 85mg	7 %
Iron 1mg	4 %
Potassium 224mg	5 %
Vitamin A 41mcg	5 %
Vitamin C 3mg	3 %

*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.



Protein & Hydration Considerations

(Issue 3- High Protein Grains)

Did you know the grains quinoa and amaranth are gluten-free and packed with protein and fiber?

Practical Protein Ideas

- Quinoa has ~8 grams of protein and 5 grams of fiber per cooked up.
- Amaranth has ~9 grams of protein and 5 grams of fiber per cup cooked. It is high in manganese which is important for brain function. It is also rich in magnesium, an essential nutrient involved in nearly 300 reactions in the body, including DNA synthesis and muscle contraction.
- Herbs/Spices that go well with amaranth: cardamom, chili, cinnamon, garlic, ginger, parsley, soy sauce, tamari. <https://www.judiklee.com/tag/what-goes-with-amaranth/>
- Both protein-rich grains can be eaten hot or cold. The photo above is a cold quinoa salad. If you add feta, sunflower seeds, crushed nuts, or beans you can up the protein intake even more.
- Spend some time looking up recipes.
- **Cooking Tip:** Use twice as much water as quinoa, then cook uncovered until the quinoa has absorbed all the water. The cooking time will vary based on quantity. Once the water is all absorbed, remove the pot from heat, cover it and let the quinoa steam for 5 minutes. That is when the quinoa pops open into fluffy quinoa perfection. Source: <https://cookieandkate.com/perfect-quinoa/>

Hydration Pairing Suggestions

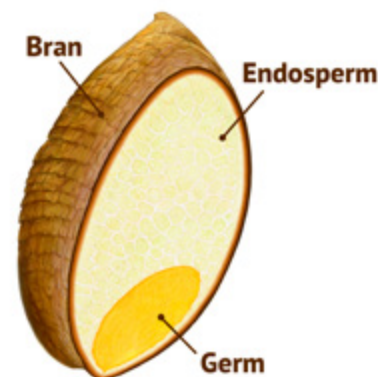
- Most any beverage pairs well. The important thing to remember is the grains are high in fiber, so you need to increase your fluid intake during and after the meal to keep your GI system happy.

WHOLE GRAIN TIPS FOR SENIORS

Good nutrition is important at every age, and seniors who eat a wide variety of nutritious foods, including whole grains, are setting themselves up for better health.

What is a Whole Grain?

All grains start out as whole grains, but some grains are refined during processing so that parts of their original kernel are removed, stripping away much of the grain's nutrients and flavor. A grain ingredient counts as whole grain if it contains all three parts of the original kernel—the starchy endosperm, the fiber-rich bran, and the germ—in their original proportions.



How Many Servings of Grain Do Seniors Need Each Day?

Make Half—or More—of Your Grains Whole

The 2015-2020 Dietary Guidelines recommend that all Americans, including seniors, “make at least half their grains whole.”

This means most people should consume three or more servings of whole grains each day. However, four, five, even six servings of whole grains daily are not unreasonable.

Men, Ages 50+

8 total servings



at least 4 whole grain servings

Women, Ages 50+

6 total servings



at least 3 whole grain servings

Easy Ways to Eat More Whole Grains

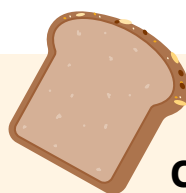
Make oatmeal for breakfast

Use brown rice instead of white rice in stir-fries or casseroles



Try whole grain pasta in place of white pasta

Add whole grains like barley or bulgur to soups and stews



Choose whole grain bread instead of white bread

Eat whole grain snacks like whole grain crackers topped with hummus



Whole Grain Ideas for Every Meal

Breakfast	Lunch	Snacks	Dinner
Oatmeal with fresh berries or cinnamon	Whole grain toast with smoked salmon, yogurt, and red onion	Whole grain cereal with yogurt (<i>look for low-sugar options</i>)	Whole grain pasta with a sauce and a side salad
Whole grain toast with a hard-boiled egg and fruit	Stuffed whole grain pita with hummus and veggies	Whole grain granola bar or oat bar	Black beans served with brown rice or barley and veggies
Whole grain corn grits with eggs	Whole grain veggie burger on a whole grain bun	Whole grain graham crackers	Baked fish and veggies, served with farro or brown rice

Look for the Stamp

The Whole Grain Stamp is a packaging label that helps shoppers identify products that contain significant amounts of whole grain.

The different gram amount on each Stamp tells you how many grams of whole grain are in **one serving of the product**.



Eating More Whole Grains is Linked with...¹

- Slower cognitive decline in aging
- Healthy digestion and staying “regular”
- Less inflammation
- Lower risk of type 2 diabetes
- Healthier gut microbiome
- Improved metabolism
- Lower BMI and less obesity
- Lower LDL “bad” cholesterol
- 14% lower risk of stroke
- 19-22% lower risk of heart disease
- 17% lower risk of colorectal cancer
- Overall “successful aging,” defined as the absence of disability, depression, cognitive problems, respiratory problems, and chronic disease

¹ For more information on these studies, visit: WholeGrainsCouncil.org/whole-grains-101/health-studies