



Nutrition and Aging Resource Center

Your Health, Your Way, Your Table

Appendix Documents

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Appendix A

Appendix A

Name: _____ Assessment Date: _____ DOB: _____ Age: ____ Sex: M/F
Address: _____ apt# _____ City: _____ Zip: _____ County: _____
Phone: (____) _____ - _____ Email: _____
Referred by: _____

Compressive Malnutrition Assessment

Demographic/Social

Marital status: Married Single Widowed Divorced Other _____

Caregiver/ Contact Person: _____ Relation: _____ Phone: (____) _____ - _____

Household Composition:

Alone Spouse/partner Spouse and children Child/children Relative Non-relative
Other _____

Medical Benefits:

Medicare Medicaid None Other _____

Finances: Below national poverty level? Yes No

Independently manages all finances and money
 Independently manages daily purchases but needs assistance with paying bills/ banking/ large transactions
 Unable to manage finances

Currently receiving the following services:

Food stamps Weatherization Lifeline Food Bank/Pantry Medicaid Waiver
Subsidized Housing Homemaker program Veteran Spouse of Veteran Home Health Aide
Nursing Speech Therapy Occupational Therapy Physical Therapy Senior Companion
Other _____

Race or ethnic background:

Caucasian Asian, Pacific Islander African American Hispanic American Indian/native Alaskan
Other _____

Legal Guardian? Yes No Name: _____ Phone: (____) _____ - _____

Pets? Yes No If yes describe: _____

Pets provided with: Pet food Table scraps Both

Perceived Wellbeing

Would you say your physical health over the past year has: Improved Stayed same Become worse

Explain why: _____

Would you say your mental health or emotional state over the past year has: Improved Stayed same Become worse

Explain why: _____

Would you say your ability to get around and take care of yourself, and to do things for yourself and other people over the past year has: Improved Stayed same Become worse

Explain why: _____

Medical/Physical

Primary Doctor: Name: _____ Phone: () _____ - _____

Recent hospital discharge date: _____ Admission Diagnosis: _____

History of hospitalization (past 3 years):

Admission date: _____ Admission Diagnosis: _____

Admission date: _____ Admission Diagnosis: _____

Admission date: _____ Admission Diagnosis: _____

Current medical diagnosis: _____

Do you have (a) wound(s)? Yes No Location: _____ Type: _____ Stage: 1 2 3 4

Self-assessed pain scale: Are you dealing with any pain? Yes No Location: _____

If yes rate your pain on a scale 1-10 (1 no pain, 10 worst pain)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

<u>Medications</u>	
Analgesics	Diuretics
Antacids	Insulin/hypoglycemic Agents
Antibiotics	H ₂ Blockers
Anticoagulants	Laxatives
Anticonvulsants	Lipid Lowering

Appendix A

<u>Dietary Supplements/Herbals</u>	<u>Dose</u>
<u>Vitamin/Mineral</u>	
<u>Nutrition/Herbal Supplement</u>	
<u>OTC</u>	

Additional details / notes

(Check most appropriate box)

- Independently takes medications as prescribed (correct dose and times)
- Ability to take medications independently from prefilled daily pill dispenser
- Unable to take medications independently

Risk factors for fall and injury, i.e., identify any conditions about this patient that increase his/her risk of falling or injury (*check all that apply*)

- Orthostatic hypotension osteoporosis gait problem impaired balance confusion Parkinsonism
- pain inadequate assistive device(s) other

Additional details / notes

History of falls, trip, and/or stumble? Yes No _____ # in the past 6 months _____ # GLF (explain)

Bone fractures in the past 6 month? Yes No _____ # in the past 6 months (explain/location)

Sensory impairments affecting functioning (*check all that apply*)

- Hearing: Conversation difficulties deaf uses corrective aid
- Vision: Uses corrective lenses Blind

Cognitive/Behavioral

Mini-Cognitive Test

- a. Ask patient to repeat three unrelated nouns. Then tell them you will be asking them to repeat the words later.
- b. Instruct patient to draw a clock. Have patient perform task after each instruction item.
 - i. Draw clock face
 - ii. Place numbers on face
 - iii. Place hands on clock to read 11:10
 - iv. Repeat the three nouns.
- c. Interpretation:
 - i. Give one point for each recalled word after the clock draw distracter
 - ii. A score of zero indicates positive screen for dementia
 - iii. A score of one or two with an abnormal CDT* indicates positive screen for dementia
 - iv. A score of one or two with a normal CDT* indicates negative screen for dementia
 - v. A score of three indicates negative screen for dementia

(*CDT – clock drawing test)

Score: _____

Anxiety Yes No How long? _____ (Occasionally/Days/Weeks/ Months/Years)

Depression: Yes No How long? _____ (Occasionally/Days/Weeks/Months/Years)

Mood changes: Yes No How long? _____ (Occasionally/Days/Weeks/Months/Years)

Patient Health Questionnaire (PHQ-2):

Over the past two weeks, how often has the patient been bothered by any of the following problems?

- d. Little interest or pleasure in doing things
 - 0 = not at all
 - 1 = several days
 - 2 = more than half the days
 - 3 = nearly every day
- e. Feeling down, depressed, or hopeless
 - 0 = not at all
 - 1 = several days
 - 2 = more than half the days
 - 3 = nearly every day

Date: _____ Score: _____

Functional

"Get up and Go" test procedure:

- 1. rise from sitting position and walk 10 feet

Appendix A

3. turn around

4. return to chair

Patient takes < 14 seconds to complete test; therefore, adequate for independent transfers and mobility.

Patient requires > 30 seconds to complete test; therefore, suggests higher dependence and risk of falls.

Shopping:

Grocery shopping provided by: Spouse/Family Friend Other _____

Frequency: _____ per (Week/Month)

Food Preparation:

(Check most appropriate box)

Able to plan, prepare, and serve balanced meals if supplied with ingredients

Able to heat and serve pre-made meals

Unable to prepare, heat or serve meals

Cooking Facilities (check all that apply): Stove Microwave Refrigeration Plumbing/water

Kitchen stocked with adequate food preparation equipment/tools? Yes No _____

Able to independently use all food preparation equipment/tools? Yes No _____

Kitchen is clean and tidy? Yes No _____

Fridge is well stocked? Yes No _____

Pantry is well stocked? Yes No _____

Foods in kitchen are within expiration dates? Yes No _____

Safely reaches items on low and high shelves? Yes No _____

Meal preparation: Self (times/week ___) Other person (times/week ___) Nutrition services (times/week ___)

Additional details / notes

Home environment

Living room:

Cluttered _____

Couch/chair- patient able to stand from: _____

Rugs _____

Adequate Lighting _____

Bedroom:

Patient able to get on and off of bed? Yes No

Bathroom: (check all that apply)

Appendix A

- Shower handles Hand held shower Shower chair Commode Raised toilet seat
- Floor condition good Rugs Shower/ Tub Walk-in

Additional details / notes

Safety considerations: _____

Physical Self-Maintenance Scale (PSMS)
Activities of Daily Living

Descending numbered items represent worsening states of function. Choose the item that best describes the resident's functional status. Scores in all categories should then be totaled. The higher the final score, the greater the degree of impairment.

