

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Historical Materials from University of
Nebraska-Lincoln Extension

Extension

1998

EC98-454 Nutrition for the Older Adult

Wanda Koszewski

University of Nebraska - Lincoln, wkoszewski1@unl.edu

Carol Ray

University of Nebraska - Lincoln

Amy Sutton

University of Nebraska - Lincoln

Lisa Beretta

University of Nebraska - Lincoln

Follow this and additional works at: <https://digitalcommons.unl.edu/extensionhist>



Part of the [Agriculture Commons](#), and the [Curriculum and Instruction Commons](#)

Koszewski, Wanda; Ray, Carol; Sutton, Amy; and Beretta, Lisa, "EC98-454 Nutrition for the Older Adult" (1998). *Historical Materials from University of Nebraska-Lincoln Extension*. 1944.

<https://digitalcommons.unl.edu/extensionhist/1944>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Nutrition for the Older Adult

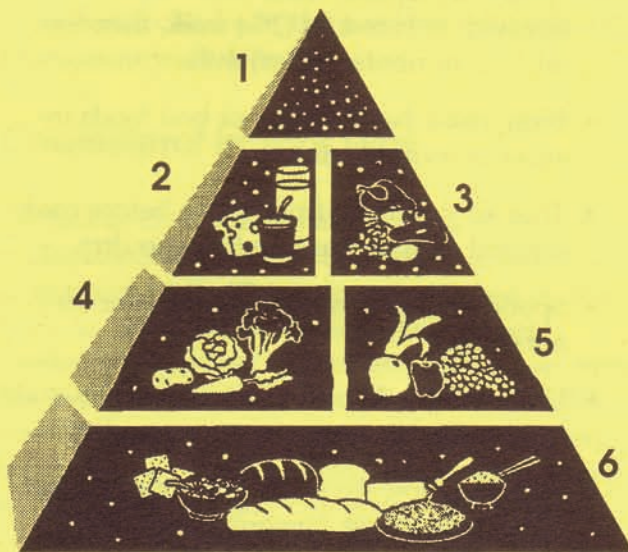
Wanda M. Koszewski, Extension Nutrition Specialist
Carol Ray, Graduate Assistant; Amy Sutton and Lisa Boretta, Graduate Students

Nutrition is important for everyone at any age and is one of the keys to healthy living. We are all overwhelmed with new information about nutrition each day. This publication focuses on nutrition topics specifically related to the elderly.

The nutrient requirements of an older person and that of younger adults do not differ greatly.

The older person may not eat enough food to provide him/her with the required nutrients which results in him/her not getting enough vitamins, minerals and calories needed to stay healthy. Assessing one's daily eating habits is a good place to start when obtaining a nutritious diet.

Food Guide Pyramid



What is a Serving?

- 1. Fats, Oils and Sweets**
(jelly, candy, gelatin, mayonnaise, salad dressing, margarine/butter) eat sparingly.
- 2. Milk, Yogurt and Cheese**
(milk – 1 cup; yogurt – 1 cup; pudding – 1 cup; Milkshake – 1 cup; ice cream – 1/2 cup; Swiss cheese – 1 1/2 oz; cottage cheese – 2 cup) eat 3 servings daily
- 3. Meat, Poultry, Fish, Dry Beans, Eggs and Nuts**
(tuna, 2-3 oz; meatloaf, 2-3 oz; chicken, 2-3 oz; fish sticks, 2 oz; eggs 2; baked beans, 1 cup; peanut butter, 4 tbsp; nuts and seeds, 2/3 cup) eat 2-3 servings daily
- 4. Vegetables**
(corn, 1/2 cup; carrots, 1/2 cup; broccoli, 1/2 cup; salad greens, 1 cup; green beans, 1/2 cup; vegetable juice, 3/4 cup; mashed potatoes, 1/2 cup) eat 3 or more servings daily
- 5. Fruits**
(medium orange, 1; medium banana, 1; fruit juice, 3/4 cup; applesauce, 1/2 cup; dried prunes, 1/4 cup; fruit cocktail, 1/2 cup; strawberries, 1/2 cup) eat 2 or more servings daily
- 6. Bread, Cereal, Rice and Pasta**
(bagel, 1/2; rice, 1/2 cup; hot cereal, 1/2 cup; dinner roll, 1; muffin, 1 small; English muffin, 1/2; noodles, 1/2 cup; bread, 1 slice, graham crackers, 3 to 4; ready-to-use cereal, 1 oz) eat 6 or more daily.

