

# As You Age ... Eat More Vegetables with Vitamin A

*As You Age: Issue 8: Kathleen M. Stadler and Pamela B. Teaster \**

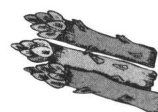
**As you age**, it is increasingly important to make wise food choices to maintain good health and a high quality of life. One way to accomplish these goals is to eat vegetables rich in fiber, Vitamin A (beta carotene), and Vitamin C. The Food Guide Pyramid shows that we should eat at least three servings of vegetables every day.

**Vitamin A** prevents night blindness, promotes healthy skin, and fights infections. Eat at least one Vitamin A rich food every day. Beta carotene is found in bright orange, yellow, and green colored vegetables; such as broccoli, carrots, greens, red sweet peppers, pumpkins, sweet potatoes, and winter squash. Beta carotene, an antioxidant, is made into Vitamin A. Antioxidants help your body fight infections and diseases.

Vitamin A is found in bright orange, yellow, and green colored vegetables. Circle the 6 vegetables that are great sources of this vitamin.



Radishes



Asparagus



Mushrooms



Potatoes



Pumpkins



Broccoli



Cabbage



Carrots



Lettuce



Spinach



Sweet Potatoes



Onions

**Eat at least  
one Vitamin A  
Rich Vegetable  
Each Day!**



**Name your favorite Vitamin A vegetable**

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Answers: Asparagus, Pumpkins, Broccoli, Carrots, Spinach, Sweet Potatoes.

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# Food Guide Pyramid for Persons 70+

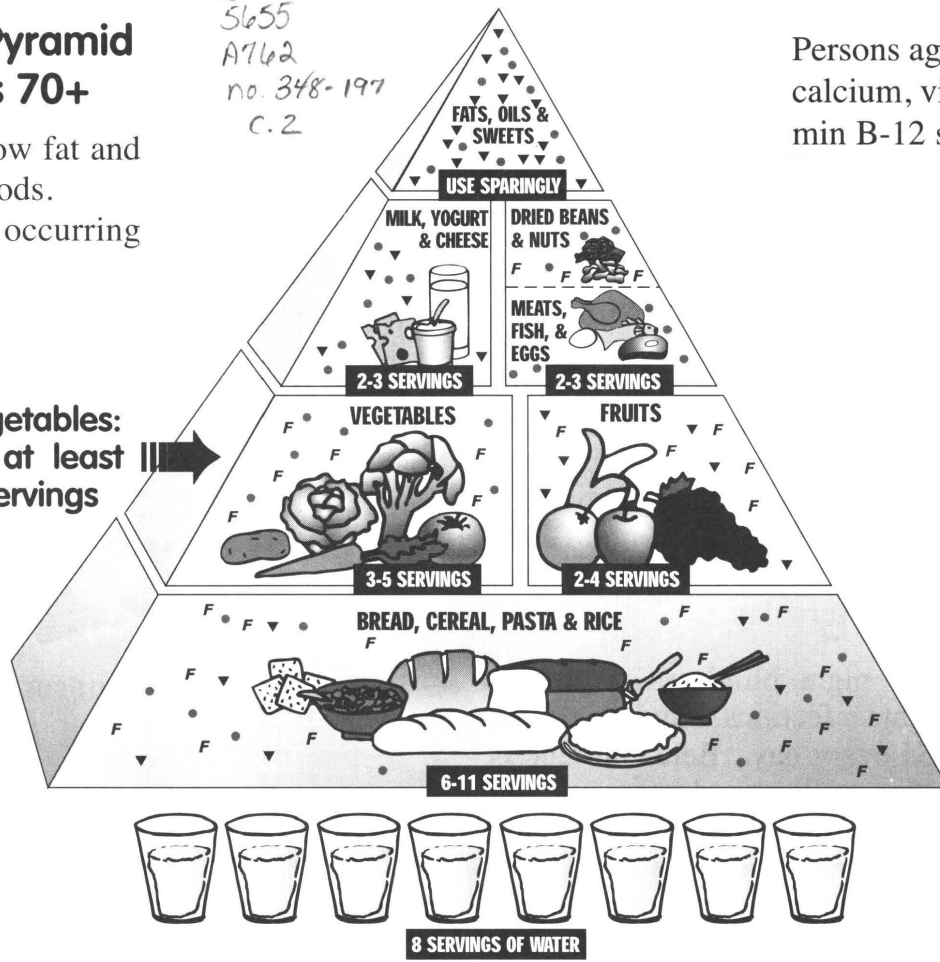
These symbols show fat and added sugars in foods.

● Fat (naturally occurring and added)

▼ Sugars (added)

F Fiber

Vegetables: Eat at least 3 servings



Persons aged 70+ may need calcium, vitamin D, or vitamin B-12 supplements.