A. Toileting

- 1 Cares for self at toilet completely, no incontinence.
- 2 Needs to be reminded or needs help in cleaning self, or has rare (weekly at most) accidents.
- 3 Soiling or wetting while asleep more than once a week.
- 4 Soiling or wetting while awake more than once a week.
- 5 No control of bowels or bladder.

Score:

B. Feeding

- 1 Eats without assistance.
- 2 Eats with minor assistance at mealtimes and/or with special preparation of food, or help in cleaning up after meals.
- 3 Feeds self with moderate assistance and is untidy.
- 4 Requires extensive assistance for all meals.
- 5 Does not feed self at all and resists efforts of others to feed him/her.

Score:

C. Dressing

- 1 Dresses, undresses, and selects close from own wardrobe.
- 2 Dresses and undresses self with minor assistance.
- 3 Needs moderate assistance in dressing or selection of clothes.
- 4 Needs major assistance in dressing, but cooperates with efforts of others to help.
- 5 Completely unable to dress self and resists efforts of others to help.

Score:

D. Grooming

- 1 Always neatly dressed, well groomed, without assistance.
- 2 Grooms self adequately with occasional minor assistance, e.g., shaving.
- 3 Needs moderate and regular assistance or supervision in grooming.
- 4 Needs total grooming care, but remain well-groomed after help from others.
- 5 Actively negates all efforts of others to maintain grooming.

Score:

E. Physical Ambulation

- 1 Goes about grounds and surrounding area (e.g., town or city) on their own.
- 2 Ambulates within residence or about one block distances.
- 3 Ambulates with assistance of (check one)

Appendix A

- Another person railing cane walker
- Wheelchair – gets in and out without help
- Wheelchair – needs help getting in and out
- 4 Sits unsupported in chair or wheelchair, but cannot propel self without help.
- 5 Bedridden more than half the time.

Score:

F. Bathing

- 1 Bathes self (tub, shower, sponge bath) without help.
- 2 Bathes self with help in getting in and out of tub.
- 3 Washes face and hands only, but cannot bathe rest of body.
- 4 Does not wash self but is cooperative with those who bathe him/her.
- 5 Does not try to wash self, and resists efforts to keep him/her clean.

Score:

Total of all scores:

The higher the final score, the greater the degree of impairment with a total score of six representing the lowest level of impairment, and a total score of 30 representing the highest level of impairment.

Additional details / notes

Nutrition

Weight: _____ Height: _____

- (a) Any unintentional weight change in the past 1, 3, 6, or 12 months? Yes No Loss Gain
- (b) How much weight change? _____ lbs/kg in the past _____ weeks/ months
- (c) Appetite: Good Fair Poor _____

Estimated Requirements:

Estimated Requirements	Estimated Requirements
Calories _____ - _____ kcal/day	Protein: _____ - _____ g/day
Based on: _____ - _____ kcal/kg	Based on: _____ - _____ g/kg

24hr Dietary Recall

<u>Meal</u>	<u>Food Item</u>	<u>Quantity</u>	<u>Calories</u>	<u>Protein</u>
Breakfast				
AM Snack				
Lunch				
PM Snack				
Dinner				
Before Bed				
Total				

Are you following any specific diet at home? Yes No (if yes explain) _____

NFPE Checklist

Region	Location	Task	Mild	Moderate	Severe
Skin	Globally	Dermatitis, rashes, petechiae, ecchymosis, scaliness, dryness.			
Head	Hair	Touch and observe for the following: thinness, dullness, dryness, brittleness, patchy growth and easily pluck able			
Head	Temporalis	Palpate temporal muscles. Check for fullness and firmness. Observe for depression, hollowing.			
Head	Eyes	Orbital pads: Gently palpate area below eyes. Observe for darkness, hollowness, and/or loose skin.			
Head	Eyes	Observe for cracked or reddened corners of eyes, foamy (Bitot's Spots) areas on sclera; dull, dry or rough sclera; dull, milky, opaque cornea.			
Head	Mouth	Have patient open mouth and shine penlight into oral cavity. Next, have patient stick out tongue. Observe: Mucosa: pallor, dryness, decreased salivary flow, ulcerations (mucositis)			
Head	Mouth	Tongue: Magenta or beefy red color; smooth, slick appearance (glossitis) (Swallowing Impaired? Yes No) (Chewing Impaired? Yes No)			
Head	Teeth	Observe for tooth decay, missing teeth. (Dentition: Teeth Edentulous) (Dentures: Upper Lower)			
Head	Gums	Observe for sponginess, bleeding; swollen, red, receding gums.			
Head	Lips	Observe for bilateral cracks at corners of mouth, redness (angular stomatitis/cheilosis).			
Upper Body	Deltoid	Palpate muscles around the shoulders (deltoid muscles) for fullness and firmness. Observe for squaring of shoulders.			
Upper Body	Clavicle	Gently palpate above and below the clavicle for fullness and firmness. Observe for prominence of clavicle.			
Upper Body	Ribs	Have patient sit forward and palpate ribs.			
Upper Body	Triceps Skinfold	Have patient bend arm at 90 degree angle with upper arm perpendicular to body; if patient unable to cooperate, bend elbow at 90 degrees and place forearm horizontally across body if possible; grasp upper arm midway between shoulder and...			

