
Healthy Cooking for Seniors

Caila Yates, MS, RD

Registered Dietitian

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NEWTON-WELLESLEY
HOSPITAL

PARTNERS
HEALTHCARE

FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

Agenda

- Healthy Plate
- Special Considerations in Aging
- Smart Snacking
- Pantry Essentials + Recipes
- Recipe Modifications
- Question and Answer

Building a Healthy Plate

A balanced meal includes...



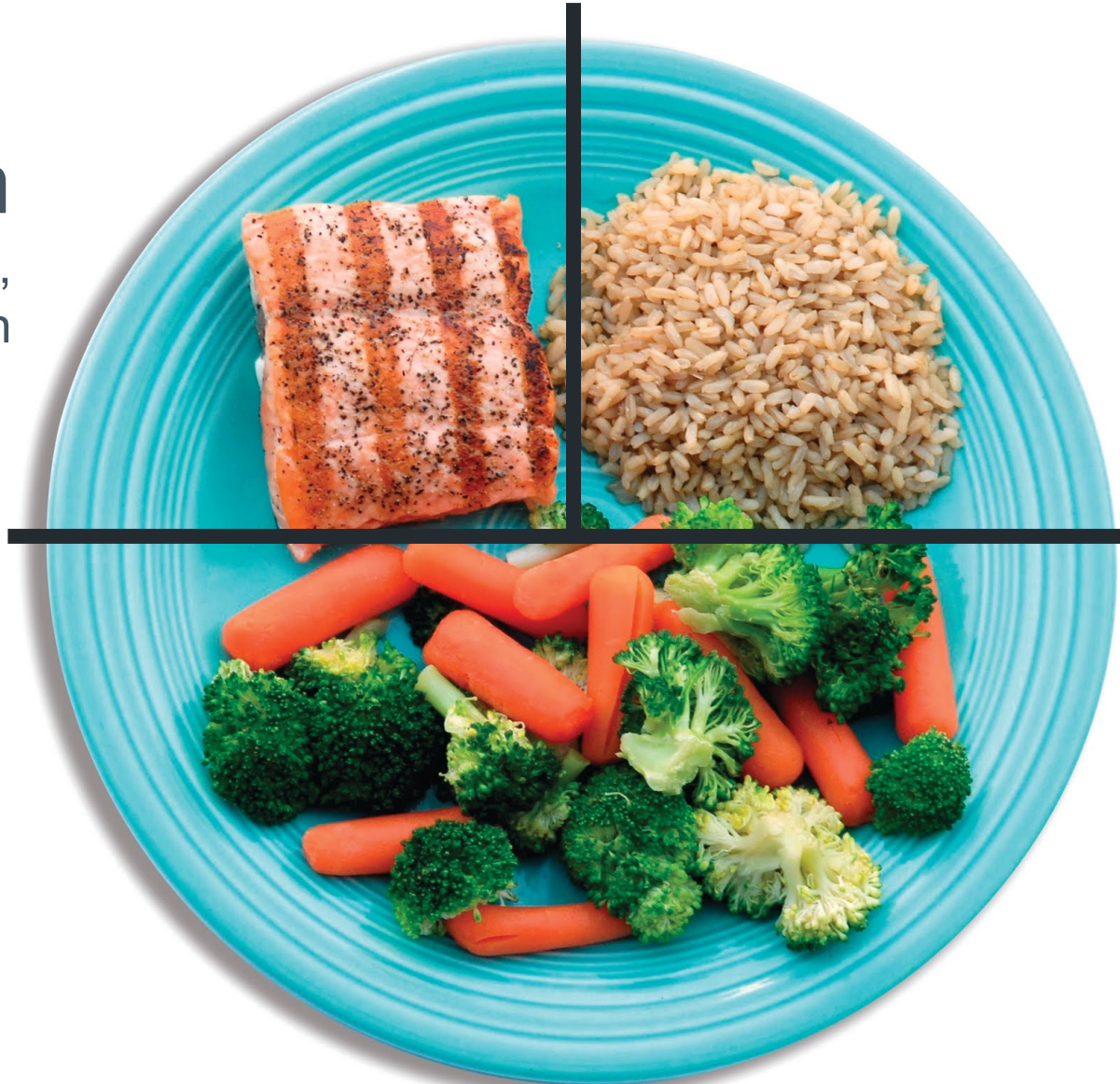
A balanced meal includes...

