

Recipe Resource for Healthy Aging



Learn how **Ontario
Agriculture** can
promote **health** for
older adults



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Table of Contents

Overview 6

Agriculture, Nutrition & Healthy Aging 7-13

Beverages

Go Green Smoothie 16-17

Frozen Hot Chocolate 18-19

Fruit Honey Smoothie 20-21

Chocolate Soy Banana Smoothie..... 22-23



20

Breakfast

Wholesome Soy Berry Pancakes 24-25

Eggs Florentine 26-27

Strawberry Granola Parfait..... 28-29

Mini Frittatas 30-31

Blueberry Fibre Muffins..... 32-33



30

Snacks

5-Minute Black Bean Dip 34-35

5-Minute Hummus 34-35

Salmon Yogurt Spread 36-37

Cucumber Salsa 38-39

Jalapeno Cheddar Cornbread 40-41

Goat Cheddar Cheese Shortbread..... 42-43

Wok Charred Edamame 2-ways..... 44-45



34

Salads

Barbeque Chicken Salad 46-47

Tuna Edamame Salad 48-49

Cucumber Ribbon Salad 50-51

Spinach Strawberry Salad
& Honey Salad Dressing 52-53

Potato, Egg and Green Bean Salad 54-55



46

Soups/Stews

Ontario Ginseng Pumpkin Scallop Soup	56-57
Slow Cooker Split Pea Sausage Soup	58-59
Pork and Vegetable Stovetop Stew	60-61
Slow Cooker Chili	62-63
Chicken and Chickpea Stew	64-65



Sides

Ontario Apple & Potato Rösti	66-67
Italian Style Skillet Zucchini	68-69
Mediterranean Asparagus and Tomato	70-71
Caramelized Corn with Sage and Onion	72-73
Maple Carrots and Parsnips	74-75



Mains

Tomato Feta Chicken for One	76-77
Cheesy Beef Skillet	78-79
Turkey Sweet Potato Burrito.....	80-81
Healthy Farmers Casserole	82-83
Amazing Orange Chicken.....	84-85
Teriyaki Soy Rice Bowl	86-87
Veal Shepherd's Pie	88-89
Goat Cheese & Red Pepper Turkey Frittata	90-91
Easiest-Ever Pork Tenderloin	92-93
Egg Salad Variation	94-95
Fish and Corn Salsa Tacos	96-97
Turkey Quinoa Stuffed Peppers	98-99



Desserts

Maple Peach Crumble	100-101
Berry Parfait	102-103
Rocky Road Brownie Pudding Cups	104-105
Blueberry Ice Cream Pie	106-107
Maple Syrup Cake.....	108-109
Cranberry Pecan Bars	110-111



Additional Resources.....	112-115
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Overview

Many of the foods that we eat everyday are grown right here in Ontario. These nutrient-rich foods not only provide us with essential nutrition but also offer a number of health benefits that support healthy aging. The purpose of this resource is to provide a selection of recipes that feature Ontario-grown foods and cater to the needs and preferences of older adults living in the community. This resource will highlight the nutritional qualities of Ontario-grown food, and why they are important for good health as we age.

This resource is organized by dish (beverages, breakfast, snacks, salads, soups/stews, sides, mains, and desserts) to help older adults include Ontario-grown food in their daily diets. Look for these symbols throughout the resource to provide you with information about:



Ontario Farm Facts

Learn important facts about Ontario agriculture that reveal the impressive variety and volume of food that Ontario has to offer.



Cooking Tips

Learn tips and tricks to prepare healthier meals, substitute ingredients, and make quick meals and snacks in advance.



Nutrition and Healthy Aging Notes

Learn the nutritional benefits of foods grown in Ontario and how they can promote healthy aging.



Testimonials

Learn what older adults think about these recipes and what farmers have to say about their favourite Ontario-grown foods.



Agriculture, Nutrition & Healthy Aging

Agriculture, Nutrition & Healthy Aging

It is well known that nutrition plays an important role in health, and eating a variety of nutrient-rich foods can help to ensure good nutrition. Ontario produces a large variety of healthy foods for both local and global markets, making it easier for consumers to take a “food-first” approach to healthy aging. In this section you will learn about Ontario’s vast agricultural sector and the importance of food and nutrition for good health as we age.

Ontario Agriculture

Ontario has a remarkable agricultural sector that supports a tremendous diversity of farm products, many of which are supplied locally to urban centres, but also globally. This supports both a large food processing segment, as well as very active farmers markets, local food networks, and a growing culinary culture based on Ontario’s food bounty. For example, in 2011, there were over 50,000 Ontario farms in operation¹.

Given Ontario’s expansive farmland and farm density, it is no surprise that Ontario agriculture is a big business. In fact, Ontario is responsible for 25% of Canada’s revenue from agriculture¹, and generates over \$34 billion in Gross Domestic Product².

To support and grow this important aspect of the economy, Ontario has a Ministry dedicated to these efforts: the Ontario Ministry of Agriculture, Food, and Rural Affairs (OMAFRA). The Ministry passed legislation in 2013 followed by a Local Food Report in 2014 to increase awareness of and access to local foods to encourage consumption of Ontario’s many agricultural products². These products are summarized in the following table.



Table 1: *Agricultural Products Grown in Ontario*

Field and Horticultural Crops	Animals and Animal Products
<ul style="list-style-type: none">• Soybeans• Corn• Wheat• Barley• Canola• Oats• Navy beans• Kidney beans• Quinoa• Maple Syrup• Potatoes• Ginseng• Fruits and Vegetables (> 144 types)	<ul style="list-style-type: none">• Eggs• Beef• Chicken• Dairy• Turkey• Veal• Pork• Lamb• Honey

There are many different grower associations in Ontario that work hard with their members to deliver food to our table. Each of these grower associations are funded by the farmers, and work with the food processing industry, food retailers and the government to improve the quality of farm products and foods supplied in Ontario. Look for the logos of Ontario grower associations and learn more about their products in “Ontario Farm Facts” throughout this recipe resource.

It is clear that Ontario produces a wide variety of food, providing consumers with an array of healthy options. By eating a variety of health-friendly foods, older adults are more likely to get the nutrients they need to better support their health.

Food, Nutrition and Healthy Aging

It is well known that the risk of developing a number of chronic diseases increases with age, and that nutrition can influence this risk. Older adults can also experience nutritional challenges that can impact health such as taste changes and limitations in their ability to prepare healthy foods³. In fact, Statistics Canada recently reported that 34% of people ≥65 years old who are living in community are at nutritional risk⁴. It is therefore important for older adults to pay attention to their nutrition and consume a variety of foods that provide them with the nutrients they need.

An important nutritional guidance tool is Eating Well with Canada's Food Guide, which recommends that everyone eat a variety of foods from all food groups. The more variety you have in your diet, the more nutrients you are getting. Including a number of Ontario-grown foods into meals and snacks every day can support healthy aging. For men and women aged 51 and older, Eating Well with Canada's Food Guide recommends⁵:

Table 2: *Eating Well with Canada's Food Guide – Recommendations for men and women aged 51 and older*

Food Groups	Servings (Female)	Servings (Male)	Food Guide Serving Example
Vegetables and Fruit	7	7	½ cup of fresh, frozen or canned vegetables
Grain Products	6	7	1 slice of bread or ½ cup of cooked rice
Milk and Alternatives	3	3	1 cup of milk or 1 ½ oz. of cheese
Meat and Alternatives	2	3	2 eggs or ½ cup (2 ½ oz.) of cooked fish or lean meat

While keeping Eating Well with Canada's Food Guide and the availability of Ontario agriculture in mind, it is important to think about the nutrition that your body is getting from the foods that you eat. All foods can provide energy (measured in Calories), macronutrients (protein, fat, carbohydrate), micronutrients (vitamins, minerals) and dietary fibre. The following provides more information about the nutritional components that will be showcased throughout this recipe resource.

Calories

A Calorie is a measurement of the energy food provides⁶. With age, people require less energy and therefore fewer calories⁷. This means that your food choices should be high in nutrients as you may not need to eat as much food. Choosing foods from all four food groups will help you get enough vitamins and minerals to meet your body's needs⁸. Limit your intake of high-calorie, less nutrient-dense foods such as baked goods and desserts, salty snacks, deep fried foods and sugar sweetened beverages⁸.

Protein

Protein is one of three macronutrients that provide the body with energy⁹. Protein helps to prevent muscle and bone loss, and maintain skin, nail, and hair health^{7,10}. Food sources of protein include animal products such as meat, eggs and dairy products, as well as plant sources such as beans, soy, and nuts¹¹. Protein should be a part of your daily diet and you should try to include a high-protein food at every meal¹¹.

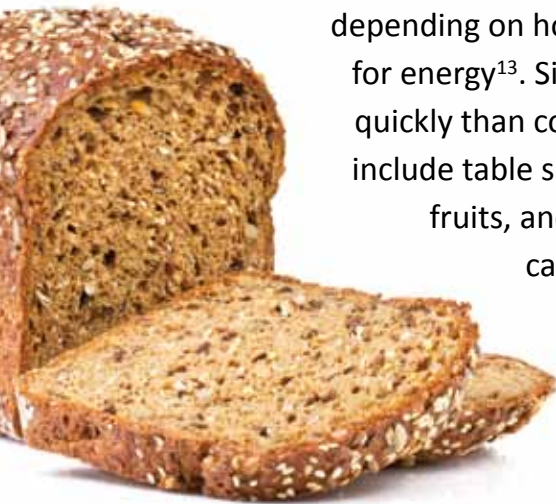


Fat

Fat is one of three macronutrients that provide the body with energy⁹. Fats are necessary for normal growth and development, and help with the absorption of certain vitamins (vitamins A, D, E, and K)¹². It is important to eat healthy fats (unsaturated fats found in canola oil, olive oil or fish), while limiting intake of unhealthy fats (saturated and trans fats found in baked goods, high-fat dairy products or fattier cuts of meat)¹².

Carbohydrates

Carbohydrates are one of three macronutrients that provide the body with energy⁹. When we eat carbohydrates, they are broken down into glucose, which is one of the main energy sources for the body¹³. Carbohydrates can be classified as either simple or complex, depending on how fast the body converts them into glucose for energy¹³. Simple carbohydrates are broken down more quickly than complex carbohydrates. Simple carbohydrates include table sugar, and sugars found naturally in milk, fruits, and some vegetables¹⁴. Some sources of simple carbohydrates (e.g. milk, fruits, some vegetables) contain many vitamins and minerals and should be included in a healthy diet. Other sources of simple carbohydrates (e.g. table sugar, soft drinks, candy, refined products like white bread or pasta) should be limited. Complex carbohydrates, which are broken down more slowly, include beans and lentils, starchy vegetables, and whole grain breads and cereals^{14,15}.



Dietary Fibre

Dietary fibre is a type of carbohydrate that your body cannot break down or absorb¹⁶. It is found in nutrient-dense foods such as whole grains, nuts, seeds, fruits, and vegetables⁷. Dietary fibre has many health benefits. It can help prevent constipation, maintain blood



sugar levels and lower risk of heart disease^{7,16}. Dietary fibre can be either soluble or insoluble. Soluble fibre dissolves into water and forms a gel and can help lower cholesterol and blood sugar¹⁷. Sources of soluble fibre include apples, citrus fruits, carrots, peas, beans, oats, barley, and psyllium¹⁷. Insoluble fibre adds bulk to stool, helping with movement through the digestive system¹⁷. Sources of insoluble fibre include whole wheat flour, bran, nuts, beans, and vegetables¹⁷. If you are trying to increase your fibre intake, it is important to add fibre to your diet slowly to avoid gas, bloating, and cramps⁷.

Sodium

Sodium is a mineral that your body needs to balance body fluids and to help muscles and nerves work properly. However, if you eat too much sodium, it can contribute to high blood pressure and put you at risk for other health concerns such as heart attack or stroke^{11, 18}. A healthy adult should eat about 1500 mg of sodium per day, which is just less than one teaspoon of salt³. However, most people consume more than double this amount³. Processed foods often have the most sodium so preparing foods yourself and being mindful of the amount of sodium in the ingredients you are using is a helpful way to keep sodium intake at a healthy level.

By understanding the nutritional components that food provides, it can be easier to make healthier choices. Eating Well with Canada's Food Guide also helps to guide consumers' daily food choices, and reinforces the need to eat a variety of foods to meet nutritional needs. By using a "food-first" approach to healthy aging, and consuming a variety of Ontario-grown foods, older adults are better able to get the nutrition they need to promote good health.

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Go Green Smoothie

NUMBER OF SERVINGS: 2

Ingredients

- Vanilla soy beverage 1 ½ cups (375 mL)
- Ripe pear, cored and chopped 1
- Baby spinach, packed 2 cups (500 mL)

Directions

1. Blend all ingredients in blender until smooth. Serve immediately.



Soybeans are Canada's 4th largest crop by seeded acreage, returning \$2.4 billion to Canadian farmers.