What About Water?

Water is an important nutrient. It is recommended that you drink 8 cups of fluid daily.



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Interim Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.



A nutritious diet should include a variety of foods: fruits and vegetables; whole grain breads, cereals, and grain products such as rice and pasta; fish, poultry, meat, eggs and dry peas and beans; and milk, cheese and other dairy products.

Fat in Your Diet

Fat is needed by the body and it gives food flavor, aroma and texture. The Dietary Guidelines recommend choosing a diet that is low in saturated fat and cholesterol and moderate in total fat. Eating too much saturated fat and too many calories can increase your blood cholesterol. A diet containing too much fat may increase your risk for certain cancers. Two roles or functions of fat are to provide energy and help our bodies absorb fat soluble vitamins A, D and E.

Fats are made up of 3 kinds of fatty acids — saturated, monounsaturated and polyunsaturated fatty acids. Some examples of these fatty acids are as follows:

Foods and Food Fats High in Saturated Fatty Acids (SFA):

- Fatty fresh and processed meat, dairy products, coconut and palm oil, and lard
- Examples: whole milk, cheese, butter, goose, liver, sausage and poultry skin

Foods and Food fats High in Monounsaturated Fatty Acids (MUFA):

- Primarily found in plants and some fish
- Examples: olive, canola, sunflower and peanut oil

Foods and Food fats High in Polyunsaturated Fatty Acids (PUFA):

- Primarily found in plants
- Examples: cottonseed, corn, soybean oils, nuts

- Found also in fish (salmon, tuna, mackerel) in the form of omega-3 fatty acids

The United States Department of Agriculture (USDA), National Institutes of Health (NIH), and the National Institute on Aging (NIA) recommend the following points to reduce the fat in your diet:

- Choose lean cuts of meat, such as beef round, loin, sirloin, pork loin chops and roasts, and lean hamburger
- Choose fish and poultry instead of red meat.
- Buy low-fat versions of dairy products.
- Choose foods that are lower in fat by reading the food label.
- Try reduced-calorie salad dressings.
- Gradually replace whole milk as a beverage with reduced fat (2%) milk, then low fat (1%) or nonfat (skim) milk.
- Broil, roast, bake, steam, or boil foods instead of frying them.
- Trim all visible fat from meats before cooking and remove the skin from poultry.
- Spoon off fat from meat dishes after they are cooked.
- Use nonfat milk or low-fat milk when making "cream" sauces, soups, or puddings
- Substitute low-fat yogurt or whipped low-fat cottage cheese for sour cream and mayonnaise in dips and dressings.
- Substitute two egg whites for each whole egg in recipes for most quick breads, cookies, and cakes.
- Try lemon juice, herbs, or spices to season foods instead of butter or margarine.

How do you score on FAT?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almost daily</i>
How often do you eat —				
1. Fried, deep-fat fried, or breaded foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Fatty meats, such as sausage, luncheon meats, fatty steaks and roasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Whole milk, high-fat cheese, ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Pies, pastries, rich cakes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Rich cream sauces and gravies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Oily salad dressings, mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Butter or margarine on vegetables, dinner rolls, toast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(U.S. Department of Agriculture, National Institutes of Health, National Institute on Aging)

Several checks in the last two columns mean you may have a high fat intake. If so, begin with changes in your diet.