Appendix A

Upper Body	Interosseous	Have patient make okay sign with thumb and first finger and while palpating interosseous muscle between thumb and first finger and the interosseous muscles between remaining fingers. Check for fullness and firmness. Observe for depression.			
Upper Body	Interosseous	Observe fingernails for missing, misshapen (spoon shaped), splintered, transverse ridging, discoloration, dullness, lackluster appearance, mottling.			
Lower Body	Fluid Accumulation: Peripheral	Pitting: When pressure is applied to small area of skin, the indentation persists after release of pressure (seen in heart failure) Non-pitting: When Pressure is applied to small area of skin, the indentation does not persist (associated with lymphedema)	1+	2+	3-4+
Lower Body	Gastrocnemius	Grasp the calf muscle to determine amount of tissue Normal: well-developed muscle Milk-Moderate: Not well developed Severe: Thin, minimal to no muscle definition			
Hydration	Capillary Refill	Normal: 1-2 seconds Mild dehydration: 4 seconds Severe dehydration: >4 seconds			
Hydration	Skin Turgor	Decreased skin turgor (slower return to normal) reflects late stages of dehydration			

Grip Strength

Dominant Hand:	Right <input type="checkbox"/> Left <input type="checkbox"/>
Right Hand:	Left Hand:
_____	_____
_____	_____
_____	_____
Avg.	Avg.

Was Grip Strength test tolerated? Yes No _____

Grip strength -2SD of average? Yes No

If complaints or needs outside of scope of practice what was done? _____

Nutrition Diagnosis:

Nutrition Assessment:

Appendix A

Intake Goal: _____

Physical Function Goal: _____

Functional Deficits: _____

Social/psychological/environmental goal: _____

Physical exam: (physical abuse, identified signs of malnutrition):

Care Plan:

Goals:

1) _____

2) _____

3) _____

“This project was supported, in part by grant number 90INNU0014, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.”

Appendix B

Social Isolation Survey

We want to thank you for your participation in the Nutrition Study over the past 6 months. Your involvement has provided information to better understand the nutritional concerns and needs of older adults. My call today is the last step to complete the project. We have several questions we would like to ask you about your experience over the past six months. Your openness (and frankness) to answering the questions would be most appreciated.

1. How beneficial, do you feel, was your participation in the nutrition study on a scale of 1-10 with 1 being not at all beneficial and 10 being extremely beneficial.

1 2 3 4 5 6 7 8 9 10

2. Do you feel that the care provided by the RDN (Susan or Amy) impacted your outlook on life?

Yes No

Explain:

3. Did the nutrition study provide you with social and/or emotional support?

Yes No

If yes, in what way:

4. What parts of the nutrition study did you like best?

Now we would like to ask you a few more directed questions about your interactions with people around you and your sense of adequate social connection.

Appendix B

5. Do you belong to any social networks such as church groups, senior groups, clubs, etc.?
 - Yes No
 - If yes, which ones:

6. Do you feel there are any social interactions that you are missing at this time?

7. Do you feel you have a sense of purpose in your life?

8. How often do you feel that you lack companionship?
 1. Hardly ever
 2. Some of the time
 3. Often

9. How often do you feel left out?
 1. Hardly ever
 2. Some of the time
 3. Often

10. How often do you feel isolated from others?
 1. Hardly ever
 2. Some of the time
 3. Often

We want to again express our gratitude for your willingness to work with us over the past 6 months. We have truly enjoyed getting to know you and wish you the best in the future.

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Appendix C



Your Health, Your Way, Your Kitchen Table Nutrition and Hospital Re-admission Study

The University of Utah Department of Family and Preventive Medicine has partnered with the Utah Division of Aging and Adult Services in a nutrition research study. The purpose of this study is to evaluate the impact of nutritional health on hospital readmissions.

Be part of an important research study:

- Are you 60 years or older?
- Are you eligible for Home Delivered Meals?
- Have you recently been discharged from a hospital, rehabilitation, or skilled nursing facility?
- Are you at risk for poor nutrition?

Participation in this study involves:

- In home nutrition assessment at no cost
- Time commitment of up to two hours per month over a six month period

Contact: Amy Covington

amy.covington@hsc.utah.edu

385-377-4268



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Appendix D

“Holistic Health Hacks”

- D1- Supermarket Survival: Produce Part 1
- D2- Supermarket Survival: Produce Part 2
- D3- Protein: How Much Do We Really Need
- D4- Comfort Food Therapy
- D5- Summertime Baked Beans
- D6- Simple Pantry Essentials
- D7- How to Avoid the “Quarantine 15”
- D8- Meal Planning Tips for Caregivers
- D9- Flatten Your Curve with Fiber
- D10- Eating Your Way to a Good Night’s Sleep
- D11- Have Good Taste, Avoid Food Waste
- D12- Boost Your Immune System with Food
- D13- Cabin Fever: Gardening 101
- D14- Cooking for One
- D15- Hydration Situation
- D16- Simple Meal Ideas
- D17- Just Put an Egg on It

Supermarket Survival: Produce Part 1

The U.S. Department of Agriculture is not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging.

Remember, incorporating fresh fruits and vegetables into one's diet has consistently been shown to increase overall health, including the immune system and gut health. Staying healthy increases the body's ability to fight infections.

When at the grocery store:

- ✓ Prepared shopping list in advance.
- ✓ Buy a mix of fresh, frozen, canned and dried fruits and veggies. Use the fresh items first so they do not spoil.
- ✓ Resist the urge to touch produce items on bulk displays.
- ✓ Choose packaged produce as an added caution, or cook the produce before eating.
- ✓ Wear a face covering or mask while you are in the store.
- ✓ Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.
- ✓ Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.



Supermarket Survival: Produce Part 2

Food nourishes the mind, body and soul. With the tips below, we hope you will continue to shop for produce you and your family enjoy!

Arriving Home:

- ✓ Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.
- ✓ You can wipe down product packaging and allow it to air dry, as an extra precaution. There is no evidence of food packaging being associated with the transmission of COVID-19.
- ✓ Do NOT wash produce with soap, detergents or bleach. Soap and detergents leave residues on produce and can cause stomach distress. Bleach should never be ingested.
- ✓ DO use just cold water. Rinse for a least 30 seconds before eating, cutting or cooking even if the peel will not be eaten.
- ✓ Soak produce like cauliflower, broccoli or lettuce for 1 to 2 minutes in cold clean water as they have lots of nooks and crannies.
- ✓ No need to wash pre-washed produce as packing facilities are very stringent. This could actually increase contamination due increased exposure to kitchen surfaces. The package will state if it is pre-washed.



Protein: How Much Do We Really Need?

How can we determine how much protein we need to stay healthy? We can look to the U.S. Recommended Dietary Allowances (RDA). The RDAs are the average daily intake sufficient to meet the nutrient requirements for healthy people.