Soy consumption has been related to reduced risk of many age-related diseases such as heart disease, diabetes and cancer.



For extra fibre, try adding cooked lentils to your smoothie.

NUTRITION PER SERVING

Calories 150 | Protein 5g | Fat 3g | Carbohydrates 26g | Fibre 4g | Sodium 110mg

Beverages



Recipe
and photo
provided by:



soy20/20
building the business of soy

Frozen Hot Chocolate

NUMBER OF SERVINGS: 4

Ingredients

- Skim milk powder $\frac{1}{3}$ cup (80 mL)
- White sugar $\frac{1}{3}$ cup (80 mL)
- Cocoa powder 2 Tbsp (30 mL)
- Melted chocolate 2 Tbsp (30 mL)
- Salt Pinch
- Vanilla extract 1 tsp (5 mL)
- 10% cream 1 cup (250 mL)
- Ice 3 cups (750 mL)

Directions

1. Mix dry ingredients (skim milk powder, white sugar, cocoa powder and salt) together in a small bowl.
2. Add ice, cream, melted chocolate and vanilla to blender. Blend on high speed to break up ice a little bit.
3. Add dry ingredients to blender and continue to blend until smooth.
4. Serve in small bowls or martini glasses and garnish with whipped cream and chocolate shavings.



Ontario has almost 4,000 dairy farms.



Milk is rich in calcium and vitamin D, which are both important for bone health.



Reduce the ingredients by half when serving 2 people.

NUTRITION PER SERVING

Calories 211 | Protein 6g | Fat 9g | Carbohydrates 29g | Fibre 1.2g | Sodium 118mg

Beverages



Recipe
and photo
provided by:



For more recipes go to
dairygoodness.ca.

Fruit Honey Smoothie

NUMBER OF SERVINGS: 2

Ingredients

- Frozen strawberries 1 cup (250 mL)
- Banana 1
- 100% Ontario honey $\frac{1}{3}$ cup (75 mL)
- Skim or nonfat milk 1 cup (250 mL)
- Plain or vanilla low-fat yogurt $\frac{1}{2}$ cup (125 mL)

Directions

1. Blend all ingredients in blender until smooth.



Bees produce honey by gathering honeydew from trees or nectar from flowers. Bees must visit 2 million flowers to make 1 pound of honey.



Honey contains polyphenolic compounds which have been studied for their antioxidant and anti-inflammatory properties in relation to improving health.

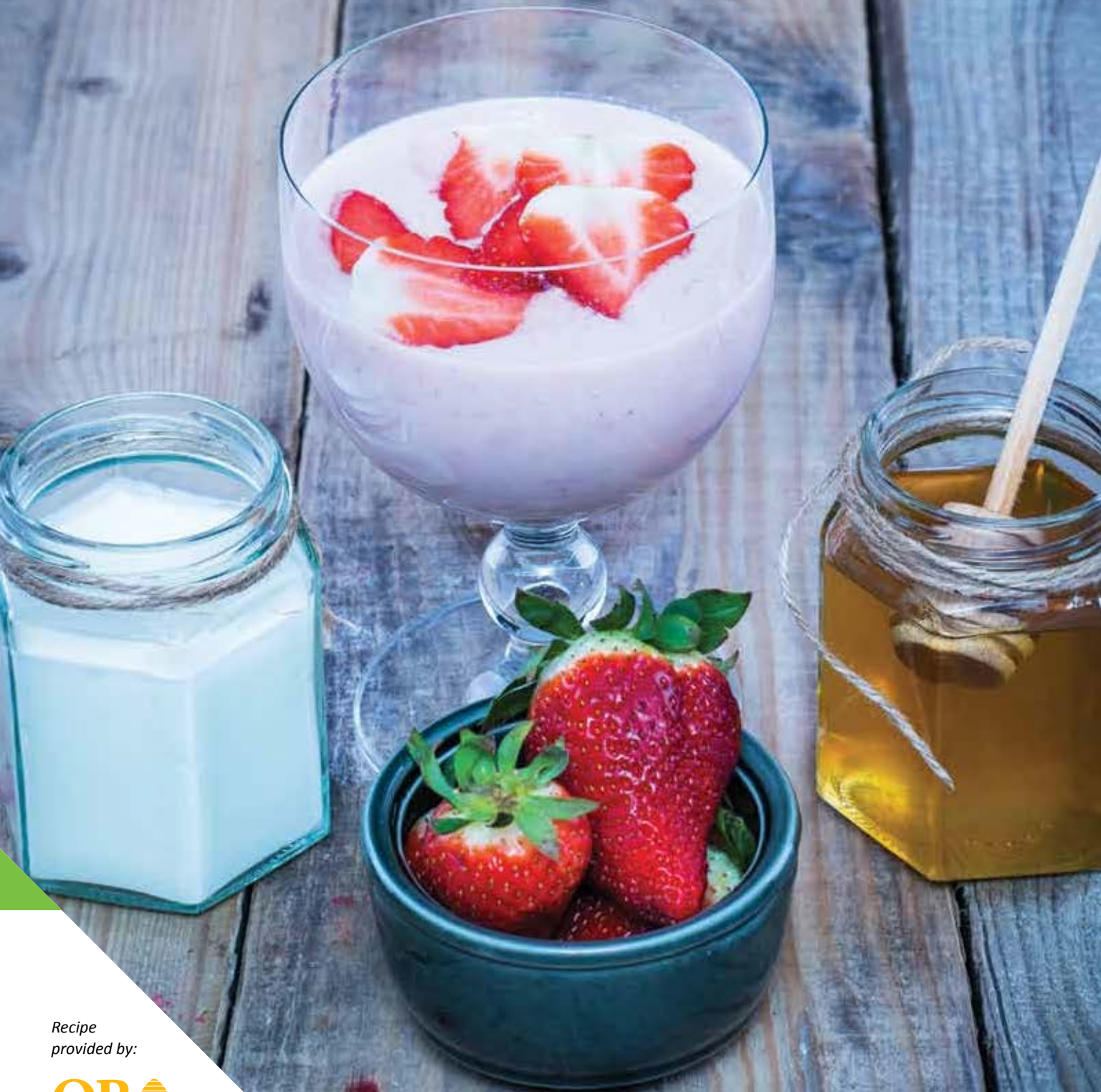


Out of strawberries? Try substituting with raspberries, blueberries or cherries.

NUTRITION PER SERVING

Calories 266 | Protein 8g | Fat 1g | Carbohydrates 62g | Fibre 3g | Sodium 95mg

Beverages



Recipe
provided by:

Chocolate Soy Banana Smoothie

NUMBER OF SERVINGS: 1

Ingredients

- Chocolate soy beverage 1 cup (250 mL)
- Banana, ripe 1
- Liquid honey 1 tsp (5 mL)
- Vanilla ¼ tsp (1.25 mL)
- Cinnamon Pinch

Directions

1. Blend all ingredients in blender until smooth.



Grain Farmers of Ontario represents 28,000 barley, corn, oat, soybean, and wheat farmers.



Soy contains a plant compound called isoflavones that are good for the soybean and have also been shown to reduce risk of certain cancers.



To add variety, try using a vanilla soy beverage instead.

NUTRITION PER SERVING

Calories 271 | Protein 6g | Fat 4g | Carbohydrates 55g | Fibre 5g | Sodium 104mg

Beverages



Recipe
provided by:



Wholesome Soy Berry Pancakes

NUMBER OF SERVINGS: 8, approx. 16 pancakes

Ingredients

- White whole wheat flour 1.5 cups (350 mL)
- Oatmeal, quick cooking ½ cup (125 mL)
- Baking powder 2 Tbsp (30 mL)
- Soymilk, vanilla or plain 1.5 cups (350 mL)
- Eggs 4
- Brown sugar, packed 1 Tbsp (15 mL)
- Soybean oil 2 Tbsp (30 mL)
- Fresh blueberries, divided 4 cups (1 L)
- Maple syrup (optional)

Directions

1. Combine flour, oatmeal and baking powder in medium bowl.
2. Whisk soymilk, eggs, brown sugar and soybean oil in large bowl until blended.
3. Add flour mixture to soymilk mixture; stir just until blended. Stir in 2 cups berries.
4. Heat large skillet over medium heat; brush lightly with soybean oil. Pour ¼ cup batter into hot skillet; cook until bubbles begin to burst on the surface. Flip over and continue cooking for 1 to 2 minutes or until golden.
5. Repeat with remaining batter. Serve with remaining berries and maple syrup, if desired.



Over 2 million acres of soybeans are grown annually in Ontario.



Instead of blueberries, you might want to try chocolate chips or cut up apple with sprinkles of cinnamon.



Susan is a no-till Soybean grower from Highgate, ON. "When managing weeds, diseases and insect pests in soybeans, I consider the cost, effectiveness and environmental impact of various strategies."

NUTRITION PER SERVING

Calories 230 | Protein 8 g | Fat 7 g | Carbohydrates 34 g | Fiber 4 g | Sodium 460 mg

Breakfast



Recipe
and photo
provided by:



soy20/20
building the business of soy

Eggs Florentine

NUMBER OF SERVINGS: 4

Ingredients

- Extra virgin olive oil, 2 Tbsp (30 mL)
- Onion, sliced 1
- Eggs 4
- Baby spinach, lightly packed 6 cups (1.5 L)
- Salt, pinch
- Lemon juice 1 Tbsp (15 mL)
- Fresh cracked pepper, pinch
- Ontario goat feta cheese, crumbled 1 cup (250 mL)
- Whole grain bread, slices 4
- Shaved Black Forest ham, slices 8

Directions

1. In large skillet, heat oil over medium high heat. Cook onions until tender and golden, stirring often, about 12 minutes.
2. Bring a large pot of boiling water to simmer with lemon juice (this helps the whites stay together when poaching). Crack each egg into a small bowl or custard cup and gently pour eggs into the water one at a time. Let cook for about 3 minutes, just until whites are set but yolk is still runny (longer if you like yolks hard). Remove each egg with a slotted spoon and keep warm on a towel-lined plate.
3. Stir spinach into onions and season with salt and pepper; cook just until spinach is wilted and remove from heat, about 3 minutes. Sprinkle spinach with goat cheese.
4. Top each slice of bread with 2 slices of ham and 1/4 of the spinach mixture. Put one egg over top and serve sprinkled with additional salt and pepper if desired.

NUTRITION PER SERVING

Calories 320 | Protein 19 g | Fat 18 g | Carbohydrates 23 g | Fibre 5 g | Sodium 550 mg



Over half of the goats in Canada live right here in Ontario.



Goat cheese is a source of protein. Regular protein intake may help maintain muscle mass in aging adults.



To reduce the calories, consider using low-fat cheese or using 2 whole eggs and 2 egg whites.

Breakfast



*Recipe
and photo
provided by:*



Strawberry Granola Parfait

NUMBER OF SERVINGS: 1

Ingredients

- Strawberry yogurt 1 cup (250 mL)
- Ontario strawberries, sliced 1 cup (250 mL)
- Granola ½ cup (125 mL)

Directions

1. Mix all ingredients together for a delicious breakfast treat!



Did you know? A strawberry is not actually a fruit. The part we know as the berry is actually the enlarged stamen end of the flower.



Strawberries have anti-inflammatory properties which may help protect against various age-related diseases.