Cholesterol in Your Diet

Just as fat is needed in the body, cholesterol is also needed. Cholesterol is found in almost all of our body cells. This substance is used by the body to make hormones and other things needed by the body. Cholesterol also comes from the food you eat which is called dietary cholesterol. Animal foods in which dietary cholesterol is present are: meat, poultry, fish, dairy products and egg yolk. Dietary cholesterol and blood cholesterol made by the body both circulate in the blood (blood cholesterol). The following are some helpful facts about cholesterol:

- Eating a diet high in saturated fat and cholesterol may increase your blood cholesterol.
- A high blood cholesterol level may increase the risk of having a heart attack or a stroke.
- The desirable blood cholesterol level for adults is 200 mg/dl or less.
- A way of lowering your blood cholesterol level is through the diet.

The above helpful facts to help lower the cholesterol in your diet can also be applied to lowering the amount of fat in your diet.

Sodium in Your Diet

Sodium is needed in our bodies to maintain normal blood volume, regulate water balance and transmit nerve impulses. High intakes may lead to high blood pressure, which may increase your risk for heart attack, stroke and kidney disease. For people who are sodium-sensitive, lowering the amount of sodium in the diet can help control high blood pressure. Many health professionals suggest that sodium intake for healthy adults should be less than 2,400 milligrams a day or less.

The following are some suggestions to reduce sodium in your diet:

- Fresh meat has less sodium than lunch meat, bacon, hot dogs, sausage and ham.
- Cook plain rice, pasta, and hot cereals using less salt than the package calls for.
- Choose fresh plain, frozen or canned vegetables without salt added.
- Fresh, frozen, and canned fruit and fruit juices are usually low in sodium.
- Look at labels that say "low sodium"; they contain 140 mg or less of sodium per serving.

- Snacks such as potato chips, pretzels, corn chips, popcorn, crackers and nuts — normally have more salt added and should be eaten sparingly.
- Commercially prepared foods such as soups, frozen dinners, and other “fast food” items have salt added during preparation.
- When grocery shopping, look for low sodium and sodium-free items on the food labels. If sodium is one of the first three ingredients listed, the product is high in sodium.

- Adjust your recipes, gradually cutting down on the amount of salt.
- Reduce the amount of salt at the table.

Suggested alternatives to salt when cooking: use lemon, pepper, herbs, spices, onion and garlic powders (not salts), powdered mustard, small amounts of sugar, finely chopped garlic, and fresh grated horseradish.

The following is a check-up on your diet for sodium intake.

How do you score on SODIUM?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almost daily</i>
How often do you —				
1. Eat cured or processed meats, such as ham, sausage, hot dogs, and other luncheon meats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Choose canned vegetables or frozen vegetables with sauce?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Use frozen TV dinners, entrees, or canned or dehydrated soups?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Eat cheese?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eat salted nuts, popcorn, pretzels, corn chips, or potato chips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Add salt to cooking water for vegetables, rice, pasta, or cereals, or add seasoning mixes or sauces containing salt when preparing food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Salt your food before tasting it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(U.S. Department of Agriculture, National Institutes of Health, National Institute on Aging)

Several checks in the last two columns mean you may have high sodium intake. If so, think about changes in your diet that you could make.

Fiber in Your Diet

Fiber is present in foods that come from plants. Our bodies need fiber in order to have proper bowel function. There are two types of fiber — insoluble and soluble. Insoluble fiber is found in whole-grain products, such as whole-wheat bread and cereals, fruits and vegetables with their peels and dry beans and peas. Insoluble fiber helps prevent constipation. Diets high in insoluble fiber and low in fat may reduce the risk of colon cancer.

Soluble fiber is found in fruits, vegetables, dry beans and peas, and some cereal products such as oatmeal, oat bran and rice bran. Research indicates that diets that are low in fat and saturated fat and rich in soluble fiber may help reduce blood cholesterol levels ("Food Facts For Older Adults", United States Department of Agriculture, National Institutes of Health, National Institute on Aging).

Many experts suggest eating 20-35g of fiber a day. To include at least 20g of fiber each day you would need the following:

3 servings of vegetables everyday	<i>Examples</i>
	broccoli spears, corn, potato, kidney beans
	and
2 servings of fruit everyday	pears, apples, bananas, figs, and oranges
	and
3 servings of day whole grain products everyday	Whole-wheat bread, oatmeal, Whole-grain cereals

The following is a check-up on the amount of fiber in your diet:

Are You Getting Enough Fiber in Your Diet?

