



Nutrition News

Nutrition and Education Programs

January 2023

Fruit

1.5-2 cups/day

- Pears
- Peaches
- Kiwi
- Watermelon
- Bananas

Vegetables

2-3.5 cups/day

- Broccoli
- Cauliflower
- Asparagus
- Green Beans
- Peas

Grains

5-9 oz/day

- Oatmeal
- Whole wheat bread, pasta, crackers
- Popcorn
- Brown Rice
- Barley

Dairy

3 cups/day

- Low fat or fat free milk
- Cottage cheese
- Low fat or fat free yogurt
- American, Swiss or other cheese
- Butter

Protein

5-6.5 oz/day

- White meat chicken or turkey
- Lean ground beef
- Eggs
- Nuts and nut butter
- Fish

Blood Pressure

Blood pressure is the pressure of blood pushing against the walls of your arteries.

A normal blood pressure level is less than 120/80 mmHg.

Heart Rate

To estimate your maximum age-related heart rate, subtract your age from 220. (EX: For a 50-year-old person, it would be calculated as $220 - 50 \text{ years} = 170$ beats per minute).

Blood Sugar

- Normal levels before a meal: 80-130 mg/dL.
- Normal levels two hours after the start of a meal: Less than 180 mg/dL.
- Low blood sugar can be caused by missing a meal, taking diabetes medicines, exercising more than normal, and drinking alcohol.

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Easy Tuna Casserole

Prep time: 10 min

Cook time: 25 min

Servings: 4

Recipe by Gus from Cooking Perfected

Ingredients

- 8oz can of tuna
- 8oz cream of chicken soup
- 8oz cream of mushroom soup
- 1 cup of cheddar cheese, shredded
- 1 cup peas
- 4 cups cooked pasta (Macaroni or spiral)



Directions

1. Preheat oven to 350 degrees F
2. In a large baking dish, combine the tuna, cream of chicken, cream of mushroom, cooked pasta, and the peas
3. Top with shredded cheese
4. Bake for about 25 minutes or until cheese is golden brown and the pasta mixture is hot
5. Serve and Enjoy!