Protein

Eggs, meat, beans,
dairy, tofu, fish

Grain

Rice, pasta, bread,
potatoes, corn, squash



Vegetables or Fruit

Protein (1/4 plate)

- Prolong satiety
- Protein foods are providing about 7grams protein per ounce.
 - The average person needs about 70 grams per day.
- Building blocks for lean muscle



Grains & Starchy Vegetables (1/4 plate)

- Energy!
- Brain needs >100 g of carbohydrates per day to function
- Fiber
 - ▷ Goal is at least 25-32g fiber per day
 - ▷ Found in whole grains
 - ▷ Helps keep blood sugar under control
- Goal → >50% whole grains



Healthy Fats

- Helps protect organs
- Promotes absorption of fat soluble vitamins (A, D, E, K)
- Mono and polyunsaturated fats
 - ▷ Nuts and seeds, nut butter, avocado, olive and avocado oil in cooking.



Fruits and Vegetables (1/2 plate)

- Adds volume to meals
- Helps with hydration
- Fiber
- Aim for 5 cups per day



Fresh, Frozen, and Canned

Frozen

- Picked at peak freshness
- No loss of nutrients in process
- Last for months!



Canned

- Canned at peak freshness
- Watch out for syrups and salt



Fresh

- Texture differences
- Shorter shelf life
- Can be frozen



Smart Snacking

Smart Snacking

- Snacks can:
 - ▷ Help control appetite
 - ▷ Keep blood sugar stable
 - ▷ Prevent hanger
 - ▷ Help with meeting nutrient needs
- Protein + carbohydrate = complete snack



Winning Combinations



+



+



+



Winning Combinations



+



+



+





What other snacks do you
enjoy?

Kitchen Essentials & Recipes

Stock your kitchen with versatile (and lasting) ingredients

Protein

- Frozen chicken breast
- Rotisserie chicken
- Frozen chicken/turkey meatballs
- Canned beans (black, garbanzo, etc.)
- Cheese
- Greek yogurt

Starch

- Whole grain pasta
- Brown rice
- Bread to freeze
- Pita or flatbread
- Potatoes

Additions

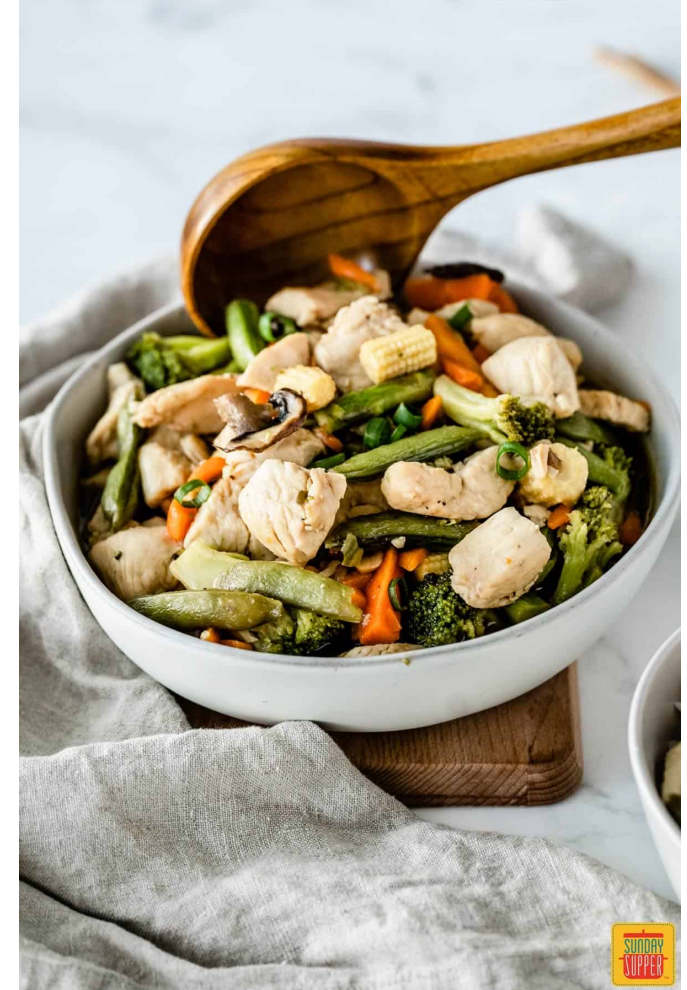
- Olive oil
- Pesto
- Marinara sauce
- Soy Sauce
- Salsa
- Peanut butter
- Frozen fruits and veggies!