Protein RDA for adults:

- ❖ Sedentary
 - Males=56 grams/day
 - Females=46 grams/day
- ❖ Physically active
 - Add 5 to 10 grams/day



The Nutrition Facts Label on food packages list protein content in grams (gm). However, some fresh meats will not have a label. The table below includes good sources of protein.

Protein	Gm
3 ounces red meat	22 gm
3 ounces fish	21 gm
3 ounces chicken	19 gm
6 ounces greek yogurt	17 gm
¼ cup nuts	7 gm
1 cup soymilk	8 gm
½ cup cottage cheese	14 gm
½ cup cooked beans	8 gm
1 cup milk	8 gm
2 Tablespoons of peanut butter	8 gm
1 large egg	6 gm
1 cup cooked pasta	8 gm

[*USDA National Nutrient Database*](#)

Most Americans eat on average 100 gm of protein per day which is twice the recommended amount. Eating amounts closer to the recommended amount can save money, protect the environment and improve heart health.

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Comfort Food Therapy

Are you feeling frustrated, bored, overworked, unnerved or just plain stir crazy? I have never spent so many straight days with my husband in such small quarters. Nor have I gone this long without seeing my (grown) children. The real winner is my dog! There is an early morning walk, a lunch time walk, late afternoon walks and if he is really good, an evening walk. The perfect therapy to work off any additional calories while unwinding from the day's news cycle.

There is another therapy that I can espouse: Cooking! Nothing like throwing some bread dough around to release your frustrations and please your taste buds. Or how about preparing your favorite comfort food(s)? Yes, I'm suggesting a pursuit of comfort food cooking therapy. Don't worry if you don't have all the ingredients for your favorite dish right now. Improv can be fun and you might just create a new favorite recipe.

With Easter observances completed and Passover not far behind, what about using leftovers? I most certainly had to have ham on Easter even if it was just my husband and I. So now we have leftover ham. I can only speak for myself but there are so many comfort dishes I can make with ham: ham, potato/cheese casserole, ham fried rice and ham and bean soup etc. Think back to more pleasant holidays and use your imagination.

Now my favorite comfort food is meatloaf. Definitely a dish crying for improv! However, I can only modify my recipe just so far before it loses its comfort food category. Yes, I can add various veggies but it is blasphemy to use anything but oatmeal as the extender. This all makes me think of a delicious discussion I had with a colleague about none other than Tuna Noodle Casserole. To be truthful, just the thought of this dish creates a nauseous wave through my body. But I regress.... Our conversation revolved around how much tuna to use (and still stay within your budget), yes or no to potato chip topping and what type of noodle. It became acutely apparent that each of these ingredients had a "comfort" scale associated with it. Aka- oatmeal in my meatloaf.

So, may I propose you take time to search for your inner comfort food recipe. Leave the world behind while preparing it. Share it with whomever is in quarantine with you (this includes the pets). And savor each bite re-counting why it is such a wonderful dish!



Summertime and Baked Beans

One of my favorite initial thoughts about summer is listening to Ella Fitzgerald sing “**Summertime.**”

“**Summertime, and the livin' is easy. Fish are jumpin' and the cotton is high. Oh, your daddy's rich and your ma is good-lookin'. So hush, little baby, don't you cry**”

“**One of these mornings you're gonna rise up singing. And you'll spread your wings and you'll take to the sky. But till that morning, there ain't nothin' can harm you. With daddy and mammy standin' by**”

Songwriters: Du Bose Heyward / George Gershwin / Ira Gershwin

A simple, beautiful song to reflect on where you are in life and where you want to be. And accepting it might take time to get there. Of course, my next summertime thought is being outside, BBQ and **baked beans**. Beans are inexpensive, high in protein and easy to prepare. I have a favorite go-to recipe but thought I would look around for some new ideas. Found the recipe below on the New York Times cooking website. Has a nice twist with a little kick. Simple too, just as summer should be.... Give it a try!

Cheesy, Spicy Black Bean Bake

Ingredients

- **3 tablespoons extra-virgin olive oil**
- **5 garlic cloves, peeled and sliced**
- **¼ cup tomato paste**
- **1 ½ teaspoons smoked paprika**
- **¼ teaspoon red-pepper flakes**
- **1 teaspoon ground cumin**
- **2 (14-ounce) cans black beans, drained and rinsed**
- **½ cup boiling water**
- **Salt and black pepper**
- **1 ½ cups grated Cheddar or Manchego cheese (from about a 6-ounce block)**



Preparation

1. Heat the oven to 475 degrees. In a 10-inch ovenproof skillet, heat the olive oil over medium-high. Fry the garlic until lightly golden, about 1 minute. Stir in the tomato paste, paprika, red-pepper flakes and cumin (be careful of splattering), and fry for 30 seconds, reducing the heat as needed to prevent the garlic from burning.
2. Add the beans, water and pinch of salt and pepper, and stir to combine. Sprinkle the cheese evenly over the top then bake until the cheese has melted, 5 to 10 minutes. If the top is not as browned as you'd like, run the skillet under the broiler for 1 or 2 minutes. Serve immediately.

Simple Pantry Essentials

Shelf-stable pantry items that can be put together to make a balanced meal

Fruit

- Applesauce and other fruit purees
- Canned fruit in water or juice
- Dried fruit (apricots, cranberries, dates, mangoes, raisins)
- Apples
- Oranges

Vegetables

- Canned*: green beans, carrots, peas, diced tomatoes, tomato paste, pumpkin puree, etc.
 - Canned vegetable-based soups and chilies*
 - Dried: garlic, onions, peppers, sun-dried tomatoes
 - Frozen: asparagus, broccoli, cauliflower, green beans, etc.
 - Jarred tomato sauce*
 - Fresh: potatoes, onions, sweet potatoes, carrots, squash, mushrooms
- *low-sodium if possible

Protein

- Hummus
- Chicken or turkey, canned or in a pouch
- Tuna or salmon, canned or in a pouch
- Frozen fish, such as shrimp, individually portioned pieces of salmon
- Shelf-stable silken tofu
- Lentils, canned or vacuum-sealed
- Eggs and egg beaters
- Nut/seed butter
- Nuts and seeds
- Trail mix and protein bars
- Dry or canned bean

Grains

- Pastas (regular, whole wheat, flavored, risotto)
- White or Brown rice
- Ancient grains (couscous, quinoa, and faro)
- Oats
- Instant oatmeal packets/cups
- Crackers (whole wheat, seed)
- Cereals (healthier with no to limited sugar added)
- Grain bars

Dairy

- Shelf-stable boxes of milk
(shelf-stable varieties are available for regular and non-dairy milk)
- Powdered milk

Healthy Fats

- Olive oil
- Avocado oil
- Flax seeds
- Chia seeds

Beverages

- Water (if you're unable to or prefer not to drink tap)
- Zero sugar electrolyte drinks
- Canned or boxed low-sodium broth

Meal Replacement

- Pre-made protein-shakes or meal- replacement shakes

How to avoid the “Quarantine 15”



Many of our lives have drastically changed during this time. Some are working fewer hours or not at all. Most of us are spending more time at home than usual. This can cause boredom which can lead to over consumption of calories. Add to this that the situation we are facing can be stressful, and that can create a recipe for unintentional weight gain.