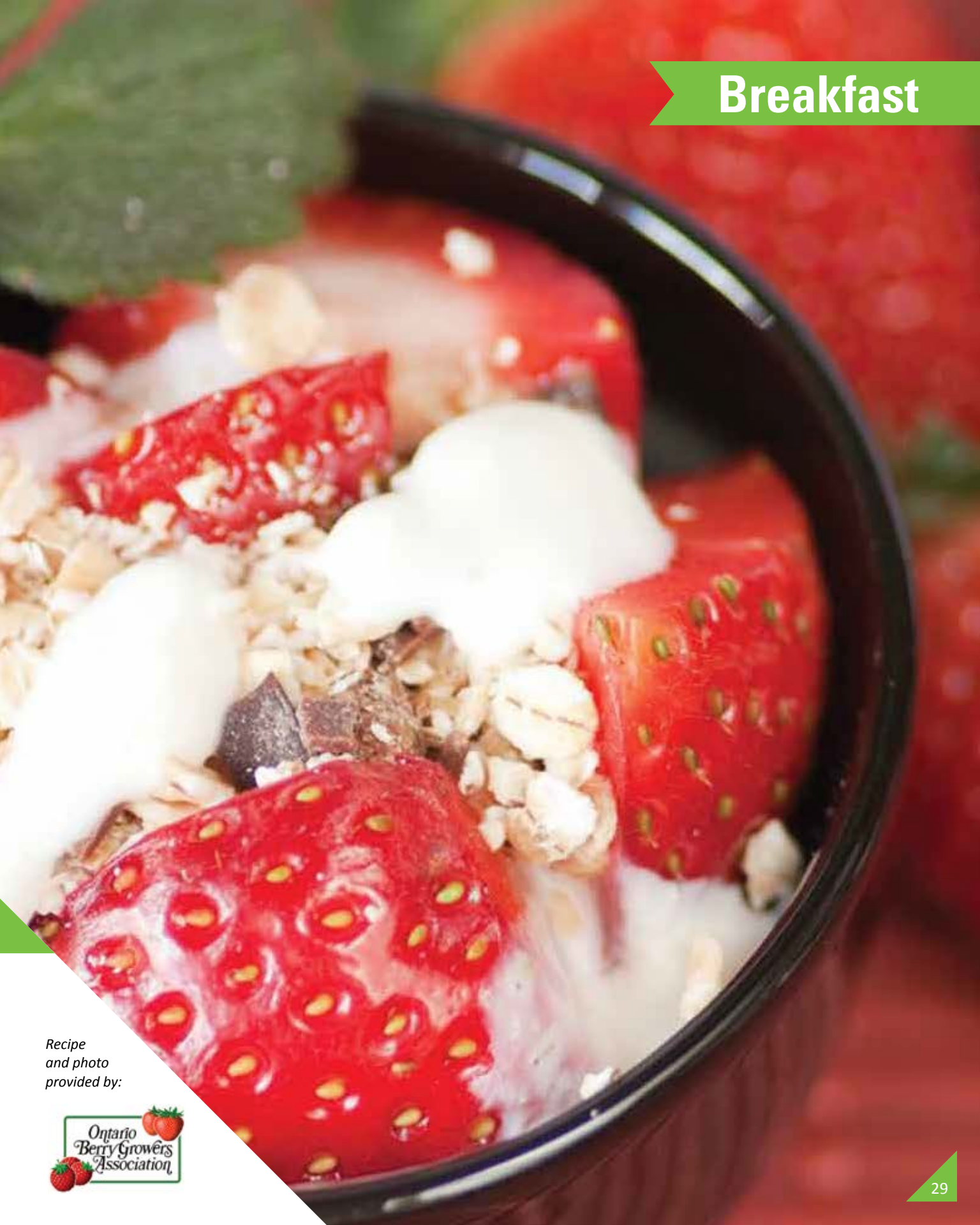


Substitute any kind of berries for strawberries, or add a berry mixture.

NUTRITION PER SERVING

Calories 407 | Protein 15 g | Fat 6 g | Carbohydrates 77 g | Fibre 7 g | Sodium 277 mg

Breakfast



*Recipe
and photo
provided by:*



Mini Frittatas

NUMBER OF SERVINGS: 12 muffins

Ingredients

- Olive oil 2 tsp (10 mL)
- Zucchini, finely diced 2 cups (500 mL)
- Red onion, finely diced 1 cup (250 mL)
- Sweet red pepper, finely diced 1 cup (250 mL)
- Basil, dried 2 ¼ tsp (11 mL)
- Oregano, dried ½ tsp (2.5 mL)
- Onion powder 1 ½ tsp (7.5 mL)
- Garlic powder ⅓ tsp (0.5 mL)
- Cayenne pepper, pinch
- Sliced prosciutto or thinly sliced ham 4 oz (100 g)
- Low-fat mozzarella cheese, shredded ¾ cup (175 mL)
- Eggs 8

Directions

1. Heat oil in a large non-stick skillet over medium heat. Add zucchini, red onion and red pepper. Cook, stirring often, until vegetables are slightly softened, about 7 to 8 minutes. Remove from heat, stir in dried basil, dried oregano, onion powder, garlic powder and cayenne pepper.
2. Generously oil a muffin pan with twelve 2 ¾ inch (7 cm) diameter cups. Line bottom and sides of muffin cups with prosciutto or ham. Divide vegetable mixture between muffin cups. Sprinkle 1 Tbsp (15 mL) mozzarella cheese over vegetables.
3. Whisk eggs thoroughly in a 4 cup (1 L) liquid measuring cup or large bowl. Carefully pour eggs into muffin cups.
4. Bake in a preheated 350°F (180°C) oven until frittatas are puffed and set in centre, about 20 to 25 minutes. Remove pan from oven and let stand for a few minutes. Run knife around edge of frittatas to release.

NUTRITION PER SERVING

Calories 115 | Protein 10 g | Fat 7 g | Carbohydrates 5 | Fibre 1 g | Sodium 448 mg



There are two main types of hens: Rhode Island Red, which is a brown bird that lays brown eggs and the White Leg Horn, which is a white bird that lays white eggs.



Eggs with omega-3 fatty acids are available at the grocery store. Omega-3 fatty acids are being studied for their role in brain and heart health.



Wrap and refrigerate or freeze leftovers and re-heat in the microwave on high for about 30 seconds when thawed or 60 seconds from frozen.

Breakfast



*Recipe
and photo
provided by:*

Low-Fat, High Fibre Blueberry Muffins

NUMBER OF SERVINGS: 12 muffins

Ingredients

- Quick rolled oats 1 cup (250 mL)
- Buttermilk 1 cup (250 mL)
- Eggs 2
- Unsalted butter, melted ¼ cup (60 mL)
- Light brown sugar, packed ⅔ cup (150 mL)
- All-purpose flour ½ cup 125 mL & 1 Tbsp (15 mL)
- Spelt or whole-wheat flour ½ cup (125 mL)
- Baking powder 1 tsp (5 mL)
- Baking soda ½ tsp (2.5 mL)
- Salt ½ tsp (2.5 mL)
- Nutmeg, ground ¼ tsp (1.25 mL)
- Cinnamon, ground ¼ tsp (1.25 mL)
- Blueberries, fresh or frozen 1½ cups (350 mL)

Directions

1. Preheat oven to 400°F. Lightly grease a 12-cup muffin pan or line with muffin cups.
2. In a bowl, stir together oats and buttermilk; let stand for 5 minutes. Stir in egg whites or eggs and butter.
3. In a separate bowl, combine brown sugar, ½ cup all-purpose flour, spelt flour, baking powder, baking soda, salt, nutmeg and cinnamon. In another bowl, gently toss blueberries with 1 Tbsp all-purpose flour.
4. Make a well in the middle of the flour mixture; gently stir in oat mixture. Do not over-mix. Gently fold in blueberries. Spoon mixture evenly into prepared pan.
5. Bake in centre of preheated oven until firm to the touch, 15 to 20 minutes.

NUTRITION PER SERVING

Calories 170 | Protein 4 g | Fat 5 g | Carbohydrates 29 g | Fibre 2g | Sodium 210 mg



Oats are used for more than just human and animal consumption. They are also used in cosmetics, lacquers, and dyes.



Oats contain soluble fibre, which helps to lower cholesterol levels. High cholesterol is a risk factor for heart disease.



Blueberries freeze well, so consider buying extra when in season (July – September) and freeze first on a baking sheet then into a sealed plastic bag for future use.

Breakfast



Recipe
provided by:



5-Minute Black Bean Dip

NUMBER OF SERVINGS: 6

Ingredients

- Black beans, rinsed and drained 1 can (540 mL)
- Fat-free ranch dressing ½ cup (125 mL)
- Garlic cloves 2
- Ground cumin ½ tsp (2 mL)

Directions

1. Blend all ingredients in a blender or food processor until desired consistency. Add water if needed.

NUTRITION PER SERVING

Calories 144 | Protein 8 g | Fat 1 g | Carbohydrates 27 g | Fibre 6 g | Sodium 188 mg



Pulses, including chick peas and black beans, are high in fibre and can help reduce levels of LDL (bad) cholesterol, which is a risk factor for heart disease.



For a different twist on this recipe, try replacing the ranch dressing with 2-3 Tbsp of lemon juice and use the liquid from the beans.

5-Minute Hummus

NUMBER OF SERVINGS: 6

Ingredients

- Chickpeas, rinsed and drained 1 can (540 mL)
- Reduced-calorie sundried tomato and herb salad dressing ¼ cup (50 mL)
- Water ⅓ cup (75 mL)
- Garlic cloves 2

Directions

1. Blend all ingredients in a blender or food processor until desired consistency. Add more water if needed.

NUTRITION PER SERVING

Calories 159 | Protein 8 g | Fat 4 g | Carbohydrates 25 g | Fibre 4 g | Sodium 86 mg



To add variety, try a different flavour of salad dressing such as greek or roasted red pepper.

Snacks



Recipe
and photo
provided by:



Pulse Canada 

Salmon Yogurt Spread

NUMBER OF SERVINGS: 4 to 6

Ingredients

- Canadian Mozzarella cheese, shredded ¼ cup (60 mL)
- Dahi yogurt or plain Greek-style yogurt ½ cup (125 mL)
- Salmon, well drained 1 can (7 ½ oz)
- Red onion, finely chopped ¼ cup (60 mL)
- Fresh dill, finely chopped 2 Tbsp (30 mL)
- Thai Red Curry Paste 2 tsp (10 mL)

Directions

1. In a medium bowl, mix all ingredients together. Serve with crackers or toasted bread.



In 2012, Ontario cows produced 2.6 billion litres of milk.



Probiotics are live bacteria that are found in fermented products such as yogurt. Research suggests that they can help maintain healthy bacteria in our gastrointestinal system as we age.



“The recipe was very easy to prepare. It makes a delicious appetizer on a cracker or an open-faced sandwich spread on toast for lunch along with veggies.” – Cathy, 75

NUTRITION PER SERVING

Calories 91 | Protein 11g | Fat 4 g | Carbohydrates 3 g | Fibre 0.3 g | Sodium 189 mg

Snacks



Recipe
and photo
provided by:



For more recipes go to
dairygoodness.ca.

Cucumber Salsa

NUMBER OF SERVINGS: 6

Ingredients

Dressing

- Low sodium soy sauce 1 tsp (5 mL)
- Lime zest 1 tsp (5 mL)
- Fresh lime juice 2 Tbsp (30 mL)
- Canola oil 2 tsp (10 mL)
- Light brown sugar 1 ½ tsp (8 mL)
- Rice vinegar 2 tsp (10 mL)
- Red chili flakes ¼ tsp (1 mL)

Salsa Mix

- Ontario Greenhouse Mini Cucumbers, diced small 4
- Frozen Mango, diced small 1 ½ cup (360 mL)
- Cilantro, chopped 3 Tbsp (45 mL)

Directions

1. For the dressing, combine all the ingredients and stir until well combined.
2. Prepare the salsa mix ingredients and place in a medium bowl.
3. Pour the dressing over the salsa ingredients and toss well. Serve garnished with extra chili flakes, if desired.



The cucumber first came to North America in the early 1500s.



Cucumbers have a high water content which helps with hydration. Hydration is important at all ages, but with age, we may become less aware of when we're thirsty so it's important to have enough fluids.



Try as a dip with tortilla chips or toasted flatbread. It also makes a great topping or filling in a wrap with chicken, turkey, shrimp or tuna.

NUTRITION PER SERVING

Calories 55 | Protein 0.6g | Fat 1.7g | Carbohydrates 10.6 g | Fibre 1.1g | Sodium 33mg



*Recipe
and photo
provided by:*



Jalapeno Cheddar Cornbread

NUMBER OF SERVINGS: 12 muffins

Ingredients

- Cornmeal 1 ¼ cup (310 mL)
- All purpose flour 1 cup (250 mL)
- 1% or 2% milk 1 cup (250 mL)
- Egg 1
- White sugar ½ cup (125 mL)
- Vegetable oil 1 Tbsp (15 mL)
- Salt ½ tsp (2.5 mL)
- Ripe small Jalapeno peppers 2 to 3
- Old cheddar cheese 1 cup (250 mL)
- Chili peppers (optional) 1 tsp (5 mL)
- Paprika (optional) 1 tsp (5mL)

Directions

1. Preheat oven to 350°F (180°C).
2. Grate cheese and set aside.
3. Clean peppers of seeds and dice into small pieces.
4. Mix cornmeal, flour, and sugar together in a bowl.
5. Add milk and egg, and mix until it is even in consistency.
6. Add jalapenos. Optional: add chili peppers and paprika.
7. Mix in cheddar cheese.
8. Pour mix into muffin tin. Since there is no rising agent, you can fill the tin close to the top.
9. Bake for 15-18 minutes, or until the tops are golden brown.



The corn grown in Ontario is almost 95% grain corn with sweet corn making up 1%.



Freeze extra portions in a sealed plastic freezer bag to snack on later.



Bill is a grain farmer from Highgate, ON: "Corn, wheat and soybeans are grown in a rotation in each field, rather than continuously year after year. A crop rotation has benefits for the management of weeds, pests, diseases, soil fertility, and crop residues."