Asian Stir Fry with Peanut Sauce

- 1 cup cooked brown rice
- ½ cup chicken breast, cut into 1-inch cubes
- 1 tsp extra-virgin olive oil
- ½ cup frozen stir-fry blend vegetables

Sauce:

- ¼ cup peanut butter
- 2 tbsp soy sauce
- 1 tbsp maple syrup or honey
- 1 tbsp lime juice
- Water to thin



Asian Stir Fry with Peanut Sauce

1. Cook brown rice according to package (2:1 ratio water to rice).
Leftover rice works great!
2. Over medium heat, cook cubed chicken breast with 1 tsp olive oil until almost fully cooked (~5 minutes)
3. Add ½ cup frozen vegetables to pan with chicken. Cook 3 minutes.
4. To make the sauce, combine peanut butter, soy sauce, maple syrup, lime juice, and stir until smooth. You can add warm water to thin the sauce as needed.
5. Add cooked rice to the chicken and veggies, then add sauce, and stir to combine.
6. Serve with a lime wedge or scallions to garnish!

Mexican Stuffed Peppers

- 2 large bell peppers
- 1 cup cooked brown rice
- 1 can black beans, drained
- ¼ cup shredded cheddar cheese
- Garnish: avocado, salsa, cilantro, Greek yogurt



Mexican Stuffed Peppers

1. Heat the oven to 400 degrees F. Remove the seeds and any white pith from the peppers and arrange, cut-side up, on a baking sheet. Drizzle with olive oil, then bake for 20 mins.
2. Combine rice and beans in a bowl.
3. Remove peppers from the oven and fill each half with rice and bean mixture. Then, add a sprinkle of shredded cheese on top of each.
4. Return to the oven for 5 minutes, until cheese is melted
5. Remove peppers from the oven and top with salsa, avocado, and Greek yogurt, as desired.

Making Meals Go Further

- Double or quadruple these recipes, portion them out, and freeze them for up to 3 months
- Start a supper club with neighbors. Sign up for a night of the week to cook for everyone in the club.
- Cook for the Newton Community Fridge!
 - ▷ Portioned, dated items
 - ▷ Fruits and vegetables
 - ▷ Pantry items
 - ▷ 420 Watertown Street, Newton, MA



Modifying Recipes to Meet Your Needs

Lasagna Recipe

- 1 lb. ground beef
- 1/2 lb. sweet Italian sausage
- 1 medium onion
- 2 garlic cloves
- 1 (15 oz.) can tomato sauce
- 1 (15 oz.) can crushed tomatoes
- 2 (6 oz.) cans tomato paste
- 1/2 cup water
- 3 teaspoons salt
- 3 teaspoons Italian seasoning
- 1 1/2 teaspoons dried basil leaves
- 1/4 teaspoon ground black pepper
- 1/4 cup minced fresh parsley
- 2 cups shredded mozzarella cheese
- 15 oz. whole milk Ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 large egg
- 12 lasagna noodles



Heart Healthy Lasagna Recipe

- 1 lb. **90/10** ground beef
- 1/2 lb. sweet Italian **chicken** sausage
- 1 medium onion
- 2 garlic cloves
- 1 (15 oz.) can tomato sauce (**no salt added**)
- 1 (15 oz.) can crushed tomatoes (**no salt**)
- 2 (6 oz.) cans tomato paste
- 1/2 cup water
- 3 teaspoons Italian seasoning
- 1 1/2 teaspoons dried basil leaves
- 1/4 teaspoon ground black pepper
- 1/4 cup minced fresh parsley
- 2 cups shredded **low-fat** mozzarella cheese
- 15 oz. **half skim** milk Ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 large egg
- 12 **whole wheat** lasagna noodles



Banana Bread Recipe

- 2 cups (250g) all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup (1 stick or 115g) unsalted butter
- 3/4 cup (150g) packed light or dark brown sugar
- 2 large eggs, at room temperature
- 1/3 cup (80g) sour cream, at room temperature
- 2 cups mashed bananas (about 4 large ripe bananas)
- 1 teaspoon pure vanilla extract
- optional: 3/4 cup (100g) chopped pecans or walnuts, chocolate chips



Banana Bread Recipe

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/8 cup (1/4 stick) unsalted butter, softened
- 7/8 cup applesauce
- 3/4 cup (150g) packed light or dark brown sugar
- 2 large eggs, at room temperature
- 1/3 cup (80g) Greek yogurt, at room temperature
- 2 cups mashed bananas (about 4 large ripe bananas)
- 1 teaspoon pure vanilla extract
- optional: 3/4 cup (100g) chopped pecans or walnuts, chocolate chips



Recipe Resources

- American Heart Association (<https://recipes.heart.org/en>)
- Half Baked Harvest (<https://www.halfbakedharvest.com/>)
- Delish (<https://www.delish.com/#>)
- Cookie and Kate (<https://cookieandkate.com/>)
- Minimalist Baker (<https://minimalistbaker.com/>)
- Brit + Co: 5 ingredient meals (<https://www.brit.co/quick-five-ingredient-dinner-recipes/>)
- Tasty: 23 5 ingredient recipes (<https://tasty.co/article/melissaharrison/five-ingredient-dinners>)



Questions?

Thank You



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