Here are a few helpful tips:

****Don't skip breakfast:** Include carbohydrate and protein foods, and some fruit. Consuming protein at breakfast can decrease cravings later in the day.

****First pause:** Check in with yourself to see why you want to eat: hunger, boredom, stress, etc.

- If bored pick up an old or new hobby, call a friend, draw, write a poem, learn something new, clean out a cupboard or closet.
- If stressed: chew some gum, write your feelings, meditate, read some jokes, listen to music, get outside, exercise.

****Keep low calorie high nutrient dense foods readily available:** Wash and prepare them after purchase so they are ready to eat.

- Cut fresh vegetables
- Cut fresh or frozen fruit (bananas, apples, and oranges typically have a longer shelf life)
- Handful of nuts or seeds
- Peanut butter and celery
- Popcorn
- Currently there is no evidence of food or food packaging being associated with transmission of COVID-19. Foodborne exposure to this virus is not known to be a route of transmission.
 - <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
- FDA consumer guide to washing fruits and vegetables:
 - <https://www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables>

****Get moving:** Do some jumping jacks, run up and down stairs or hallway, dance, go for a walk, do some gardening, yoga, play with kids, vacuum.

**** Stay hydrated, thirst can feel like hunger:** If it has been less than 3 hours since you ate you may be thirsty. Before eating, drink a large glass of water and wait 15 min. then reassess. Adults need at least 64 oz or ~2 liters of water each day (more if physically active), Keep track of water intake.

*****Go easy on yourself:** Remember 100% is not the goal. Make small achievable changes to your health habits and over time you will enjoy the benefits.

Meal Planning Tips for Caregivers

Weekly meal prep can easily provide healthy foods that are readily available for your loved one to mix and match to make a meal.

Prep fruits and vegetables by washing and cutting into manageable sizes. Store in the fridge.

Freezing Tips:

Freeze in small serving sizes (1-2 servings per container.)

Repurpose plastic containers from the grocery store: ie yogurt, cottage cheese containers.

Foundation Foods

for Batch Cooking and Freezing:

Food	Cooking	Freezing
Ground meats/taco meat/ meatballs	Cook well and add any seasonings you would like such as taco seasoning etc.	Let cool for no more than 1 hour. Add individual portions to container. Freeze. To reheat cook in microwave until temp is 165°F. Can freeze for 3 months.
Shredded chicken/pork	Cook well and add any seasonings you would like. Once cooked, shred with fork (great for slow cooker or Instapot.)	Let cool for no more than 2 hrs. Add portions to container. Freeze. To reheat cook in microwave until temp is 165°F. Can freeze for 3 months.
Rice, Quinoa	Cook as directed	Let cool. Freeze in 1-2 C servings. To reheat, place rice into microwavable bowl, cover loosely. Cook until heated through. Can freeze for 3 months.

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Pasta	Cook as directed to al dente, drain, store sauce separate.	Cool slightly, add some oil, freeze on a pan in single layer. Once frozen add 1-2 C portions to bag or container. To cook add to boiling sauce. Can freeze for 3 months.
Potatoes; regular and sweet	Wash and chop into desired shape (shredded, wedges, fries). Steam or boil on stovetop until al dente. Drain and add to bowl of ice water.	Place on cooking sheet in single layer and freeze. Once frozen add 1/2C – 1C to bag or container. Thaw and cook. Cooking time slightly longer for sweet potatoes. Can freeze for 3 months.
Barley	Cook as directed.	Let cool. Add 1/2c – 1C portions to container. Freeze. Reheat in microwave. Can freeze for 3 months.
Soup	Make large batch in crock pot, Instapot, or on the stove. Broth style soups freeze better than cream style.	Cool before freezing. Freeze in 1-2 C servings. Reheat in the microwave or on the stove. Can freeze for 3 months.

Helpful websites for meal ideas:

<https://garlicdelight.com/5-tips-batch-cooking/>

<https://www.budgetbytes.com/top-10-freezer-meals-2/>

<https://sweetpeasandsaffron.com/healthy-freezer-meal-prep-dinners-for-new-moms/>