NUTRITION PER SERVING

Calories 242 | Protein 4 g | Fat 9 g | Carbohydrates 31 g | Fibre 2 g | Sodium 257 mg

Snacks



Recipe
provided by:



Goat Cheddar Cheese Shortbread

NUMBER OF SERVINGS: Makes approx. 36 cookies

Ingredients

- Butter, softened 1 cup (250 mL)
- Ontario goat cheddar, finely grated 1 ½ cups (375 mL)
- All-purpose flour 2 cups (500 mL)
- Thyme leaves 1 Tbsp (15 mL)
- Cayenne ½ tsp (2 mL)

Directions

1. Preheat oven to 325°F (160°C).
2. Line baking sheet with parchment paper. Set aside.
3. In bowl, blend butter with goat cheese cheddar. Stir in flour, thyme and cayenne until well combined.
4. Roll into tablespoonful balls.
5. Chill for at least 30 minutes
6. Transfer to baking tray placing about 1-inch (2.5 cm) apart.
7. Flatten slightly with the bottom of a glass and prick with fork (garnish with thyme leaves if desired).
8. Bake in preheated oven until shortbread cookies are set and bottoms are golden, about 20 minutes.



Female goats are bred at one year of age and begin producing milk when they are approximately a year and a half old.



Try these variations:

- **Jalapeno Cheddar:**
Add ¼ cup (50 mL) finely chopped jalapeno.
- **Pecan Cheddar:**
Replace 1/2 cup (125 mL) of the flour with an equal amount of finely chopped toasted pecans.
- **Cheddar Rosemary:**
Replace the thyme with an equal amount of finely chopped fresh rosemary.

NUTRITION PER SERVING

Calories 170 | Protein 3g | Fat 11g | Carbohydrates 11g | Fibre 0g | Sodium 95mg

Snacks



*Recipe
and photo
provided by:*



Wok Charred Edamame 2-ways

NUMBER OF SERVINGS: 16

Ingredients

- Soybean oil 2 Tbsp (30 mL)
- Edamame, in-shell, thawed 4 cups

Directions

1. Heat soybean oil over high heat in a wok or skillet.
2. Add edamame, sauté for 3 to 5 minutes, stirring constantly, until pods begin to lightly char. Remove and season as desired.

Seasoning

Soy Ginger Edamame

Season with 1 Tbsp soy sauce, 2 tsps fresh ginger and 1 tsp sesame seeds.

Maple Balsamic Edamame

Season with 2 Tbsps maple syrup, 1 Tbsp balsamic vinegar and 1 tsp sea salt.



Soy is a high quality plant protein that is a great option to help older adults add variety to their diet while increasing their protein intake.



If these seasonings do not suit your liking, add your favourite seasoning to the batch of edamame for a tasty snack.



Greg is a soybean farmer from Harrow, ON. "My ancestors first settled the land in the 1800's and my family has been growing soybeans since the 1950's. Soybeans are a rewarding crop to grow as they respond very well to management and adapt to changing weather from year to year."

NUTRITION PER SERVING

Calories 90 | Protein 4 g | Fat 3g | Carbohydrates 5 g | Fibre 2 g | Sodium 15 mg

Snacks



Recipe
and photo
provided by:



soy20/20
building the business of soy

Barbecue Chicken Salad

NUMBER OF SERVINGS: 4

Ingredients

- Chicken breasts, boneless, skinless 4
- Soy sauce 2 Tbsp (30 mL)
- Extra virgin olive oil 2 Tbsp (30 mL)
- Cilantro, fresh, minced 2 Tbsp (30 mL)
- Ginger, minced 1 Tbsp (15 mL)
- Garlic, cloves, minced 2
- Hot red chili pepper flakes ½ tsp (2.5 mL)
- Yellow peppers 2
- Rice vinegar 3 Tbsp (45 mL)
- Mixed salad greens 5 ½ cups (1.350 L)
- Salt ½ tsp (2.5 mL)

Directions

1. Mince fresh cilantro. In a large bowl, whisk together soy sauce, half of the oil, cilantro, ginger, garlic and pepper flakes. Add chicken breasts and toss to coat well. Cover and refrigerate for at least 30 minutes or up to one day.
2. Meanwhile, cut peppers into quarters. Preheat grill using medium-high heat. Grill peppers for about 15 minutes until they just start to blacken. Remove to plate. Place chicken breasts on greased grill over medium-high heat and grill for 10-15 minutes per side or until a thermometer inserted into the breast reads 165°F (74°C).
3. Chop the warm grilled peppers and chicken into ½ inch wide strips. In large salad bowl, toss chicken and peppers with greens and remaining oil, vinegar and salt.

NUTRITION PER SERVING

Calories 319 | Protein 26 g | Fat 9 g | Carbohydrates 11 g | Fibre 3 g | Sodium 840 mg



Ontario is the largest processor and producer of chicken in Canada.



Chicken is an excellent source of high-quality lean protein and is a great choice for older adults as it provides a much-needed nutrient.



Eat the chicken hot off the grill or save it for later and use cold. For a great portable lunch, serve this salad in a whole-wheat pita.

Salads



Recipe
and photo
provided by:



For more recipes go to www.chicken.ca.

Tuna Edamame Salad

NUMBER OF SERVINGS: 4

Ingredients

- Frozen edamame (shelled), cooked according to package directions 1 cup (250 mL)
- Cherry tomatoes, cut in half 1 cup (250 mL)
- Carrots, shredded 1 cup (250 mL)
- Tuna, water packed, drained 1 can (6 oz)
- Golden raisins ½ cup (125 mL)
- Red onion, diced ¼ cup (60 mL)
- Reduced-fat Italian salad dressing ¼ cup (60 mL)
- Pita bread or whole grain crackers (optional)

Directions

1. Mix edamame, tomatoes, carrots, tuna, raisins and onion in medium bowl. Pour dressing over salad and toss until combined. Serve with pita bread halves or whole grain crackers, if desired.



Soybeans are planted in the spring and harvested in the fall.



Edamame are soybeans and are a great way to add a high quality protein and help older adults meet their protein intake.

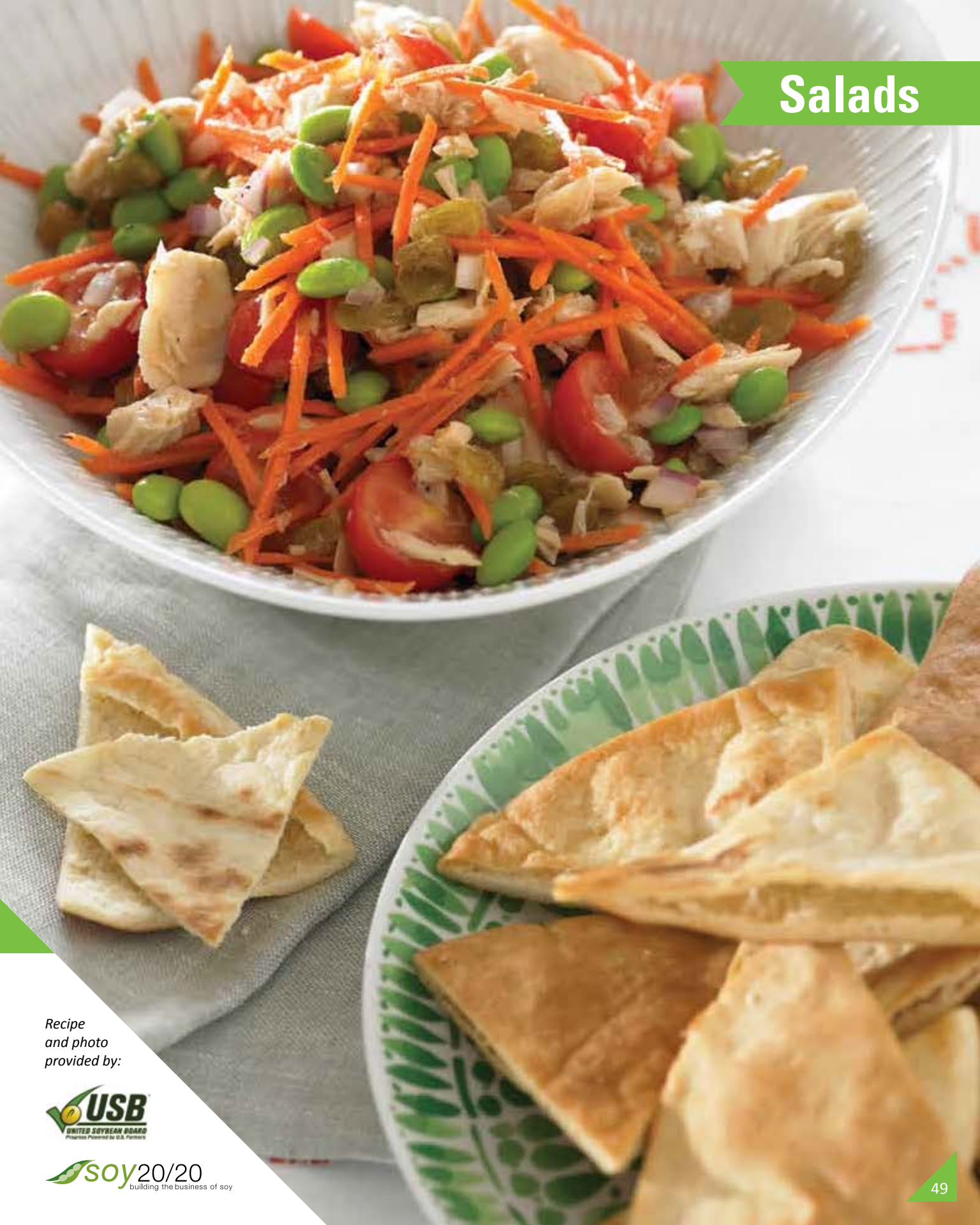


For a vegetarian option, replace the tuna with a can of drained chickpeas.

NUTRITION PER SERVING

Calories 210 | Protein 16 g | Fat 3 g | Carbohydrates 27 g | Fibre 4 g | Sodium 350 mg

Salads



Recipe
and photo
provided by:



soy20/20
building the business of soy

Cucumber Ribbon Salad

NUMBER OF SERVINGS: 6

Ingredients

- Ontario Greenhouse English Cucumber (approx. 12" long) 1
- Rice vinegar $\frac{1}{4}$ cup (60 mL)
- Sesame oil 1 tsp (5 mL)
- White sugar $\frac{1}{2}$ tsp (2.5 mL)
- Sea salt $\frac{1}{4}$ tsp (1.25 mL)
- Black sesame for garnish

Directions

1. Trim the ends off the cucumber. Cut the cucumber in half through the centre. Using a vegetable peeler, very sharp knife or mandolin, slice the cucumber lengthwise into thin ribbons. Place in medium bowl.
2. Combine vinegar, sesame oil, sugar and sea salt. Stir well to dissolve sugar.
3. Just before serving, pour the dressing over the cucumber ribbons and toss gently.
4. Place in serving bowl and garnish with sesame seeds.



Ontario produces 75% of the cucumbers grown in Canada.



Great as part of a lunch plate or salad.



"A mandolin would probably be an easier way to cut the cucumber into ribbons. This salad is a nice, refreshing addition to a meal."
– Fred, 84

NUTRITION PER SERVING

Calories 181 | Protein 0.3 g | Fat 1 g | Carbohydrates 2 g | Fibre 0.4 g | Sodium 99 mg

Salads



*Recipe
and photo
provided by:*



Spinach Strawberry Salad

NUMBER OF SERVINGS: 8

Ingredients

- Spinach leaves, fresh, cleaned and stems removed 1 pkg 10 oz (300 g)
- Ontario strawberries, sliced 2 pt
- Sweet onions, diced ½ cup (75 mL)
- Feta cheese, diced or crumbled 1 pkg 4 oz (100 g)

Directions

1. Toss spinach, strawberries, onion, and cheese in a large serving bowl.
2. Add dressing, tossing to coat.
3. Serve immediately.

NUTRITION PER SERVING

Calories 102 | Protein 6 g | Fat 5 g | Carbohydrates 10 g | Fibre 4 g | Sodium 226 mg



A strawberry plant is not grown with a seed. The runners of a strawberry plant, or the shoots sent out by the plant develop new roots. The runners then cultivate new fruit-bearing plants.

Honey Salad Dressing

NUMBER OF SERVINGS: 8

Ingredients

- 100% Ontario honey ¼ cup (60 mL)
- Oil ¼ cup (60 mL)
- White vinegar ¼ cup (60 mL)
- Poppy or Sesame seed (optional) ⅓ cup (30 mL)
- Paprika ½ tsp (2.5 mL)
- Dried minced onion ½ tsp (2.5 mL)
- Worcestershire sauce ½ tsp (2.5 mL)
- Dry mustard powder ¼ tsp (1.25 mL)

Directions

1. Mix all ingredients together. Stir well to be sure the honey is mixed thoroughly. Shake well before using. Keep unused portions in the refrigerator.

NUTRITION PER SERVING

Calories 109 | Protein 0.5g | Fat 9g | Carbohydrates 10g | Fibre 0.3g | Sodium 4mg



Honey is sold by grade and colour. It comes in white, golden, amber and dark. The darker the colour, the stronger the flavour.



Honey has antibacterial properties and is being studied for its potential to support the healing process.

