

# BRIGHTEN Your Table



For more healthy tips and recipes, call  
1-800-695-3335 or visit [www.EatWellBeWell.org](http://www.EatWellBeWell.org)



## Eat Smart - Live Strong

One way to keep your body healthy is by eating vegetables and fruits. These foods not only have many nutrients, but are also full of flavor! Make it a goal to include at least one vegetable or fruit in your day. Once that is a habit, try adding one more. Small changes in your diet add up, and it is never too late to make a change for the better!

## Key Nutrients for Older Adults

Eating well is important at all ages. As you get older, your doctor might suggest that you need extra vitamins or minerals. It is recommended to get these nutrients from food rather than a pill, since nutrient-rich foods have other nutrients, such as fiber, that are good for you. Getting a variety of vegetables and fruits is one way to help you meet your nutritional needs.

Below is a chart of some important nutrients, as well as the vegetables and fruits that offer these nutrients.

Vitamins	Needed For	Vegetable or Fruit
Vitamin A	Healthy eyes and skin	
Vitamin C	Healthy teeth and gums	
Minerals		
Calcium	Healthy bones and teeth	
Potassium	Healthy heart and muscles	
Other Nutrients		
Fiber	Healthy heart and digestion	

## Quick Meals and Snacks

1. Add berries to ready-to-eat whole grain breakfast cereals.
2. Add canned beans to salads, soups, rice dishes, and casseroles.
3. Keep a container of washed raw vegetables or fruits in the fridge for a quick snack.
4. Choose vegetable-based soups, such as tomato, bean, or chunky vegetable.
5. Choose frozen meals that include vegetables.



## Food Safety Tips

The immune system can't fight back as easily as we age, so it's important to keep your food safe to lower the risk of foodborne illness. Below are some food safety tips for vegetables and fruits:

1. Always wash your vegetables and fruits with water (no soap) before cooking or eating.
2. Keep vegetables and fruits separate from raw meat, poultry, and fish.
3. Use a special cutting board when cutting up vegetables and fruits.
4. Remove bruised and damaged spots on vegetables and fruits.
5. Check canned vegetables and fruits before opening them. Throw away cans that are bulging, leaking, or expired. Wash the top of cans before opening.
6. Store vegetables and fruits according to storage guidelines.



## Spiced Kale Chips

### Ingredients

5 cups raw kale  
1 ½ teaspoons olive oil  
½ teaspoon taco seasoning  
¼ teaspoon paprika  
¼ teaspoon salt

### Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Pat kale completely dry with a paper towel. Trim away thick stems and discard. Cut kale into 2-inch pieces.
3. Drizzle olive oil over kale in mixing bowl and gently massage the oil evenly over each piece.
4. Sprinkle taco seasoning, paprika and salt over kale and toss to combine.
5. Evenly space kale pieces on microwave-safe plate without overlapping leaves. You will have to cook it in batches. Cook on high for 30 seconds to 1 minute and then flip the kale over and cook for another 30 seconds to 1 minute. Cooking time will vary depending on microwave. Kale should be crispy but not grayish green in color.

**Servings:** Makes 4 servings

**Nutrition Facts per serving:** Calories, 57; Total Fat, 2 gm; Saturated Fat, <0.5 gm; Trans Fat, 0 mg; Cholesterol, 0 mg; Sodium, 170 mg; Carbohydrates, 7 gm; Fiber, 2 gm; Sugar, 0 gm; Protein, 4 gm; Calcium, 126 mg; Folate, 26 mg; Iron, 1 mg; Calories from Fat 26%

For more free recipes, visit [EatWellBeWell.org](http://EatWellBeWell.org) or call 1-800-695-3335.