<https://www.aplaceformom.com/blog/2013-3-15-easy-recipes-for-senior-nutrition/>

Your “Flatten the Curve” with Fiber

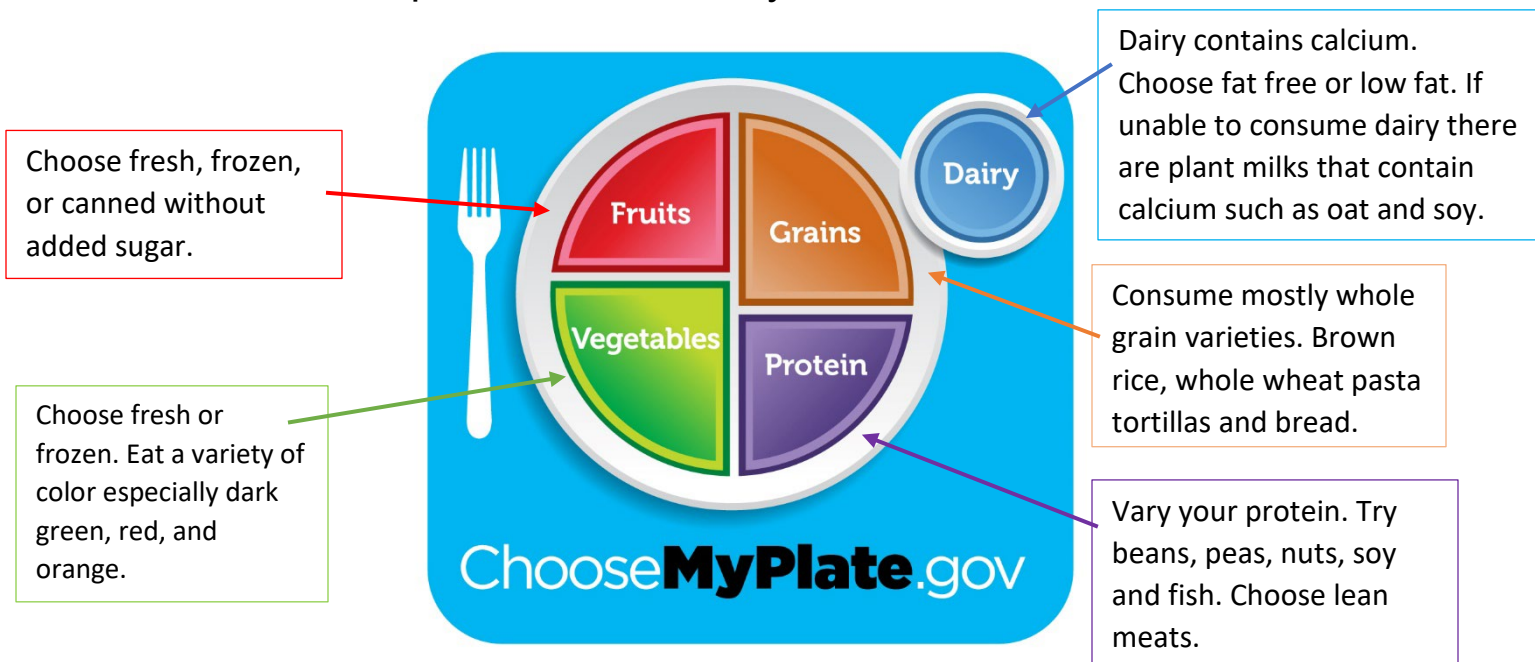
Benefits of fiber for weight loss:

- Makes you feel full more quickly
- Can eat more food for fewer calories
- Slows digestion so you feel full longer
- Helps balance hormones and blood sugar
- Contains more micronutrients which can lead to fewer cravings
- Improves gut health and digestion
- 25 grams per day/ increase slowly to avoid digestive problems/ drink ~2 liters of water

Foods with fiber: *Fruits *Vegetables *Whole grains *Nuts and seeds *Legumes

Pattern each meal after MyPlate

Half of your meal consists of fruits and vegetables, $\frac{1}{4}$ grains, & $\frac{1}{4}$ protein
This pattern will naturally increase fiber intake



Eating Your Way to a Good Night's Sleep

Studies show that 1 in 3 Americans are chronically sleep deprived.

“When we sleep, our brains act like a road crew that comes out at night to fill in potholes and repave roads before the morning rush hour.”⁽¹⁾

Sleep deprivation has been tied to obesity, elevated blood pressure, and Alzheimer's disease.

Certain foods can positively affect our sleep. (Lasagna is not one of them 😊)

Tips for eating your way to a good night's sleep:

1. Consume a diet high fiber and low in saturated fats which can lead to deeper more restorative sleep.
2. For dinner have a meal high in complex carbohydrates such as whole grain pasta, brown rice, or potatoes. Complex carbohydrates stimulate the release of serotonin which is a neurotransmitter that calms your brain and helps you sleep.
3. Avoid high protein foods for dinner as these help us stay alert, so they are better suited for breakfast.
4. Avoid alcohol before bed. It is true that consuming red wine before bed can help you fall asleep, but alcohol has a disruptive effect on sleep.
5. In the evening, consume fruits like cherries, bananas, pineapple, oranges, and kiwi which contain melatonin; a hormone that regulates sleep/wake cycle.
6. Eat a lighter meal at night. Even foods that are helpful for sleep, in high quantities, can have the opposite effect.
7. Avoid consuming a lot of sugar and processed foods which have been shown to cause sleep disruption.
8. Enjoy a warm glass of chamomile tea before bed to improve sleep quality.

Have Good Taste, Avoid Food Waste

Forty percent of all edible food produced in America goes uneaten. Fresh foods make up most of this and we can be conscientious and take proper care of vegetables and fruits from purchase to plate. This can help us save money, increase ability to feed the hungry and play a positive role in the reduction of ethane emissions in the landfill from food waste.

Follow these steps:

1. Select Fruits and Vegetables Wisely

- Buy only what you need since fresh produce has a limited shelf life.
- Purchase fresh produce toward the end of shopping trips so cold foods stay cold longer.
- Don't hunt for perfect, but steer clear of vegetables or fruits that are overly bruised or damaged.

2. Store Produce Properly

- Store perishable fresh produce to 40°F or below. If produce is refrigerated at a grocery store, it generally should be refrigerated at home to maintain quality.
- Produce that releases ethylene gas should be stored away from other produce; these include avocados, unripe bananas, nectarines, peaches, tomatoes, apples, apricots, cantaloupe, figs, kiwis and plums.
- Plan to use fruits such as apricots, blackberries, raspberries and strawberries and vegetables such as herbs, sprouts, corn, cucumbers, eggplant, green beans, leafy greens, lima beans, mushrooms, peas and summer squash within a couple days of purchase.
- Foods with longer shelf-life include apples, pears, beets, carrots, garlic, onions, potatoes and winter squash.
- Consider using bags or storage containers designed for produce to help prevent spoilage of other foods. However, don't store fresh produce in regular air-tight plastic storage bags or containers as this can start the decaying process more quickly.

3. Prepare Fruits and Vegetables Cleverly

- Create a meal plan to avoid purchasing produce you will not use.
- Use the entire fruit or vegetable when possible, including all edible skins and seeds.
- If you can't use the fresh produce you have on hand, make your own frozen food. Cut fruit and blanch vegetables before placing in air-tight containers for freezing.
- Be playful when produce is at the end of its edible life. Puree fruits into smoothies or vegetables into a hummus. Mash fruit to create fresh jam or pancake topping. Finely dice fruit to make a salsa. Sauté cut up veggies and toss with pasta or sprinkle atop cheese pizza. Roast vegetables and stuff into a burrito or sandwich wrap or add to soup.

4. Compost the Scraps

- Composting can help put food scraps to use and reduce methane emissions in landfills. Fruits, vegetables, coffee and tea all are good materials for compost.

This project was supported, in part by grant number 90INNU0014, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

D12 **Boost Your Immune System with Food**

Good nutrition and a healthy lifestyle that includes managing stress, physical activity, and adequate sleep help to boost your immune system and help you fight illness. Immune boosting nutrients are best from food sources. The following are great ways to bump up your immune system every time you eat.