Salads



Recipe
and photo
provided by:



OBA
ONTARIO BEEKEEPERS'
ASSOCIATION
Since 1881

Potato, Egg and Green Bean Salad

NUMBER OF SERVINGS: 6

Ingredients

- Medium new potatoes, unpeeled and cut into quarters 12 (about 2 lb/1 kg)
- Fresh green beans, trimmed and cut into desired length 3 cups (750 mL)
- Olive oil 5 Tbsp (75 mL)
- Eggs, hard-boiled (cooked), peeled and chopped 6
- White wine vinegar 2 Tbsp (30 mL)
- Dijon mustard 1 tsp (5 mL)
- Garlic clove, minced 1 tsp (5 mL) or ½ tsp (2 mL) garlic paste
- Salt ¼ tsp (1.25 mL)
- Freshly ground pepper ⅛ tsp (0.5 mL)

Directions

- 1 In a large saucepan, cover potatoes with cold salted water and bring to a boil. Cook until tender, about 10 minutes, adding beans in the last 4 or 5 minutes of cooking. When vegetables are tender, drain. Place in a large bowl; toss with 2 Tbsp (30 mL) olive oil. Add eggs.
2. Combine remaining 3 Tbsp (45 mL) olive oil, vinegar, mustard, garlic, salt and pepper. Drizzle vinaigrette over vegetables and eggs; toss gently to combine. Adjust seasonings, if necessary.
3. Serve warm.



Over 90% of eggs sold at the grocery store come from a local Ontario egg farm.



Choline is found in egg yolk. Choline has been studied for its ability to maintain cognitive performance as we age.

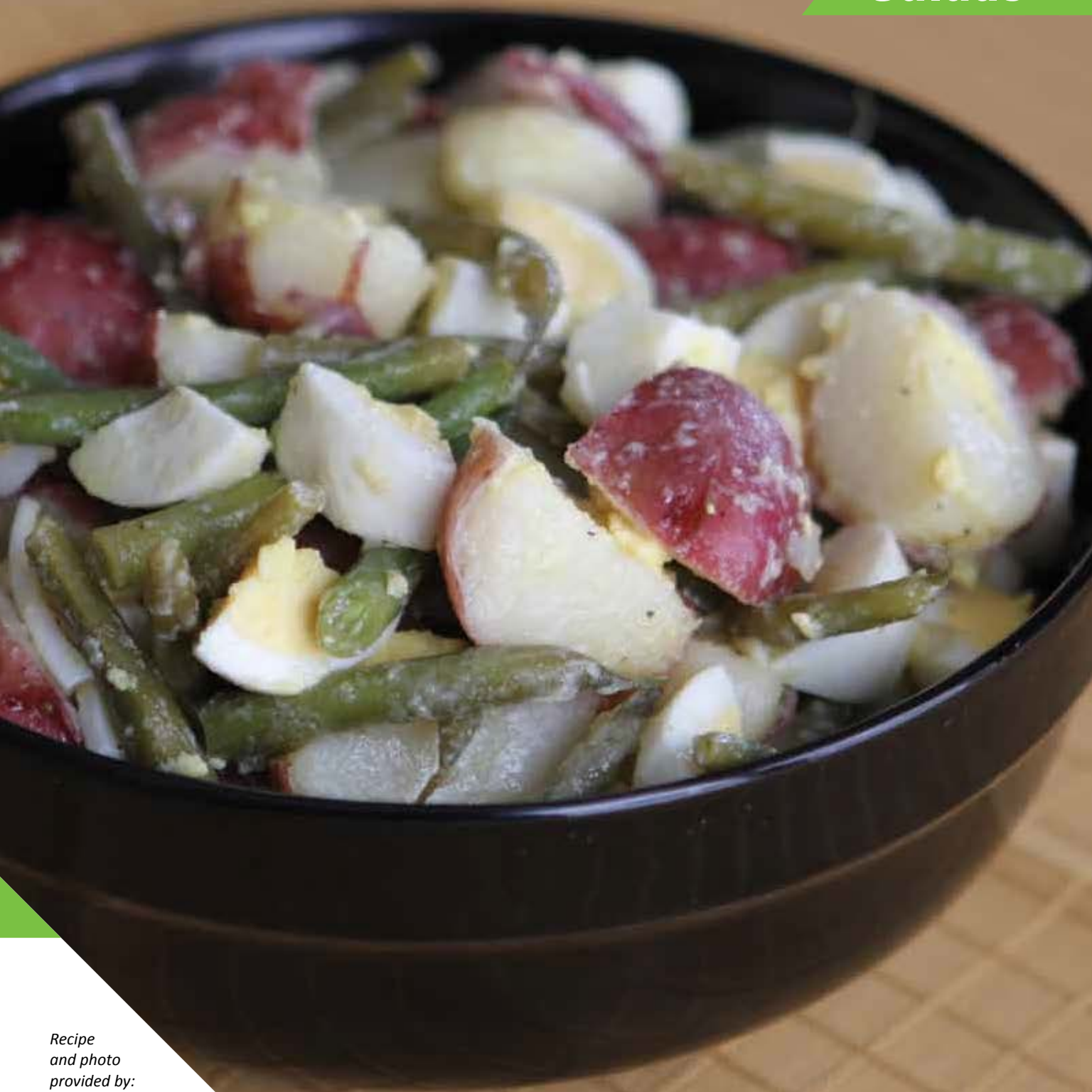


Use a purchased vinaigrette (e.g. Italian, Sun-dried Tomato) instead of making your own.

NUTRITION PER SERVING

Calories 303 | Protein 10 g | Fat 16 g | Carbohydrates 29 g | Fibre 4 g | Sodium 190 mg

Salads



*Recipe
and photo
provided by:*

Ontario Ginseng Pumpkin Scallop Soup

NUMBER OF SERVINGS: 2

Ingredients

- Ontario ginseng powder 1 tsp (5mL)
- Canned pumpkin 2 cups (500 mL)
- Scallops 5
- Fresh milk about 3 Tbsp (50 mL)
- Water $\frac{3}{4}$ cups (150 mL)
- Some fresh parsley and salt

Directions

1. Bring the water to a boil.
2. Open canned pumpkin and add the pumpkin to the boiling water.
3. Add milk and scallops to the boiling water, turn down the heat and cook for another 2 minutes.
4. Add Canadian ginseng powder and garnish with fresh parsley and salt.



Ginseng roots are grown for 3 to 4 years before they are harvested by mechanical harvesters, hand sorted, dried and stored in barrels before being sold.



Research from Ontario scientists shows that ginseng can improve blood sugar control, which has inspired more research examining ginseng and diabetes.



If fresh parsley is hard to come by feel free to use dried parsley.

NUTRITION PER SERVING

Calories 152 | Protein 14g | Fat 1g | Carbohydrates 24g | | Fibre 7g | Sodium 318 mg

Soups/Stews



*Recipe
and photo
provided by:*

GinsengOntario 

Slow Cooker Split Pea Sausage Soup

NUMBER OF SERVINGS: 8

Ingredients

- Low sodium chicken broth 8 cups (2 L)
- Dried yellow split peas, rinsed 1 lb (450 g)
- Smoked sausage, sliced 1 lb (450 g)
- Carrots, chopped 1 ½ cups (350 mL)
- Celery, chopped 1 cup (250 mL)
- Medium potatoes, peeled and chopped 2
- Onion 1
- Garlic, chopped 2 cloves
- Dried oregano ½ tsp
- Bay leaves 2

Directions

1. Prepare ingredients as mentioned above and combine them into a slow cooker.
2. Cook in the slow cooker for 6-7 hours on high.



Split peas are simply field peas that split in half as they dry. They can come in yellow or green varieties.



Split peas are a type of legume. Legumes are a great meat alternative that are high in protein, low in fat and contain B vitamins, iron and fibre - important attributes for healthy aging.



Easy to prepare in the morning so a delicious meal will be ready just in time for dinner.

NUTRITION PER SERVING

Calories 200 | Protein 17 g | Fat 11 g | Carbohydrates 33 g | Fibre 4 g | Sodium 737 mg

Soups/Stews



Recipe
and photo
provided by:

Pulse Canada 

Pork and Vegetable Stovetop Stew

NUMBER OF SERVINGS: 4

Ingredients

- All-purpose flour 1 Tbsp (15 mL)
- Dried thyme leaves 1 tsp (5 mL)
- Salt & Pepper ½ tsp each (5 mL)
- Rosemary ¼ tsp (1.25 mL)
- Vegetable oil 2 Tbsp (30 mL)
- Ontario pork tenderloin, cut into 1-inch cubes 1 (12 oz 350 g)
- Ontario onion, chopped 1
- Ontario garlic, minced, 2 cloves
- Sodium-reduced chicken broth 2 cups (500 mL)
- Ontario sweet potato, peeled and cubed (1/2 inch) 1
- Ontario parsnips, peeled and chopped 2
- Ontario parsley, chopped 2 Tbsp (30 mL)

Directions

1. Combine flour, thyme, salt, rosemary and pepper: toss pork in mixture.
2. In a large saucepan, heat 1 Tbsp vegetable oil over medium heat.
3. Add pork and cook until lightly browned, about 5 minutes. Remove to plate.
4. Add remaining oil to pan. Stir in onion and garlic; cook until lightly softened, about 3 minutes.
5. Stir in broth and bring to boil.
6. Add sweet potato, parsnips and pork; cover and bring to boil.
7. Reduce heat and simmer until pork and vegetables are tender, about 25 minutes.
8. Serve sprinkled with parsley.

NUTRITION PER SERVING

Calories 334 | Protein 27 g | Fat 9 g | Carbohydrates 35 g | Fibre 5 g



There are 1,600 pork producers in Ontario, each sending 500-3000 pigs to market each year.



Pork is a good source of protein and also contains other vitamins including B vitamins such as riboflavin, niacin, vitamin B6 and vitamin B12, nutrients that are all important for healthy aging.



"I used a single whole pork tenderloin instead of weighing the meat so I needed more of the flour and herb mixture to coat and additional broth. It was lovely and fragrant when cooking all in one pot. Very good combination and I will use this recipe again."

– Katharine, 65

Soups/Stews



Recipe
and Photo
Courtesy of:



Foodland
ONTARIO

Recipe adapted by authors
for use in Recipe Resource for
Healthy Aging.

Slow Cooker Chili

NUMBER OF SERVINGS: 6

Ingredients

- Fresh cremini mushrooms 8 oz (250 g)
- Onion, chopped 1
- Garlic, minced 2 cloves
- Lean ground beef, crumbled ½ lb (225 g)
- Green pepper, finely chopped 1
- Red pepper, finely chopped 1
- Kidney beans, drained and rinsed 1 can (540 mL)
- Diced tomatoes 1 can (796 mL)
- Tomato paste 1 can (156 mL)
- Chili powder 2 Tbsp (30 mL)
- Mushroom Seasoning Blend 1 packet
- Ground cumin 1 tsp (5 mL)
- Salt 1 tsp (5 mL)

Directions

1. Place the mushrooms, onion and garlic in a food processor and pulse until finely chopped. If no food processor is available, finely chop mushrooms, onion and garlic.
2. Combine the mushroom mixture, ground beef, green pepper, red pepper and beans in a slow cooker.
3. Stir the diced tomatoes with the tomato paste, chili powder, seasoning blend, cumin and salt until well combined. Pour this into the slow cooker.
4. Cook on high for 5 hours or on low for 10 hours.

NUTRITION PER SERVING

Calories 203 | Protein 14 g | Fat 5 g | Carbohydrates 21 g | Fibre 8 g | Sodium 622 mg



Ontario's cattle and beef sector supports more than 11,000 jobs and contributes approximately \$4 billion dollars to the province's economy.



Beef is an excellent source of zinc. Zinc is essential for our immune system and important for older adults since research has shown inadequate zinc intakes in older adults.



Garnish with cheddar cheese, sour cream, green onion and serve with tortilla chips in a bread bowl for a fun snack.

Soups/Stews



*Recipe
and photo
provided by:*



Chicken and Chickpea Stew

NUMBER OF SERVINGS: 13

Ingredients

- Canola oil 1 Tbsp (15 mL)
- Celery stalks, chopped 2
- Onion, chopped 1
- Carrots, diced 2
- Garlic, minced 2 cloves
- Low sodium chicken broth 4 cups (1 L)
- Spaghetti sauce 3 cups (750 mL)
- Chickpeas, rinsed and drained 1 can 19 oz (475 g)
- White kidney beans, rinsed and drained 1 can 19 oz (475 g)
- Dry short tube pasta (tubetti) 1 ½ cups (350 mL)
- Pepper ½ tsp (5 mL)
- Skinless, boneless chicken thighs, cut into ½ inch cubes 8
- Grated fresh parmesan ½ cup (125 mL)

Directions

1. In large sauce pan heat oil over medium heat.
2. Add celery, carrot and onion and sauté until tender.
3. Add garlic and cook about 1 minute, stirring constantly.
4. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.
5. Reduce heat to low-medium and simmer until pasta is tender, about 10-12 minutes.
6. Add chicken to pan and cook 5-8 minutes until chicken is done.
7. Sprinkle with parmesan cheese and serve.