## As You Age ... Medicaid

- Medicaid provides medical assistance to more than 36 million Americans.
- The number of elderly Medicaid recipients has risen from 3.1 million in 1995 to 4.4 million in 1995. \*
- Medicaid covers approximately 68% of nursing home residents and more than 50% of nursing home costs. \*
- The Virginia agency responsible for Medicaid is the Department of Medical Assistance Services; their website is <http://dit1.state.va.us/~dmas/>

\* Source: Health Care Financing Administration (1996). The Medicaid program (Online). Available: <http://hcfa.gov/medicaid/>

## Roasted Vegetables in a Pita

### Ingredients:\*

- 1 bell pepper, sliced
- 1 medium sweet onion, chopped
- 2 carrots, sliced
- 1 cup broccoli, chopped
- 1 cup yellow squash, sliced
- 1 cup potatoes, chopped
- 1 cup Italian dressing, lowfat
- \*Use seasonal vegetables

### Directions:

1. Wash and cut all vegetables.
2. Place vegetables in a covered microwave dish.
3. Pour Italian dressing over vegetables.  
Refrigerate for several hours or overnight.
4. Vegetables can be stir-fried, microwaved for about (15 minutes) or cooked in the oven for 20-30 minutes at 350 degrees until tender.
5. Remove from heat, spoon into pitas or tortilla, and serve.

### Yields: 6 Servings

Calories 75, Protein 1.5g, Carbohydrates 9g, Fat 4g, Vitamin A 705RE, Vitamin C 39mg; Calcium 22mg; Sodium 332mg, Fiber 2.4g.



Choose clean and firm vegetables with smooth skins.



Choose crisp and fresh greens with no yellow leaves.



Buy seasonal vegetables to add color and flavor.



Cook vegetables for a short time and in a small amount of water. Overcooking decreases the amount of Vitamins.



Vegetables are low in calories. Use herbs and spices to add flavor. Use only a little fat, sugar, or salt, if needed.



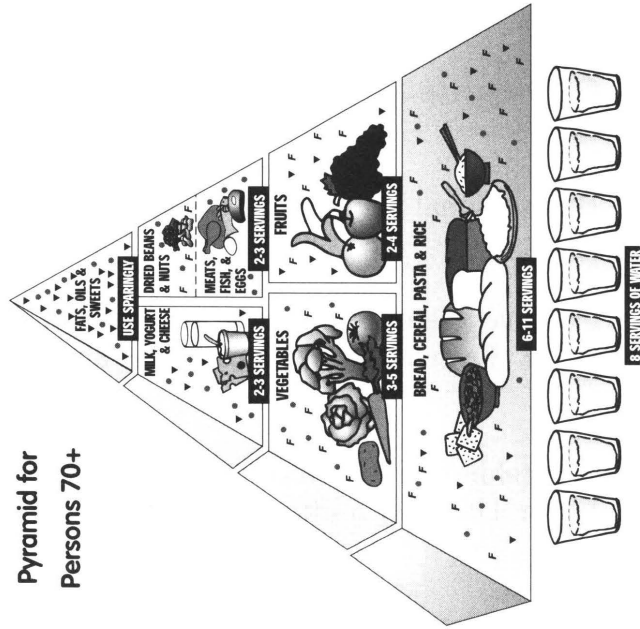
Cook and eat vegetables with skins for fiber and nutrients.



# As You Age ... Recipe for Healthy Aging

**As you age**, you prepare and select many “ingredients” to live a healthy and active life. As you participate in the “*As You Age*” educational programs for senior adults, you will learn about new and old preparation skills and ingredients to use in your life. Put this “Recipe for Healthy Aging” card where you can see it. Try to do all of these healthy aging practices every day!

**Food Guide Pyramid for Persons 70+**



## Preparation

1. Select a new topic or area of interest to learn about your own aging. Pursue a creative outlet for your interests.
2. Find resources on aging and become your own expert on a particular aging issue.
3. Learn about health-related changes as you age. Practice healthy physical and mental habits.
4. Ask your friends to participate in activities that you enjoy.
5. Set specific age-related goals and work to achieve them.
6. Encourage other older persons to take up active aging.
7. Communicate with one person each day.

## Ingredients

1. Eat a variety of nutrient-dense foods from the Food Guide Pyramid.
2. Eat a fiber-rich diet.
  - Choose a variety of whole wheat foods, such as barley, whole wheat bread, cereals, oatmeal, brown rice, or whole wheat pasta to your diet.
  - Choose a variety of colorful fruits as snacks, part of a meal, or as dessert—apples, bananas, pears, peaches, strawberries, & melons (fruits contain vitamins, minerals, and antioxidants).
  - Choose a variety of colorful vegetables, such as broccoli, bell peppers,

carrots, collard greens, kale, & spinach (vegetables contain vitamins, minerals, and phytochemicals).

3. Eat at least 3 servings of calcium-rich foods.
  - Choose a variety of calcium-rich foods, such as milk products, yogurt, cheese, greens, broccoli, sardines with bones, or tofu.
  - Choose Vitamin D fortified foods, such as fluid milk, dried milk products, and cereals.

4. Eat a protein-rich diet.
  - Choose a variety of fish, lean meats, dairy foods, and dried beans and peas for needed protein. Vitamin B-12 is found in animal proteins.
5. Drink enough fluids.
  - Drink 8 glasses of water, or other fluids (100% fruit juices, beverages, or soup).
  - Drink tea, coffee, and caffeinated sodas in moderation.

## Directions

1. Mix the above ingredients together to create colorful meals and snacks. Try to eat smaller, more frequent meals.
2. Share healthy foods with family and friends.
3. Discover new ways to prepare foods to meet age-related changes.