	<i>Seldom or never</i>	<i>1 to 2 times a week</i>	<i>3 to 5 times a week</i>	<i>Almost daily</i>
How often do you eat —				
1. Three or more servings of breads and cereals with whole grains?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Starchy vegetables such as potatoes, corn, peas, or dishes made with dry beans or peas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Several servings of other vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Whole fruit with skins and/or seeds (berries, apples, pears, etc?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(U.S. Dept of Agriculture, National Institutes of Health, National Institute on Aging)

Several checks in the first two columns mean you should include more fiber in your diet.

Avoiding Constipation Through Diet and Fluids

An elderly person may not drink enough water because his/her sense of thirst may decline with age. Often people drink less on purpose, to avoid many trips to the bathroom. If the body does not get enough fluids, it becomes dehydrated and constipation could occur. Eating a diet low in fiber, drinking too little water or misusing laxatives can cause constipation. Constipation is defined as fewer than usual bowel movements, with a long or hard passing of stools.

The diet plays an important role in avoiding constipation. Eating more foods high in fiber such as vegetables, fruits and whole grain breads and cereals decreases your chances of experiencing constipation. It is recommended that adults should drink at least eight glasses of water a day. It is best not to count alcoholic beverages, coffee or tea as part of your fluid intake. Some choices are plain water, unsweetened fruit juices and low-fat milk. Water and other liquids add bulk to the stool, making bowel movements easier.

Using laxatives too often may cause constipation. Laxatives are not always the cure for constipation. If laxative use is frequent, the body will begin to rely on the laxatives to bring on bowel movements, and over a period of time forgets to work on its own.

Many older adults experience constipation. Regular bowel movements differ from person to person. Know what is normal for you and avoid relying heavily on laxatives.

Calcium and Vitamin D

Calcium and vitamin D are dietary requirements at any age. Particularly for the elderly, calcium and vitamin D are needed due to the increased risk for osteoporosis. As you age, you lose minerals from your bones. If mineral loss is excessive, osteoporosis may develop. Also, the loss of calcium from the bones increases in women after menopause, which increases the risk of osteoporosis. Osteoporosis is a disease that causes your bones to become weak and brittle.

Your body needs vitamin D to absorb calcium. Vitamin D is made when your skin is exposed to sunlight, also milk contains vitamin

D. If you have any concerns about your need for vitamin D, consult your doctor or dietitian. Usually dietary supplements of vitamin D are not necessary. If your doctor or dietitian recommends a vitamin D supplement, it should not exceed the U.S. Recommended Dietary Intake of 10-15 micro grams per day.

Ways to include calcium in your diet are as follows:

- milk, yogurt, cheese
- dark-green leafy vegetables: kale, broccoli
- canned fish eaten with the bones (canned sardines and salmon)
- tofu

If you are unable to digest milk in your diet (lactose intolerance) some alternatives follow:

- drink milk that has had lactase added (i.e. Lactaid)
- eat yogurt or cheese
- try cooked foods made with milk such as soups, puddings or custards
- tortillas made with cornmeal that is fortified in calcium
- macaroni and cheese
- you may want to talk to your doctor about a calcium supplement.

It is important to note that moderate exercise that places weight on your bones, such as walking, helps maintain and may even increase bone density and strength in older adults.

Medications, Supplements and Food

Often older adults take medications that are prescribed as well as those you can buy without prescriptions. Some medicines do not mix with certain types of foods. It is important that you check with your doctor or pharmacist to see if the medicines you are taking are affected by food or beverages.