Chickpeas are also known as garbanzo beans.



Pulses are a good source of iron, however, iron from plant sources is absorbed better when eaten with foods high in vitamin C (e.g., tomatoes, bell peppers, broccoli, cabbage).



Cut this recipe in half for fewer servings or freeze leftovers for easy meals.

NUTRITION PER SERVING

Calories 304 | Protein 20 g | Fat 7 g | Carbohydrates 41 g | Fibre 7 g | Sodium 419 mg

Soups/Stews



*Recipe
and photo
provided by:*



Pulse Canada 

Ontario Apple and Potato Rösti

NUMBER OF SERVINGS: 24

Ingredients

- Yellow fleshed potatoes (such as Yukon Gold) 1lb, 500 g
- Ontario Apples, cored 2
- Large onion ½
- Salt and pepper, ½ tsp each, 2 mL
- Fresh sage, minced 2 tsp, 10 mL
- Butter ¼ cup, 50 mL

Directions

1. Arrange potatoes, unpeeled, in a large pot and cover with salted water. Bring to a boil over medium-high heat and cook until potatoes are tender when pierced with a knife. (Time will depend on size of potatoes, about 30 to 45 minutes).
2. Drain and let cool completely, or make ahead and keep in the refrigerator overnight.
3. Grate apples, with skins on, on box grater. Transfer to a paper towel lined colander or strainer, pressing out as much liquid as possible. Transfer to bowl.
4. Grate onion and transfer to bowl with apple and add salt, pepper and minced sage.
5. Grate cooked potatoes with skins on. Toss well with apple mixture and set aside.
6. In large heavy-bottomed skillet, melt 1 Tbsp (15 mL) of the butter at a time over medium heat. Press the apple mixture by the tablespoonful into small discs, arranging in skillet 2 inches (5 cm) apart. Use spatula to flatten slightly.
7. Cook until bottom is golden, about 4 minutes. Flip disk over and cook until underside is golden, about 4 minutes more.
8. Repeat with remaining butter and potato-apple mixture. Transfer to a paper towel-lined plate and keep warm until ready to serve.

NUTRITION PER SERVING

Calories 49 | Protein 1 g | Fat 2 g | Carbohydrates 7g | Fibre 1 g | Sodium 61 mg



16,000 acres of land in Ontario are used to grow 20 varieties of apples. The shores of Lake Ontario, Lake Erie, Lake Huron and Georgian Bay are the major apple-producing areas in Ontario.



Apples are a great source of phytochemicals (compounds found in plants) and fibre. They have been studied in relation to reducing the risk of many age-related diseases.



Mike and Mary-Lynn are fruit farmers from Clarksburg, ON who love Ontario apples. "Ontario grows many apple varieties with unique flavours to tantalize your pallet and enhance any salad or entree. They can be eaten raw, cooked or juiced!"



*Recipe
and photo
provided by:*



Italian Style Skillet Zucchini

NUMBER OF SERVINGS: 5

Ingredients

- Olive or Vegetable Oil 2 Tbsp (30 mL)
- Ontario Zucchini, medium 4
- Ontario Onion, large, chopped 1
- Vegetable or Chicken Broth or Water ½ cup (125 mL)
- Ontario Field Tomatoes, medium, coarsely chopped 2
- Ontario Basil, Fresh, Sliced ¼ cup (60 mL)
- Ontario Garlic, minced 2 cloves
- Pepper ¼ tsp (1.25 mL)
- Grated Parmesan Cheese ¼ cup (60 mL)

Directions

1. Cut zucchini in half; cut lengthwise into 1/2-inch (1 cm) thick slices.
2. In large skillet heat oil over medium-high heat; cook zucchini and onion, stirring, for 2 to 3 minutes or until just beginning to brown.
3. Add broth; reduce heat and simmer for 4 to 5 minutes or until evaporated and zucchini is tender-crisp.
4. In medium bowl, combine tomatoes, basil, garlic and pepper; stir into zucchini and heat for 1 minute or just until hot.
5. Sprinkle with cheese and additional sliced basil to serve.



Zucchini is a member of the summer squash family. It can be dark green with light green stripes or yellow with dark green stripes. It is the most common of all Ontario summer squash. Fresh zucchini is available locally July through October.



Add this stir-fry to grilled or roast meats for a colorful and delicious dish. To intensify the flavor of this stir-fry, add garlic and basil at the end of cooking time.



"It was easy to prepare; cooking time was relatively short. We liked the crunchiness of the zucchini. Both my husband and guest said this recipe is a 'keeper'." – Joanne, 71

NUTRITION PER SERVING

Calories 120 | Protein 5 g | Fat 7 g | Carbohydrates 11 g | Fibre 2 g | Sodium 102 mg

Sides



*Recipe
and Photo
Courtesy of
Foodland Ontario.*



*Recipe adapted by authors for use in
Recipe Resource for Healthy Aging.*

Mediterranean Asparagus and Tomato

NUMBER OF SERVINGS: 4

Ingredients

- Red Wine Vinegar 2 Tbsp (30 mL)
- Dijon Mustard 1 tsp (5 mL)
- Liquid Honey 1 tsp (5 mL)
- Salt ½ tsp (2.5 mL)
- Dried Basil ½ tsp (2.5 mL)
- Olive Oil ¼ cup (60 mL)
- Ontario Asparagus 1 lb (450 g)
- Ontario Greenhouse Tomato, ripe, seeded, & diced 1
- Freshly grated Parmesan or Asiago cheese ¼ cup (60 mL)
- Fresh Basil Leaves (optional)

Directions

1. In small bowl, whisk together vinegar, mustard, honey, salt, basil and pepper; slowly whisk in oil until smooth.
2. Set aside.
3. Break asparagus. In large pot of boiling water, cook asparagus until bright green and tender-crisp, 2 to 4 minutes (depending on thickness of stalk).
4. Drain and chill under cold water. Drain well and place in shallow dish.
5. Sprinkle tomato over asparagus.
6. Pour vinaigrette over top and shake dish to coat. Let stand at room temperature for up to 1 hour.
7. Garnish each serving with Parmesan and fresh basil leaves (if using).

NUTRITION PER SERVING

Calories 176 | Protein 4 g | Fat 16 g | Carbohydrates 8 g | Fibre 3 g | Sodium 415 mg



There are 2,700 acres of asparagus grown in Ontario. Fresh asparagus is available locally in May and June.



Asparagus contains rutin, a naturally occurring plant compound that is being studied for its potential to reduce the risk of cancer.



Purchase stalks that are similar in size for even cooking and for an attractive dish. This side is delicious with all types of grilled meats.

Sides



*Recipe
and Photo
Courtesy of
Foodland Ontario.*



Foodland
ONTARIO



*Recipe adapted by authors for use in
Recipe Resource for Healthy Aging.*

Caramelized Corn with Sage and Onion

NUMBER OF SERVINGS: 6

Ingredients

- Butter 2 Tbsp (30 mL)
- Ontario Onion, chopped 1
- Ontario Sweet Corn Kernels 4 cups (4 to 5 ears) (1 L)
- Ontario Sweet Red Pepper ½ cup (125 mL)
- Ontario Green Onion, chopped 1
- Fresh or Dried Sage 2 Tbsp (Fresh) 30 mL or ½ tsp (dried) (2.5 mL)
- Light Cream ½ cup (125 mL)
- Salt ½ tsp (2.5 mL)
- Pepper ¼ tsp (1.25 mL)

Directions

1. In large nonstick skillet, heat butter over medium-high heat.
2. Add onion; stir-fry for 2 to 3 minutes or until softened.
3. Add corn and red pepper; cook, stirring frequently, for 8 to 10 minutes or until lightly browned.
4. Stir in green onion, sage, cream, salt and pepper; cook until heated through, about 2 minutes. Serve warm.



In Ontario, three types of sweet corn are produced: normal, sugar-enhanced and super sweet. Each type comes in three different colours: yellow, white and bicour (yellow and white). Fresh sweet corn is available July through October.



Sweet corn contains xanthophylls, which can help prevent age-related macular degeneration, the leading cause of vision loss in older adults.

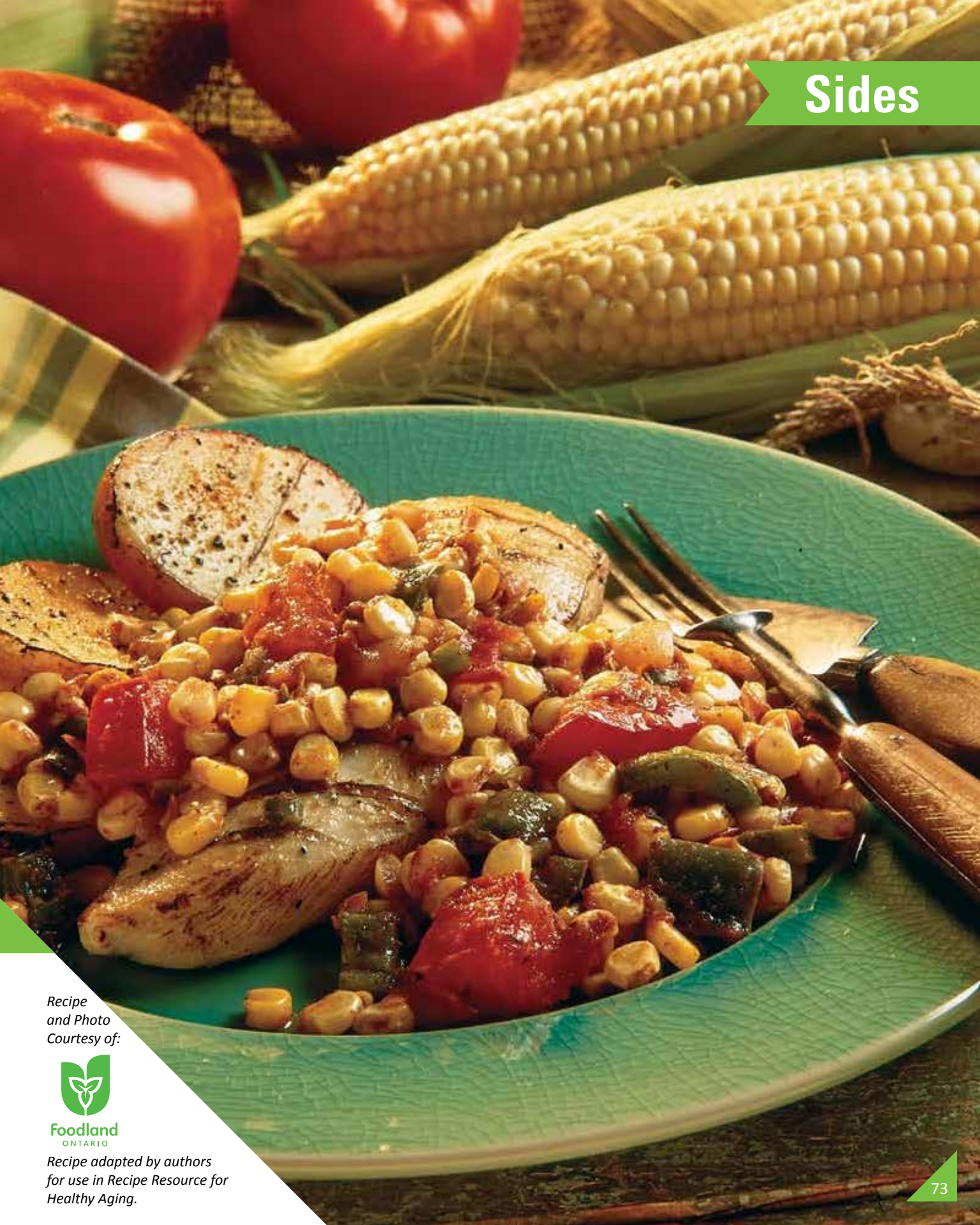


The peppers, onions and sage in this side dish are great with meat or poultry.

NUTRITION PER SERVING

Calories 177 | Protein 4 g | Fat 9 g | Carbohydrates 24 g | Fibre 3 g | Sodium 219 mg

Sides



Recipe
and Photo
Courtesy of:



Foodland
ONTARIO

Recipe adapted by authors
for use in Recipe Resource for
Healthy Aging.

Maple Carrots and Parsnips

NUMBER OF SERVINGS: 4

Ingredients

- Ontario Carrots, peeled, sliced 2 cups (500 mL)
- Ontario Parsnips, peeled, sliced 2 cups (500 mL)
- Water 2 Tbsp (30 mL)
- Ontario Maple Syrup ¼ cup (60 mL)
- Butter 2 Tbsp (30 mL)
- Chopped Candied Ginger 2 Tbsp (30 mL)
- Chopped Parsley 2 Tbsp (30 mL)

Directions

1. Combine carrots with parsnips and water.
2. Microwave, covered on high power for 10 minutes*, stirring halfway through; drain.
3. Stir in maple syrup and butter and chopped candied ginger until richly glazed.
4. Sprinkle with chopped parsley.

