

IN THE KNOW ABOUT NUTRITION

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Be Well, Live Well: Be Independent




Try For:


Even Better:

Lean protein or plant protein	>	2 times each day	>	3 times each day
Dairy	>	Low-fat dairy 2 times each day	>	Fat-free dairy 3 times each day, make one choice yogurt with live active cultures
Whole grains	>	1-2 times each day	>	3 times each day
Vegetables	>	3 times each day	>	4 each day, make one choice dark green
Fruit	>	1 fruit and 1 juice each day	>	2 fruit and 1 juice each day
Fortified cereal	>	1 time each day	>	Whole grain 1 time each day
Fish	>	1-2 times each week	>	2-3 times each week
Oil	>	Canola oil	>	Olive oil and/or canola oil
Water and other liquids	>	5 or more times each day	>	Throughout the day, especially when in hot weather and/or active

Remember:

- Nutrition supports well-being and Quality of Life.
- A healthy eating pattern provides the nutrients needed to maintain physical, cognitive and emotional health which will help sustain independence.
- A healthy eating pattern has...

- **MORE:** water, lean protein, seafood, vegetables, fruits, whole grains, fat free dairy, and canola or olive oil.

- **LESS:** saturated fat, sodium and added sugars.



Recipe: Tuna Salad



Tuna Mandarin Salad

Nutrition Facts

2 servings per container
Serving size 5 cups salad
 without dressing

Amount per serving
Calories 350
 % Daily Value*

Total Fat 13g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	16%
Total Carbohydrate 35g	13%
Dietary Fiber 9g	32%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 164mg	15%
Iron 7mg	40%
Potassium 684mg	15%

*The % Daily Value 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.

***Note: Nutrition Facts Label does not include lemon vinaigrette nutrition information**

Salad Ingredients

- 1 package (6 ounces) mixed baby greens, or 10 loosely packed cups
- 2 cans (5 ounces each) tuna, drained and flaked
- 1 Granny Smith apple, cored and diced
- 1 can (11 ounces) mandarin orange segments, in juice, drained
- 1/2 cup (2 ounces) sliced almonds

Salad Directions

Makes: 2 servings

- 1) Wash your hands and clean your cooking area.
- 2) Wash your fruits and vegetables if needed.
- 3) Portion out the 6-ounce bag of baby greens evenly on two plates (3 ounces on each plate or 5 cups of loosely packed baby greens).
- 4) On each bed of greens add: 1 can of tuna, 1/2 of the diced apple, 1/2 can of mandarin orange segments, and 1 ounce of sliced almonds.
- 5) Top with your favorite dressing! Try our lemon vinaigrette! See recipe below:

Lemon Vinaigrette

Makes: 2 servings

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1/8th teaspoon garlic powder
- Dash of salt (1/8th teaspoon)
- 1/4 teaspoon pepper

Directions

- 1) Combine all ingredients in a small bowl or ramekin. Whisk to combine.

Vinaigrette Nutrition Facts:

Serving size: 2 tbsp, 2 servings per container, Calories 120, Total Fat 14g, Saturated Fat 2g, Sodium 150 mg, Total Carbohydrate 1 g, Added Sugars 0g.

Designed by: Marissa Albers, Technician II, Food & Nutrition Unit
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