Vitamins, Minerals, and Antioxidants

Studies have shown that fruits and vegetables provide nutrients—like beta-carotene, vitamin C, and vitamin E—that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress.¹

Beta-Carotene: Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

- ✓ Sources: Sweet potatoes, carrots, and green leafy vegetables.

Vitamins C and E: Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response.

- ✓ Vitamin C Sources: Red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables.
- ✓ Vitamin E Sources: Nuts, seeds, spinach, and broccoli.

Vitamin D: Research shows vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing production of proinflammatory compounds in the body.

- ✓ Food sources: Fortified cereals, plant-based/cow milks, fish, supplements.

Zinc: Zinc is a mineral that can help boost white blood cells, which defend against invaders.

- ✓ Food sources: meat, nuts, pumpkin seeds, sesame seeds, beans, and lentils.

Reference

1. Hughes, D. A. (2000). Dietary antioxidants and human immune function. *Nutrition Bulletin*, 25(1), 35–41. <https://doi.org/10.1046/j.1467-3010.2000.00016.x>

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Cabin Fever: Gardening 101

Ahhhh Spring in Utah! Have you noticed the spring bulbs are blooming? Daffodils, tulips, and my favorite, hyacinths.... Even with the dramatic temperature swings of late, these lovely flowers are there to make us grin. It is also time to think about our gardens. There is no better way to practice social distancing than announcing to your family that it is time to clean up the yard, vegetable or flower garden. Instead of being perturbed by your fleeing family, consider it a time to get some fresh air, a workout, some alone time and best of all, time to zone out from all the stressors. OK, so you think you cannot commit a lot of time to this outdoor adventure. Re-think this one! You probably have some time on your hands right now and just need to do some minor planning.

First: What's for dinner? Consider preparing a dinner that is best when it cooks for hours so you are free to garden to your hearts content. How about a spaghetti sauce, soup, braising your favorite cut of meat or one that has been looking at you every time you open your freezer door? How about the slow cooker? Or maybe there are leftovers. Just make it easy on yourself.

Second: Do you have the equipment or supplies to tackle the project you are considering? Since we are in a "stay home" mode, you will need to check your supplies. Of course, the beginning step to preparing gardens is to remove last year's debris, and you probably have a green waste bin or plastic garden bags for that. Check! Or you could just use pots or planters.

Third: You want to till or turnover the soil. I bet there is a shovel or trowel somewhere in your home. Check! Now if you want to plant an early vegetable, this might be a little harder to do during our stay home guidance. Possibly you have stored leftover seeds from last year? Or maybe your grocery store has a seed display or actual plants. Could you add either to your grocery list??

Fourth: What can you plant this time of year? According to the USU extension office there are numerous cold crops you can plant now such as radish, spinach, peas, brussel sprouts, onions, lettuce, beets etc..... Just imagine how magnificent these fresh veggies will taste!

***When the world wearies, and society fails to satisfy, there
is always the garden.***

Minnie Aumonier

Cooking for One

Many older adults live alone and can struggle to make small balanced meals.

Here are some tips for making small meals from the Academy of Nutrition and Dietetics.

1. Freeze extra portions: Some packages of fish, meat, and poultry are large. Freeze the extras in single serving sizes.
2. Cook once, eat twice: Making chili? Store single serve portions for an easy heat and eat meal. Serve over rice or a baked potato to change things up.
3. Sip on smoothies: A smoothie for one is easy. Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.
4. Order at the deli counter: Deli counters offer small quantities just right for smaller meals with no waste.
5. Use a toaster oven: Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.
6. Shop from bulk bins: This allows for purchasing only the amount needed.
7. Cut recipes: Take some time to down size favorite recipes by cutting the ingredient amounts in half.
8. Get creative with leftovers: Monday's chicken fajitas can turn into Tuesday's stir fry with brown rice.



Hydration Situation



With the summer heat upon us it is important to keep our hydration in check. The hydration status of our bodies can lead to positive or negative health situations. Water helps to digest food, absorb nutrients, and then remove unused waste. Dehydration can be serious and may lead to constipation, falls, confusion, weakness, and even hospitalization. Urine color can predict dehydration. The first urine in the morning should be straw or lemonade in color. If it is darker, like apple juice, you may be dehydrated.

With age, some people lose their sense of thirst or feel full more easily which can make drinking adequate fluids difficult. In spite of these age-related changes drinking enough fluids every day is essential, in hot as well as during colder temperatures. Check with your doctor, however, if you've been told to limit how much you drink.

Tips for staying hydrated:

- Drink liquids throughout the day.
- Take sips of water, milk, or juice between bites during meals. But if you get full quickly drink fluids between meals.
- During cold weather choose warm drinks like tea, hot chocolate, decaf coffee, and broth.
- Drink a full glass of water when taking medication.
- Have a glass of water before and after you exercise or go outside to garden or walk, especially on hot days.
- Water is a great way to add fluids without adding extra calories.
- To jazz up water add lemon, orange, and/or lime wedges.
- Choose sparkling water for a refreshing twist.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment options.

Simple Meal Ideas

Breakfast

- **Oatmeal and berries.** Add ½ c dry oats and 1 c water to microwave safe bowl. Microwave for 1 ½ to 2 min. Remove and stir. Add berries. Or place frozen or fresh berries in a crockpot at a low heat setting. Add a pat of butter and one serving of old-fashioned oats and water. Cover and cook on low for several hours (or overnight). This will give it the consistency of bread pudding. (The easier option is adding berries to warm oatmeal)
- **Hard-boiled egg.** Eat with a side of fresh or canned (packed in juice) fruit and a slice of whole wheat toast. Or slice half of an avocado and top toast with avocado and sliced boiled egg with side of fresh or canned (packed in juice) fruit.
- **Whole grain pancakes or waffles.** Read the ingredient label and look for the phrase “whole grain.” Top with fresh berries. For protein, also eat a handful of walnuts or almonds.
- **Yogurt parfait.** Mix together yogurt, nuts and fruit. Find yogurt that is low in added sugar.
- **Beefed up toast.** For healthy fat and some protein, spread peanut butter or almond butter on whole wheat toast. Enjoy fresh or canned (packed in juice) fruit on the side.
- **Poached egg.** Place egg on top of whole wheat toast and steamed asparagus.