***Note:** Microwave recipes tested in a 700-watt microwave oven. Power level terminology in microwave ovens varies; check your owner's manual and use whichever word or number gives you the same percentages as in the recipe (High is always 100%). If your oven differs, cooking times may vary.

NUTRITION PER SERVING

Calories 224 | Protein 2 g | Fat 6 g | Carbohydrates 43 g | Fibre 7 g | Sodium 92 mg



Fresh carrots are available from January to May and July to December. Fresh parsnips are available from January to April and August to December.



Maple syrup contains the trace element manganese, which can help slow the development of osteoporosis.



The maple syrup in this dish enhances the sweetness of the vegetables, making it a delicious side when served with roasted pork, chicken or turkey.

Sides



*Recipe
and Photo
Courtesy of
Foodland Ontario.*



Foodland
ONTARIO



*Recipe adapted by authors for use in
Recipe Resource for Healthy Aging.*

Tomato Feta Chicken for One

NUMBER OF SERVINGS: 1

Ingredients

- Parchment paper 1 piece, 15x15" (38x38 cm)
- Olive oil 1 tsp (4 mL)
- Boneless, skinless chicken thighs 0.25 lb (110 g)
- Plum tomato 1
- Feta cheese, crumbled 2 Tbsp (30 mL)
- Black olives, pitted, sliced 2
- Red wine 2 Tbsp (30 mL)
- Basil, fresh, minced 1 Tbsp (15 mL)
- Black pepper ½ tsp (0.5 mL)
- Freshly ground basil leaves Garnish

Directions

1. Preheat oven to 400°F (200°C)
2. Place parchment paper on flat surface and coat top side with olive oil. Place chicken on parchment paper.
3. Dice fresh tomato and spread over chicken.
4. Top with crumbled feta, two sliced olives, sprinkle of red wine, fresh chopped basil and freshly ground black pepper.
5. To seal the package draw the two opposite ends together. Fold to create a 1 inch (2.5 cm) seam. Roll down tightly to create a seal. Seal other ends. Seal package tightly to prevent steam escaping during cooking.
6. Heat a pan over medium-high heat. Place package in pan and heat for 5 minutes until the liquid inside each packet starts to bubble.
7. Transfer the pan to the oven. Bake approximately 20 minutes or until chicken is thoroughly cooked and reaches an internal temperature of 165°F (74°C).
8. Open, remove chicken from paper and transfer to plate. Pour juice over and sprinkle with freshly ground basil leaves.

NUTRITION PER SERVING

Calories 310 | Protein 28g | Fat 16g | Carbohydrates 7g | Fibre 2g | Sodium 400mg



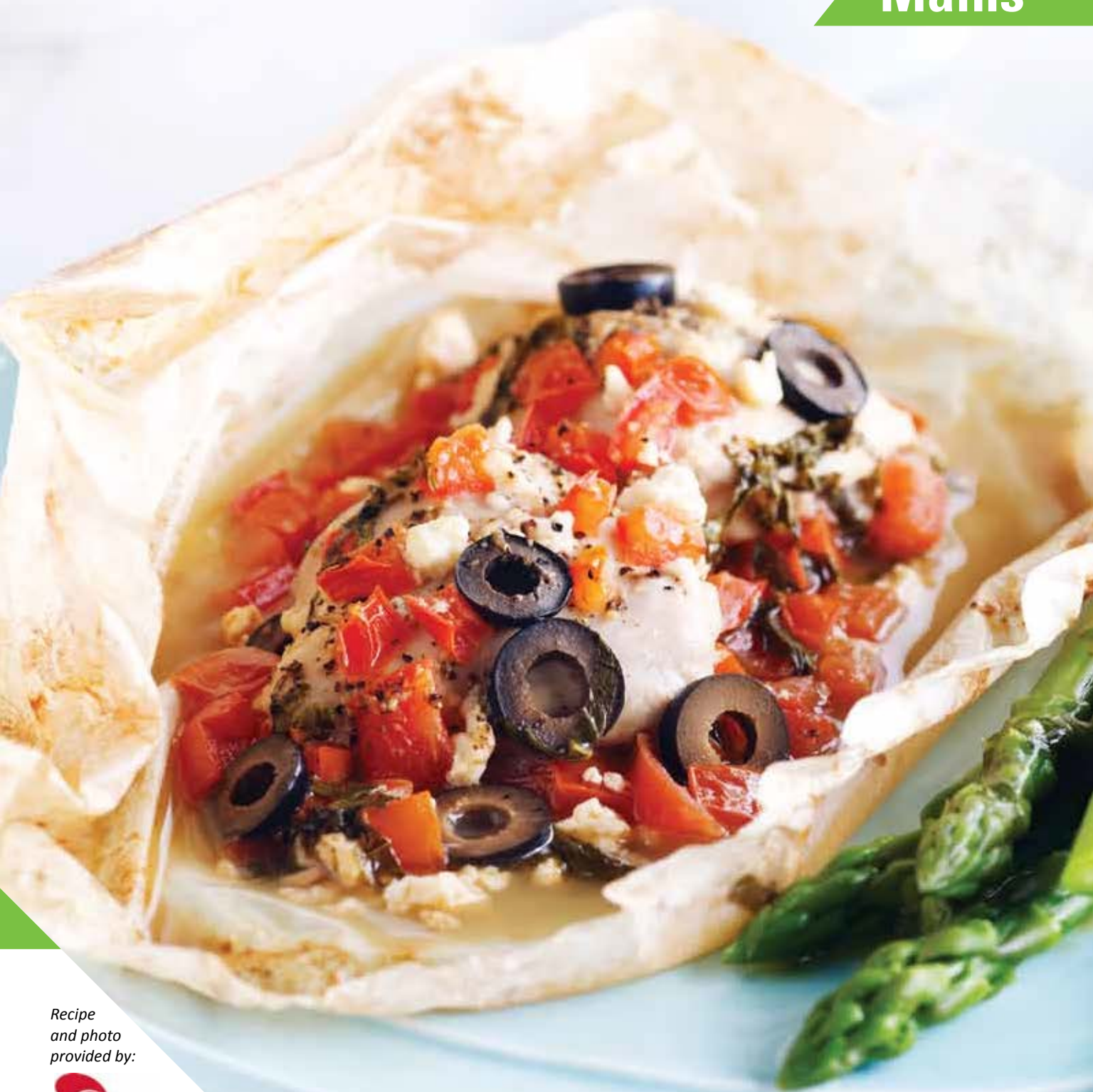
There are more than 1,100 family run chicken farms in Ontario.



Meat, fish and poultry, including chicken, contains the MFP factor, which enhances iron absorption.



"This recipe was easy to prepare. I made this recipe in the morning and did the cooking in the evening." – Don, 85



Recipe
and photo
provided by:



For more recipes go to www.chicken.ca.

Cheesy Beef Skillet

NUMBER OF SERVINGS: 4

Ingredients

- Fresh button Mushrooms 8 oz (250 g)
- Canola oil 1 Tbsp (15 mL)
- Onion, chopped 1
- Lean ground beef 0.5 lb (225 g)
- Mushroom Seasoning Blend 1 package (5 g)
- Salt ½ tsp (2.5 mL)
- Pepper ½ tsp (2.5 mL)
- All-purpose flour 2 Tbsp (30 mL)
- Low-sodium chicken broth 3 cups (750 mL)
- Extra broad egg noodles 6 cups (1.5 L)
- Sharp Cheddar cheese spread ½ cup (125 mL)
- Peas 1 cup (250 mL)
- Finely chopped parsley or chives 2 Tbsp (30 mL)

Directions

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. Heat the oil in a large, nonstick skillet set over medium-high heat. Add the onion and cook for 3 minutes or until softened.
3. Add the mushrooms, ground beef, seasoning blend, salt and pepper. Cook, stirring often for 5 minutes.
4. Sprinkle the flour over the skillet; stir for 1 minute.
5. Pour in the broth and bring to a boil. Stir in the noodles. Cook, covered, for 7 minutes.
6. Stir in the cheese spread and peas. Cook, stirring often, for 5 minutes or until the noodles are tender and the sauce is thickened. Stir in the parsley. Serve immediately.

NUTRITION PER SERVING

Calories 448 | Protein 30g | Fat 16g | Carbohydrates 44g | Fibre 5g | Sodium 668mg



Beef contains heme iron, which is easily absorbed and an important component of a nutrient-dense diet, which is key for the aging adult.



Instead of processing the mushrooms in a food processor, try leaving the mushrooms whole or cut in bite-sized pieces.



Rob is a Beef Farmer from Rockwood, ON. "As an Ontario Beef Farmer, I work to keep my beef cattle healthy in a pasture-based environment."

Mains



*Recipe
and photo
provided by:*



Turkey Sweet Potato Burrito

NUMBER OF SERVINGS: 3

Ingredients

- Sweet potato, peeled and diced 10 oz (300 g)
- Vegetable broth ½ cup (125 mL)
- Lean Ontario turkey, ground 8 oz (227 g)
- Fresh ginger, minced 1 Tbsp (15 mL)
- Garlic, minced 2 cloves
- Thai chili pepper, sliced 1
- Cornstarch 1 tsp (5 mL)
- Soy sauce 2 Tbsp (30 mL)
- Chopped fresh cilantro ¼ cup (60 mL)
- Large whole wheat flour tortillas 3

Directions

1. In a large skillet, bring sweet potato and broth to simmer. Cover and cook for 5 minutes.
2. Uncover and stir in turkey, ginger, garlic and pepper. Cook, stirring gently for 5 minutes or until turkey is no longer pink.
3. Whisk together cornstarch and soy sauce. Stir into skillet along with cilantro and cook for 1 minute. Remove from heat and let cool slightly.
4. Divide mixture among centre of tortillas, fold over sides and roll up.
5. **Optional:** Place on greased grill over medium high heat and grill for about 4 minutes, turning once or until browned and crispy.



Ontario Turkey is produced year-round, at approximately 63,000,000 kilograms a year.



Turkey is a great source of protein. Many older adults don't consume the recommended daily amount of protein, so it's important to include high protein foods at each meal.

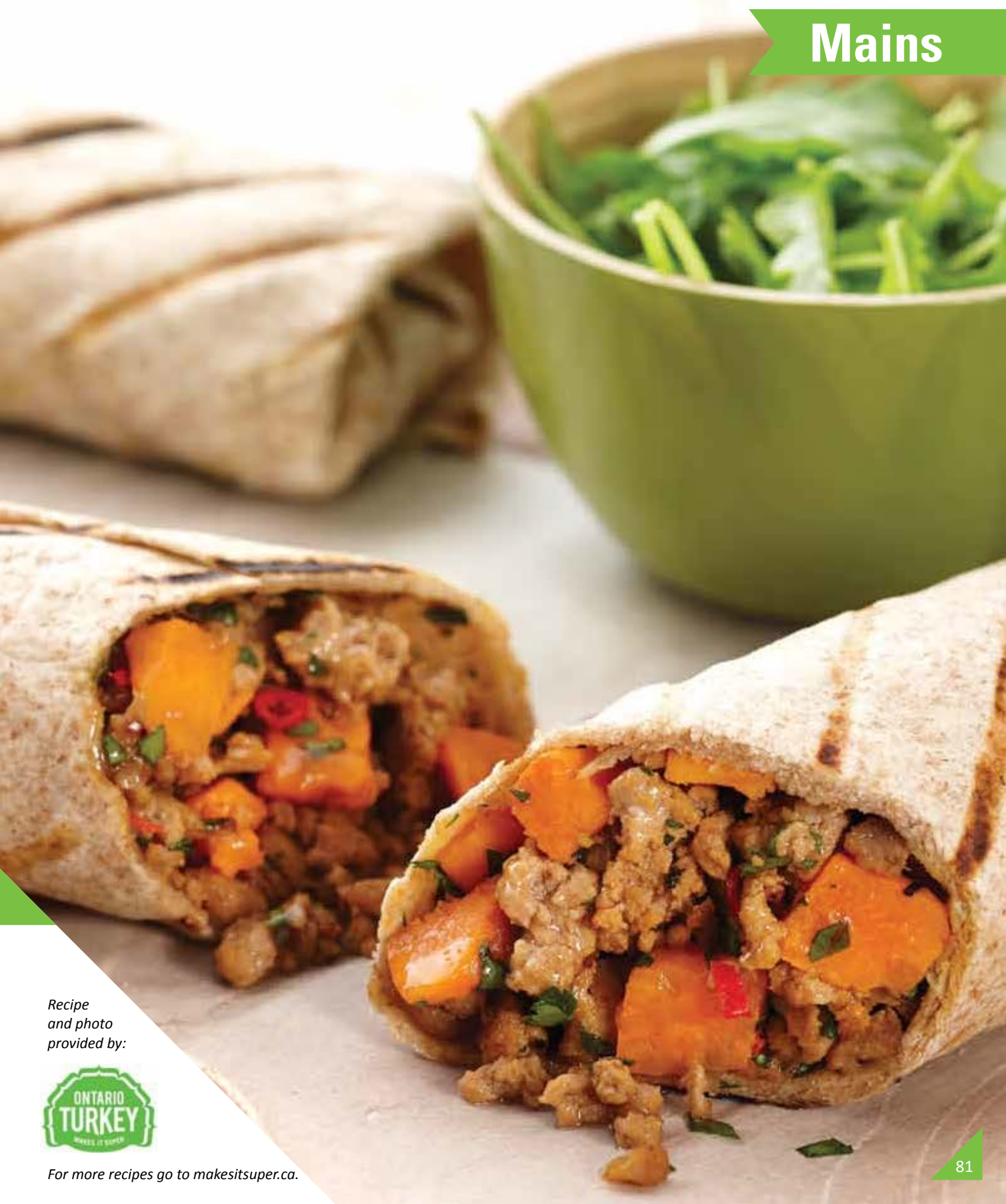


Need dinner on the go? Simply wrap the burritos before grilling and keep in the refrigerator ready to pop into a microwave when you need them.

