



## News You Can Use

Nutrition Education  
with Seniors

October 2021

### Iron-Rich Foods for Health

American's are eating less iron-containing foods which is leading to a condition called iron deficiency anemia. This type of anemia arises when our bodies don't have enough iron to create hemoglobin – a protein that carries oxygen from the lungs to other body tissues.



Iron deficiency anemia leads to: extreme fatigue, pale skin, chest pain, shortness of breath, headache, dizziness, and cold hands/feet. If you are experiencing any of these symptoms, please see a health care professional for a diagnosis before you take an iron supplement.

Iron is found in many different foods! Animal foods (e.g. red meat, pork, poultry, seafood) have heme iron which is easily absorbed. Plant foods can have iron too (e.g. leafy greens, enriched grains) which is non-heme iron. This type of iron is not easily absorbed by the body. Pairing non-heme iron foods with vitamin C rich foods can help optimize iron absorption!

#### Non-Heme Iron-Rich and Vitamin C Foods

Iron-Rich Plant Foods
<b>Grain products:</b> whole wheat bread, enriched breads, fortified pasta and cereals, cream of wheat (farina), pasta
<b>Dark green leafy vegetables:</b> spinach, kale, collard greens
<b>Beans:</b> lentils, legumes
<b>Fruit:</b> raisins, dried apricots
Vitamin C-Rich Foods
Oranges, Orange juice, Grapefruit, Strawberries, Blackcurrants, Broccoli, Brussels sprouts, Potatoes, Peppers

Adapted from:

[Top Iron-Rich Foods List \(webmd.com\)](https://www.webmd.com/healthy-living/iron-rich-foods)



### Farina

#### Selection:

- Choose packages without obvious damage; this could mean the **farina** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the container.
- Look for the term “enriched” and “cream of wheat” on the label.

#### Storage:

- Store unopened package of **farina** in a cool, clean, and dry place.
- Once opened, place **farina** in an airtight container and store in a cool, dry place for up to 2 months.

#### Nutrition:

- 3 Tbsp dry **farina** contains 50% DV iron.
- Good source of calcium.

#### Uses:

- Add berries and nut butter to a bowl of warm **farina** for a satisfying breakfast.
- Make breads, pancakes, and baked goods with **farina**.

# SNAP!—For your health

The Supplemental Nutrition Assistance Program or SNAP assists older adults or families with limited incomes in purchasing healthy food. In Iowa SNAP is called food assistance.

## Do you have internet access?

If so, you can complete the DHS Online Application for State of Iowa Services (OASIS) at <https://secureapp.dhs.state.ia.us/oasis/>

## Do you want help completing the application?

If you need help completing either the online or paper application, you may contact your local DHS office or call the Iowa Food Assistance Hotline to speak with someone who can help with the Food Assistance Application.

Hotline: 855-944-FOOD (3663) is open 8:00a-5:30p Monday through Friday with additional assistance provided after hours on high volume call days.



## Single Serve Breakfast Bowls

Serves: 1 | Serving Size: 1 bowl

### INGREDIENTS

- 1 packet Cream of Wheat or Farina
- 1/4 cup water
- 1 egg
- 1 Tbsp cheddar cheese (shredded, optional)
- 1 turkey sausage link

### INSTRUCTIONS AND TIPS

1. Prepare farina or cream of wheat according to package directions.
2. While cereal cooks, cook the egg.
3. Heat the sausage link then chop into bitesize pieces.
4. Combine the farina, egg and sausage in a bowl, top with cheddar cheese, and enjoy!

### Tip:

- Add your favorite vegetables for some extra vitamins and minerals!
- Replace the sausage for another lean option like Canadian bacon, turkey bacon, etc.

Nutritional analysis (1 bowl): 293 calories, 13g fat, 4g saturated fat, 290mg sodium, 26g carbohydrates, 1g fiber, 1g sugar, 16g protein.

This recipe is adapted from <https://creamofwheat.com/recipe/ultimate-breakfast-bowl/>

## Fall Food Favorites

**Apples-** Fall is apple season. Apples are a good source of potassium. Look for “sugar free” or “no sugar added” on apple juice and apple sauce containers.

**Chocolate-** Halloween and the holidays are around the corner. Enjoy your sweet treats in moderation! Choose dark chocolate. The higher cocoa percentage in dark chocolate often has less sugar.

**Pumpkin-** One serving of pumpkin has 87% of the daily recommended Vitamin A intake! This is great for your eye health.

## Helpful Resources

### Allamakee County Extension

563.568.6345

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