You may want to ask your doctor about diet and the following:

- diuretics and other high blood pressure medicines
- antibiotics
- pain relievers
- antidepressants
- anticoagulants (drugs for blood thinning)
- antacids

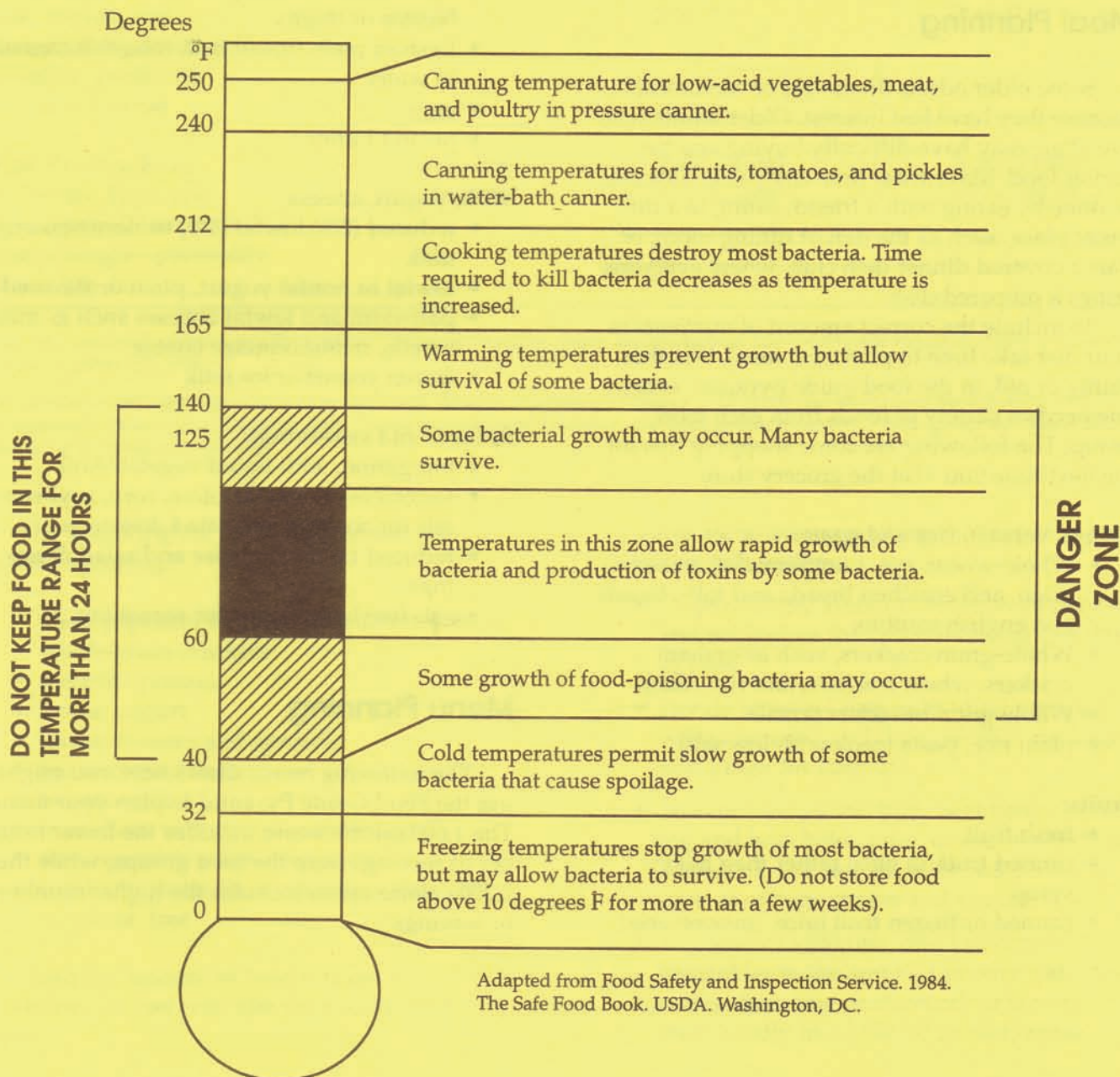
To avoid possible side effects, it is very important that you visit with your doctor about any other medicines, whether prescribed by another doctor, bought over-the-counter, and any vitamins or supplements you are taking.

