



## News You Can Use

Nutrition Education  
with Seniors

July 2022

### Complementing Plant-Based Proteins

Dietary protein is found in both animal and plant-based foods. Proteins are made up of smaller units called amino acids. A high-quality protein has all essential amino acids our body needs.

Eating high-quality proteins is key part of a healthy diet and reducing your risk of sarcopenia or age-related muscle loss. Aim to eat protein-rich foods throughout the day.

There are two types of protein.

**Complete proteins** are animal protein sources like meat, poultry, fish, eggs, cheese. The exception is soy, which is a plant-based complete protein. They have all the essential amino acids the body needs.

**Incomplete proteins** are foods that lack one or more essential amino acids. Most plant foods such as nuts, beans, grains, and seeds are incomplete protein sources.

Eating two or more incomplete proteins provides you with **complementary proteins**. These provide all the essential amino acids. Here are some examples of foods that complement each other.

- Macaroni and cheese
- Grilled cheese sandwich
- Greek yogurt and nuts
- Beans and rice
- Bean burrito
- Peanut butter and jelly sandwich
- Quinoa salad with great northern beans
- Hummus with pita chips

For healthy and budget-friendly protein recipes visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/)® <https://spendsmart.extension.iastate.edu/>



#### Dry Great Northern Beans

##### Selection:

- Choose packages without obvious damage. This could mean the **great northern beans** are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.

##### Storage:

- Store unopened bags of dry **great northern beans** in a cool, clean, and dry place.
- Once opened, place dry **great northern beans** in an airtight container and store in a cupboard or pantry for 2-3 months.
- Once cooked, place **great northern beans** in an airtight container and store in refrigerator for 3-4 days.

##### Nutrition:

- ¼ cup cooked great northern beans counts as 1 ounce of protein in MyPlate

##### Uses:

- Add to pasta salads or vegetables dips for additional protein and fiber.



# Buying in Bulk – Get More Value for Your Money

Food prices are soaring. Buying food and household supplies in bulk can save money and time. Weigh the pros and cons of bulk buying to see if this is a cost saver for you.



PROS	CONS
It is usually cheaper per unit. This may be a small difference in cost, but it can add up quickly if it is used daily.	It is an upfront expense which can be challenging when on a fixed income.
You're less likely to run out of that item.	Having a lot of something on hand may cause you to over use the item. This leads to needing to replace it sooner.
It's good for the environment since it has less packaging.	You need to have a way to transport the items to your house and have storage space.
It means fewer trips to the store.	If you don't use the food items by their expiration dates then you will have food waste.

**TIP:** Some good products to buy in bulk include paper products, canned goods, toiletries, and rice. These items have a longer shelf life. Avoid purchasing milk, fresh produce, and eggs in bulk as they tend to spoil quickly.

Adapted from: <https://bit.ly/3MRfbaJ>

## Great Northern Bean Dip

Serves: 8 | Serving Size: 3 tablespoons

### INGREDIENTS

1 can great northern beans (cooked)  
2 tablespoons oil (canola or vegetable)  
1 tablespoon lemon juice  
2 tablespoons onion, chopped  
½ teaspoon salt

### INSTRUCTIONS AND TIPS

1. Mash beans in a small bowl until they are smooth
2. Stir in oil, lemon juice, onion, and salt
3. Refrigerate leftovers.

**Tips:** Serve on bread, crackers, homemade pita chips, or as a dip with raw vegetables

**Storage:** Keep refrigerated in an airtight container for up to 3 days.

Nutritional analysis (3 tablespoons): 100 calories, 5g fat, 0.5g saturated fat, 260mg sodium, 13g carbohydrates, 3g fiber, 2g sugar, 46g protein.

Recipe from: <https://spendsmart.extension.iastate.edu/recipe/garbanzo-bean-dip/8>

## Cooking Dried Beans with Slow Cooker

Cooking dried beans in a slow cooker is easy and lets you step away while they cook.

**Step 1.** Pick through beans; discard discolored or shriveled beans.

**Step 2.** Place 8 cups of water in the crock pot. Add 1 pound of dried beans and stir.

**Step 3.** Place lid on slow cooker. Cook on high for 4 hours or low for 6 hours. Freeze small portions of beans to use later.

### Helpful Resources

Allamakee County  
Extension  
563.568.6345

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[www.extension.iastate.edu/allamakee/](http://www.extension.iastate.edu/allamakee/)

### PREPARED BY

Chandler Kendall  
Diet & Exercise Graduate Student;  
Iowa State University (ISU), Dept.  
Food Science & Human Nutrition  
[ckendal@iastate.edu](mailto:ckendal@iastate.edu)

### ASSISTED BY

Sarah L. Francis, PhD, MHS, RD  
ISU Associate Professor & Human  
Sciences Extension and Outreach  
State Specialist, Nutrition and  
Wellness; [sfranci@iastate.edu](mailto:sfranci@iastate.edu)

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