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*Kewaunee is home to many older Americans. In fact, the 2019 census indicates 20.9% of Kewaunee's population is 65+ compared with 16.5% in the US overall. So, keeping senior citizens healthy is especially important! As people get older, they may have poorer nutrition for a variety of reasons. They may be cooking less often, medication can interfere with taste buds, or they may have diminished appetite. Anna Nushart, UW-Green Bay Dietetic Intern, has been working with regional senior centers to promote healthy eating. Here is one of her recent newsletter posts.*



## Boost Your Nutrients, Boost Your Health

As we age, our bodies need special nutrients to help keep us healthy! Important nutrients to focus on are Calcium, Vitamin D, Vitamin B12, Dietary Fiber, Potassium, and Fat.

Calcium and Vitamin D keep our bones strong as we age. These nutrients can be found in dark green leafy vegetables, sardines and salmon, eggs, and dairy products like milk or yogurt.



When we get older, Vitamin B12 starts to get harder for our bodies to absorb. This vitamin helps to keep our red blood cells healthy. Try eating more enriched cereal, low-fat beef, liver, and fish like trout, salmon, and tuna to increase Vitamin B12 levels.

To help lower the risk of heart disease and type 2 diabetes, be sure to include foods that are high in dietary fiber. Foods such as whole-grain breads, oatmeal, beans, peas, broccoli, and fruit like pears, berries, and apples provide dietary fiber.

Use less salt on foods and eat foods that contain potassium to lower high blood pressure. Foods high in potassium include bananas, cantaloupe, and oranges, vegetables like beets, Brussels sprouts, and potatoes, beans, and low-fat or fat-free dairy products.

Lastly, eat more healthy fat and less unhealthy fat. Healthy fats, like those found in nuts, seeds, vegetable and extra virgin olive oil, avocados, salmon, sardines, lake trout, and whole eggs can help to reduce the risk of heart disease.

*Written by Anna Nushart, Dietetic Intern with FoodWise & University of Wisconsin – Green Bay*  
*Photo courtesy of Creative Commons*

The Center for Disease Control & Prevention (CDC) reports there are 54 million adults age 64 or older living in the United States today. The increase is unprecedented. In 2016, 49 million US adults were 65 or older, representing 15% of the population. That number is expected to reach 71 million by 2030 and 98 million by 2060—when older adults will make up nearly 25% of the population.



Photos courtesy CDC.gov

## Green Machine Nutrient Booster Smoothie

As we age, our bodies need special nutrients to help keep us healthy! Important nutrients to focus on are Calcium, Vitamin D, Vitamin B12, Dietary Fiber, Potassium, and Fat. These nutrients can be found in many foods such as dark green leafy vegetables, oatmeal, broccoli, pears, berries, low-fat milk or yogurt, and avocados.

Smoothies are a great way to give our bodies the nutrients that they need, all packed into one drink! They are also a great way to add more fruits and veggies into the day. Here is a simple smoothie recipe that tastes great and gives our bodies needed nutrients to start the day. Add a mixture of fruits or veggies to boost the nutrients even more!

**Total Servings:** 2  
**Total Time:** 5 minutes

### INGREDIENTS

- 1 banana
- 2 mandarin oranges or 1 orange
- 2 cups frozen strawberries or berries
- 2 cups Spinach
- ½ cup plain or vanilla Greek yogurt
- ½ cup 2% milk
- (Optional Mix-ins)
  - ◊ 2 Tbsp flax seeds
  - ◊ 2 Tbsp chia seeds
  - ◊ ¼ cup avocado



Photo credit = Stacy Spensley

### INSTRUCTIONS

- Add yogurt, chopped banana, peeled orange, and frozen strawberries to blender.
- Pour milk over the top and add additional mix-ins such as flax seeds, chia seeds, or avocado.
- Blend until smooth.

## Free Online Statewide StrongBodies Classes

LIFTING PEOPLE TO BETTER HEALTH



UW-Madison Extension Health and Wellbeing and FoodWise program is offering an evidence-based strength training program. No experience is necessary. Strength training has been shown to reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis, and arthritis. Strength training also increases strength, muscle mass, and bone density.

We will also have time to learn and socialize following the training each day.

**When:** April 12<sup>th</sup> – June 10<sup>th</sup>, 2021

**How to Sign Up:**

**Monday/Wednesday 9am Registration:** <https://go.wisc.edu/9fj4it>  
**Tuesday/Thursday 9am Registration:** <https://go.wisc.edu/uk33x3>

After registration, you will receive a confirmation and link to the upcoming classes

- Home Safety Checklist for StrongBodies participants
- StrongBodies Exercises

### Questions?

⇒ Mon/Wed Series contact Karie Johnson at [karie.johnson@wisc.edu](mailto:karie.johnson@wisc.edu)

⇒ Tues/Thurs Series contact Sandy Tartar at [sandy.tartar@wisc.edu](mailto:sandy.tartar@wisc.edu)

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