Many people take supplements to improve the way they feel, to prevent or cure diseases and even to lengthen life. Often times, people increase the amount of supplements they take thinking more is better. Large amounts of some supplements may upset the natural balance of nutrients that the body normally maintains. For example: large amounts of vitamin A can cause headaches, nausea, diarrhea and eventually liver and bone damage. High amounts of vitamin D can cause kidney damage and even death.

Older people can get the nutrients that they need through their diet. There are a lot of vitamins and minerals in fruit, vegetables, meat, dairy products, whole grain or enriched breads and cereals. Remember to adhere to the food guide pyramid recommendations.

Food Safety

It is important to handle foods safely to avoid food-borne illnesses. The following food safety tips should be followed so that your food will be safe to eat (USDA Meat and Poultry Hotline).



- wash hands with warm soapy water for 20 seconds before handling food.
- thaw frozen foods in the refrigerator, not on the kitchen counter or thaw them in the microwave, following the oven manufacture's directions.
- cook raw meats, poultry, fish and eggs thoroughly.
- keep hot foods hot and cold foods cold until serving time.
- refrigerate or freeze leftover foods promptly. Reheat leftover food to 165°F
- don't let perishable foods sit out at room temperature for more than 2 hours.
- when in doubt, throw it out.

Meal Planning

Some older adults do not eat or cook meals because they have lost interest. Older adults who live alone may have difficulty buying and preparing food. Make meal time enjoyable. This can be done by eating with a friend, eating in a different place, such as the den or dining room; or start a covered dinner dish club, where everyone brings a prepared dish.

To include the correct amount of nutrients in your diet take time to plan each meal. Whether young or old, in the food guide pyramid, everyone needs a variety of foods from each food group. The following are some shopping tips for the next time you visit the grocery store:

Breads, cereals, rice and pasta:

- Whole-wheat, rye, pumpernickel, mixed grain, and enriched breads and rolls, bagels and english muffins
- Whole-grain crackers, such as graham crackers, wheat crackers, and rice cakes
- Whole-grain breakfast cereals
- plain rice, pasta (cook with less salt)

Fruits:

- fresh fruit
- canned fruit, in juice rather than heavy syrup
- canned or frozen fruit juice, unsweetened

Vegetables:

- Fresh leafy vegetables and other vegetables
- carrots, potatoes, onions.
- frozen vegetables without sauce.
- canned vegetables, tomato sauces, and soups; try with reduced sodium or no salt added.
- dry beans or split peas; canned beans; bean and pea soups.

Meat, poultry, fish:

- fresh, well-trimmed, lean meats-beef round, loin, sirloin, chuck arm; pork loin, roasts, and chops, leg of lamb.
- for leaner ground beef, choose ground round
- fresh chicken, turkey, boneless, skinless breasts or thighs.
- fresh or plain frozen fish, tuna fish canned in water
- eggs
- peanut butter

Milk, yogurt, cheese:

- reduced (2%) lowfat (1%) or nonfat(skim) milk
- lowfat or nonfat yogurt, plain or flavored
- part-skim and lowfat cheeses such as mozzarella, ricotta, cottage cheese
- frozen yogurt or ice milk

Spreads and seasonings:

- margarine, with liquid vegetable oil
- vegetable oil-canola, olive, corn, soybean oils for cooking and salad dressings
- reduced fat mayonnaise and salad dressings
- salt-free herb blends for seasoning

Menu Planning

The following menu shows how you might use the Food Guide Pyramid to plan your menu. The 1,600 calorie menu includes the lower number of servings from the food groups, while the 2,200 calorie menu includes the higher number of servings.

How Many Servings Do You Need Each Day?

<i>Food group</i>	<i>Children ages 2 to 6 years, women, some older adults (about 1,600 calories)</i>	<i>Older children, teen girls, active women, most men (about 2,200 calories)</i>	<i>Teen boys, active men (about 2,800 calories)</i>
Bread, Cereal, Rice and Pasta Group (Grains Group) — especially whole grain	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk, Yogurt, and Cheese Group (Milk Group) — preferably fat free or low fat	2 or 3*	2 or 3*	2 or 3*
Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)—preferably lean or low fat	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

Adapted from U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.