Lunch/Dinner

- **Quinoa salad.** Sauté or steam pre-chopped stir-fry vegetables (any variety, example is onion, pepper, broccoli mushrooms). Add sliced almonds or pecans and cooked quinoa. Toss with Italian salad dressing. Eat warm or cold. Keeps well refrigerated.
- **Eggs and red potatoes.** Add olive oil or canola oil to a skillet. Chop up potatoes into small chunks and add to skillet over a medium heat. Cover skillet for two minutes and stir. Then, pour beaten eggs over potatoes, add black pepper and toss until eggs are cooked and potatoes are soft. Season with fresh herbs and spices such as garlic, rosemary, oregano.
- **Vegetables and cottage fries.** Slice parboiled red potatoes. Heat olive oil or canola oil in a skillet and cook the potatoes at a medium heat. Top with any leftover vegetables and grated cheddar cheese. Cover, let steam and serve.
- **Southwest omelet.** Beat two eggs. Put 1 tablespoon olive oil in a skillet. Pour in the egg mixture, and add pepper jack cheese chunks and salsa or chili sauce. When eggs are firm, fold and serve with sliced avocado.

Appendix D

- **Salmon wrap.** Place canned salmon on a whole grain wrap or tortilla. Add chopped avocado, tomatoes, greens (bok choy sliced in ribbons, spinach, romaine lettuce) and plain yogurt or hummus. Wrap tightly, cut in half and serve. (can sub salmon with tuna or beans)
- **Baked or grilled salmon.** If salmon is frozen defrost first. Top each steak with tomatoes, sweet onion, dried or fresh basil, chopped garlic and one tablespoon extra-virgin olive oil. Wrap each piece of fish tightly in aluminum foil and place in the oven on a low heat (300 degrees). Cook for about 15 minutes. Fish is done when it is flaky but still moist.
- **Shrimp and pasta.** Heat a pat of butter and one tablespoon olive oil in a saucepan. Add chopped fresh herbs, garlic and a handful of shrimp (shelled and de-veined). Toss and cook until shrimp is done. Place on a bed of cooked pasta and top with chopped fresh tomatoes.
- **Beans and rice.** Drain and rinse a can of black, pinto or white beans. Heat in pan or microwave. Serve with cooked brown rice, oats or barley. Season with garlic, cumin, and or black pepper. Can also add salsa. Alternately, can add ingredients to crockpot and put on low to heat and serve later.
- **Shrimp and fresh greens.** Sauté fresh vegetables in a saucepan (you can buy pre-cut veggies), with olive or canola oil. Add cocktail shrimp, which can be bought peeled, cooked and chilled to use later. Serve on bed of greens with a berry vinaigrette salad dressing and lime slices.
- **Southwest chicken salad.** Cook boneless, skinless chicken breast on a medium heat in a skillet with olive or canola oil. Once chicken is cooked through add some salsa. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.

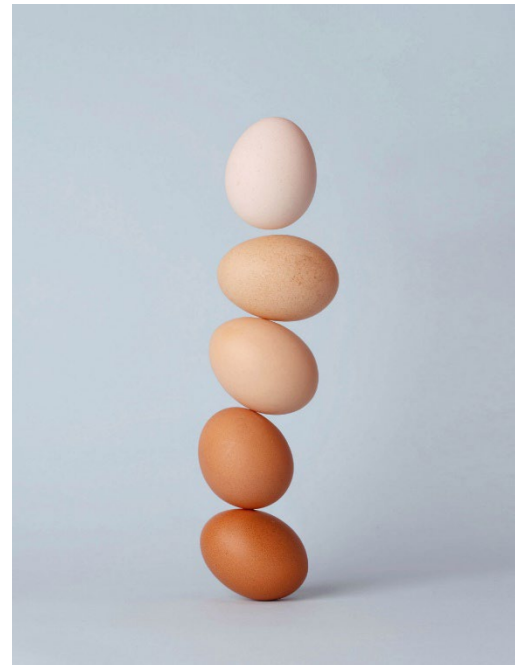
Just Put an Egg on It!

So you just don't feel like cooking and you don't want to go to the grocery store. So be it. But you're also looking for something healthy. It's time to discover all the potential meal ingredients hiding in your refrigerator, cupboards or pantry. The question is: How can I make a nutritious combination that is delicious as well? Just put an egg on it! Drop an egg into a broth-based soup. Find some leftover rice or pasta, add some veggies and put a poached egg on it. Create a ham fried rice dish with an egg added. Don't forget your favorite herbs, spices or sauces to round out your new found meal.

Other egg pairing ideas:

- ❖ Eggs with red potatoes
- ❖ French toast with a side of fruit
- ❖ Hardboiled egg as a snack
- ❖ Scrambled eggs with veggies and salsa
- ❖ EGG-IN-A-HOLE (place egg in center of a slice of bread cooked in a skillet)

Eggs are a nutrient-dense food. A large egg provides only 70 calories and has 6 grams of high-quality protein, 13 essential vitamins and minerals, and antioxidants. Adding an egg to a dish of vegetables or a salad can increase the absorption of nutrients in the vegetables. Also, current research shows that eating an egg a day is not associated with an increase cardiovascular disease risk.



Appendix E

Healthy Eating Plate Davis County Senior Newsletter September 2020

Healthy eating can improve our health and how we feel and encourage a sense of well-being as we age. Following this simple nutrition tip can make a positive impact on aging.

Specific nutritional considerations important to aging are consuming adequate calories, protein, potassium, calcium, Vitamin D and B12, and dietary fiber. This helps to maintain energy levels and lean body tissue.

Adjusting meal patterns is a simple way to include those important nutrients. Consuming three meals per day with half of the meal being fruits and/or vegetables, one quarter being whole grains, and one quarter being lean proteins provides balanced nutrition.

Proper nutrition can be challenging at times due to having a decreased appetite, nausea/vomiting, trauma, food insecurity, and/or chronic health conditions. These conditions increase the risk of malnutrition. Risk factors include eating 50-75% less than normal for more than a week, persistent nausea, vomiting or diarrhea, sudden and rapid weight loss, swelling in feet, ankles, legs, or belly, and/or feeling confused. If you have these symptoms act immediately by contacting your health care provider.

In partnership with the Department of Aging and Adult Services the University of Utah is providing no cost in-home nutrition assessments for people 60 years and older who have been in the hospital in the past six months, are receiving Meals on Wheels, and are at nutritional risk. If you or anyone you know qualifies for this free service please contact Amy Covington, MS, RDN @ 385-377-4268 or amy.covington@hsc.utah.edu for more information.

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