*The number of servings depends on your age. Older children and teenagers (ages 9 to 18 years) and adults over the age of 50 need 3 servings daily. Others need 2 servings daily. During pregnancy and lactation, the recommended number of milk group servings is the same as for nonpregnant women.

The following are some suggestions for healthy snacking:

- plain popcorn, without added butter or oil
- whole-grain crackers
- unsalted pretzels
- lowfat yogurt
- lowfat cheeses and spreads
- unsweetened fruit juices
- tomato juice
- fruit slices with peel (for more fiber)
- raw vegetable strips and pieces
- sparkling water flavored with a slice of lemon or lime

Limit the amount of food you eat at snacktime, so you won't be tempted to skip meals.

Here are some suggestions that can help you prepare meals easier:

- Prepare larger amounts of items you enjoy and refrigerate the leftovers to eat in a day or two.
- Divide leftovers into individual servings, write contents (and date) on each package, and freeze for later use.
- To avoid excess fat, trim meat before cooking and boil, bake, broil, or pan-fry without added fat. Use low fat milk and products such as cottage cheese and yogurt.
- To preserve vitamins, don't overcook vegetables to the soft and mushy state. Try eating them raw or steamed, or stir-fry them briefly in a little oil or margarine.

- Buy frozen vegetables in one-pound bags. Cook what you need for single or double servings, or mix several kinds for a vegetable stew.

Read the food label on the outside of a packaged food, to help you choose appropriate foods. Here are some helpful hints follow (USDA,NIH,NIA):

- Ingredients are listed in order by weight from the largest amount to the least amount. Some examples are salt, saturated fats or sugars.
- Nutrition information lists calories, protein, carbohydrates, fat, sodium, vitamins and minerals contained in a serving of the food.

The Nutrition Facts Panel provides nutrition information per serving on the outside of each package. Here are some helpful hints when reading the nutrition information:

- Serving size is the amount you usually eat
- Amounts of fat and sodium per serving — It is good to compare the amount per serving of the product to the total amounts suggested per day:
 Fat: Suggested amount is 30% of daily calories
 53 g per day for 1,600 calorie diets
 80 g per day for 2,400 calorie diets
- Sodium: Health professionals suggest 2,400 mg or less per day
- Amounts of vitamins or minerals — Look for foods that have a significant amount of the vitamin or mineral (10% or more of the U.S. RDA), but not too many calories.

Recipes

The following are some suggested recipes provided by the USDA, NIH, NIA.

Carrot Pennies

1 serving

1 medium carrot, sliced thin
1/4 cup water
1 tsp brown sugar
1 tsp margarine
dash of salt

Directions:

1. Cook carrot slices in the water until tender.
2. Add margarine, brown sugar, and salt; mix lightly.
3. Cook 3 more minutes to blend flavors.

Top of Stove Meatloaf

2 servings

1/3 lb lean ground beef
salt and pepper
1 tbsp chopped onion
2 tbsp uncooked rolled oats
3 tbsp milk
1/4 cup water
1/2 cup tomato sauce

Directions:

1. Put all ingredients except water and tomato sauce into a bowl and mix well.
2. Shape into two loaves.
3. Brown loaves on all sides in large skillet with lid. Pour off fat. Add water.
4. Pour tomato sauce over loaves.
5. Cover and cook over low heat for 30 minutes. Add more water during cooking, if needed.

Fresh Fruit Crisp

6 servings

4 cups peeled and sliced apples or peaches
(6 medium)
1/3 cup melted margarine
1/4 cup granulated sugar
1/2 cup rolled oats, uncooked (quick or old fashioned)
1/2 cup flour
3/4 tsp cinnamon
1/4 cup brown sugar
1/2 tsp nutmeg

Directions:

1. Preheat oven to 375°F.
2. Put fruit in an 8-inch square baking dish. Sprinkle with granulated sugar.
3. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg until crumbly. Sprinkle over fruit.
4. Bake for 30 minutes.

Please note that the information in this document is intended for persons who are generally healthy. If your doctor has put you on a special diet, due to a health condition, follow that advice.