NUTRITION PER SERVING

Calories 385 | Protein 27g | Fat 11g | Carbohydrates 43g | Fibre 4g | Sodium 476mg

Mains



Recipe
and photo
provided by:



For more recipes go to makesitsuper.ca.

Healthy Farmers Casserole

NUMBER OF SERVINGS: 8

Ingredients

- Nonstick oil spray ½ tsp (2.5 mL)
- Eggs 2
- Egg whites 3
- Low fat sour cream ½ cup (125 mL)
- Black pepper 1 tsp (5 mL)
- Basil 1 tsp (5 mL)
- Red pepper flakes 1 tsp (5 mL)
- Small onion, diced 1
- Mushrooms, diced ½ cup (125 mL)
- Grape tomatoes, cut in half ½ cup (125 mL)
- Zucchini, grated 1
- Red potato, grated 1 cup (250 mL)
- Parmesan cheese ¼ cup (60 mL)
- Cooked Ontario peameal bacon or ham, diced 0.5 lb (225 g)

Directions

1. Preheat oven to 400°F (200°C).
2. Spray a 9x11" pan with nonstick cooking spray.
3. In a large bowl, whip together eggs, egg whites, sour cream, black pepper, basil and red pepper flakes until well combined.
4. In a nonstick frying pan, sauté the onions for 1 minute, or until translucent and soft. Add mushrooms and sauté for another minute.
5. Once done, stir the onion and mushroom mixture into the egg mixture. Stir in grape tomatoes, zucchini, potato and parmesan cheese. Add the bacon or ham last.
6. Place mixture in the pan and bake for 30 minutes, or until the centre is set and a fork inserted in the middle comes out clean.

NUTRITION PER SERVING

Calories 214 | Protein 23g | Fat 10g | Carbohydrates 7.9g | Fibre 1g | Sodium 516mg



Enhanced animal nutrition and genetics make Ontario pork among the best in the world.



Pork is a source of iron, which helps carry oxygen in the blood. Iron from animal sources is more easily absorbed than iron from plant sources.



To avoid wasting the leftover egg yolks, try purchasing egg whites in a carton.

Mains



Recipe
and photo
provided by:



Amazing Orange Chicken

NUMBER OF SERVINGS: 4

Ingredients

- Boneless, skinless chicken breasts 4
- Vegetable shortening or butter 2 Tbsp (30 mL)
- All-purpose flour ¼ cup (60 mL)
- Condensed cream of chicken soup 1 can
- Seasoned salt ½ tsp (2.5 mL)
- Pepper ¼ tsp (1.25 mL)
- Salt ¼ tsp (1.25 mL)
- Chicken broth ½ cup (125 mL)
- Brown sugar 2 tsp (10 mL)
- Frozen orange juice concentrate, thawed ⅓ cup (75 mL)

Directions

1. Heat the shortening or butter in a skillet over medium-high heat.
2. In a bowl, mix the flour, condensed soup, seasoned salt, pepper, and salt.
3. Dip chicken in the mixture to coat, and fry in a heated skillet until golden brown.
4. Place chicken in a slow cooker.
5. Mix the chicken broth, brown sugar, and orange juice concentrate in a bowl, and pour over the chicken in the slow cooker.
6. Cover, and cook 2 to 3 hours on low or 1 to 2 hours on High.

NUTRITION PER SERVING

Calories 480 | Protein 64g | Fat 12g | Carbohydrates 26g | Fibre 1g | Sodium 940mg



Chicken contains vitamin B12, a nutrient that can help to maintain brain health.



Try enjoying the leftover chicken on a salad or in a wrap the next day.



Paul is a chicken farmer from Tiny Township, ON. "I was born and raised on my family farm. As a steward of the land and water, I take pride in growing a high quality, healthy product."

Mains



Recipe
provided by:



For more recipes go to www.chicken.ca.

Teriyaki Soy Rice Bowl

NUMBER OF SERVINGS: 4

Ingredients

- Soybean oil 1 Tbsp (15 mL)
- Firm tofu, drained, cut into ½-inch cubes 1 package, water-packed 14 oz (400 g)
- Bottled teriyaki sauce, reduced sodium ½ cup (125 mL)
- Water ½ cup (125 mL)
- Carrots, shredded 1½ cups (375 mL)
- Frozen edamame (shelled), thawed 1 cup (250 mL)
- Broccoli florets, cut into ½-inch pieces 1 cup (250 mL)
- Red bell pepper, cut into ½-inch pieces 1 cup (250 mL)
- Cooked brown or white rice 2 cups (500 mL)

Directions

1. Heat oil in large frying pan over medium heat.
2. Add tofu, stirring occasionally, for 5 minutes or until lightly browned.
3. Stir in teriyaki sauce, water, carrots, edamame, broccoli and red bell pepper.
4. Bring to boil and cook, stirring constantly, for 3 minutes or until vegetables are tender and sauce has thickened slightly.
5. Serve over brown or white rice.

NUTRITION PER SERVING

Calories 460 | Protein 64g | Fat 13g | Carbohydrates 9g | Fibre 13g | Sodium 700mg



Soybeans occupy the largest area among all field crops in Ontario.



Health Canada recognizes that soy protein can help reduce cholesterol and has an approved food health claim.

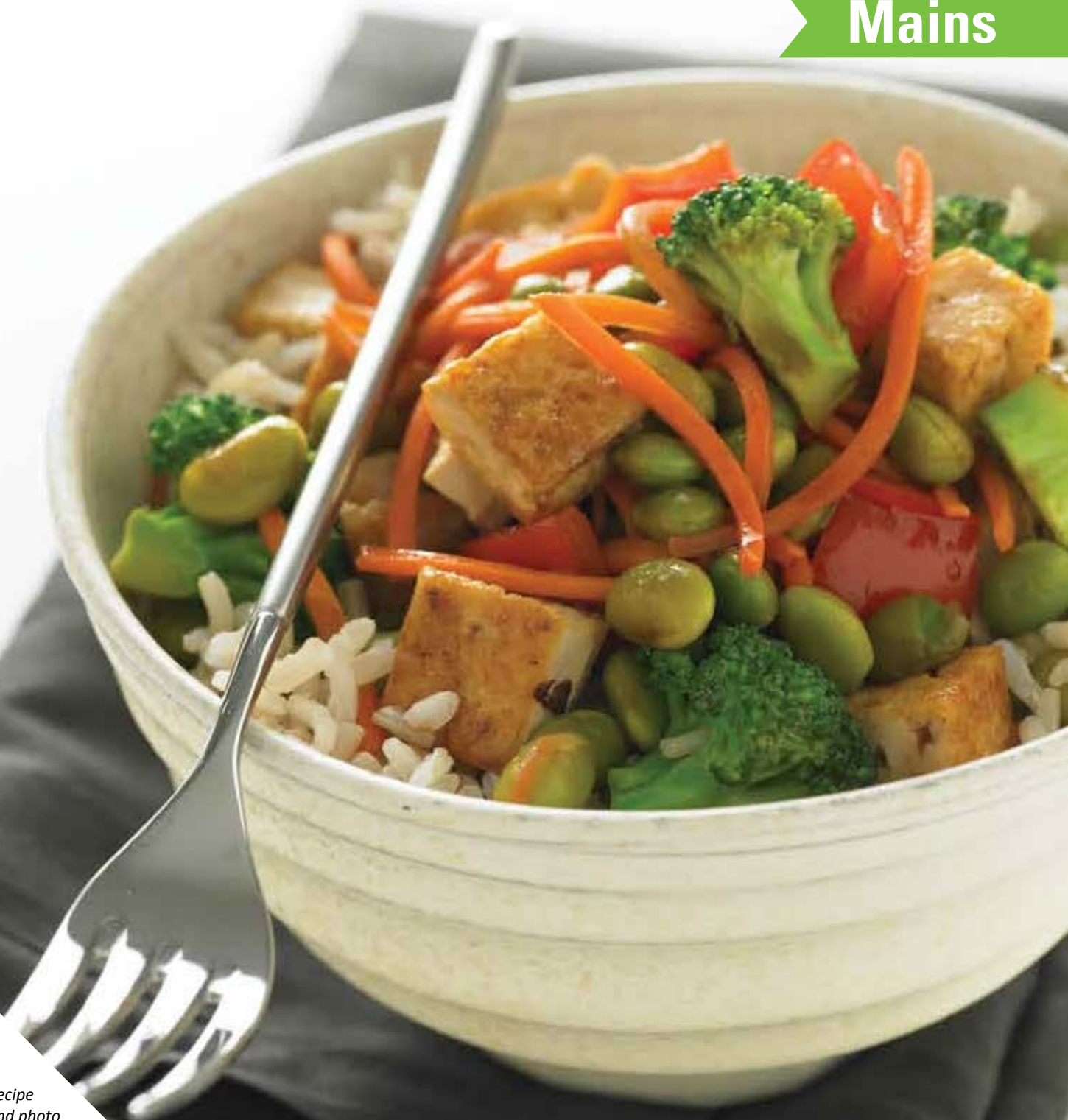


If you find shredding carrots difficult, you can purchase them already shredded, or try slicing them in thin slices instead.



"This recipe is tasty with a nice ratio of tofu, veggies, and rice. I suggest using a dark teriyaki sauce to ensure enough flavour to enhance the tofu." Debbie, 72

Mains



Recipe
and photo
provided by:



soy20/20
building the business of soy

Veal Shepherd's Pie

NUMBER OF SERVINGS: 6

Ingredients

- Potatoes, peeled and quartered 3 lbs (1.5 kg)
- Milk 1 cup (250 mL)
- Butter 2 Tbsp (30 mL)
- Chopped fresh parsley ¼ cup (60 mL)
- Chopped fresh chives (optional) 2 Tbsp (30 mL)
- Ground veal 1½ lbs (700 g)
- Garlic, minced 2 cloves
- Onion, chopped 1
- Dried thyme ½ tsp (2.5 mL)
- Black pepper ½ tsp (2.5 mL)
- All-purpose flour 2 Tbsp (30 mL)
- Chicken stock 2 cups (500 mL)
- Ketchup ¼ cup (60 mL)
- Dijon mustard 1 Tbsp (15 mL)
- Frozen mixed vegetables 2 cups (500 mL)

Directions

1. In a pot of cold, salted water, bring potatoes to boil; reduce heat and simmer, covered, for about 20 minutes or until very tender. Drain well.
2. Mash cooked potatoes while adding milk; stir in butter, parsley and chives (if using).
3. Season to taste with salt and pepper; set aside.
4. Meanwhile, in shallow saucepan, brown veal over high heat.
5. Reduce heat to medium; add garlic, onion, thyme and pepper. Cook, stirring for about 5 minutes or until onion is softened.
6. Sprinkle veal mixture with flour; cook, stirring for 1 minute.
7. Pour in stock, ketchup and mustard; bring to boil then reduce heat and simmer, stirring often, for about 5 minutes or until thickened.
8. Stir in vegetables; season to taste with salt. Spread veal mixture into lightly greased 11 x 7-inch (2.5L) glass baking dish or casserole; let cool slightly.
9. Pipe or spread potatoes on top of veal.
10. Bake in 400°F (200°C) oven for about 20 minutes or until bubbling hot and potatoes are golden.
11. Broil for 2 minutes to brown the top, if desired.

NUTRITION PER SERVING

Calories 496 | Protein 31g | Fat 12g | Carbohydrates 66g | Fibre 6g | Sodium 383mg



Milk-fed veal produces meat that is light pink, has a soft texture, and mild flavour. Milk-fed veal is brought to market after reaching 450-500 lbs. Grain-fed veal is fed milk for 6-8 weeks and then grain fed until 650-700 lbs. Grain-fed veal tastes like mild beef.



Veal is a great source of protein and is low in saturated fat, making it a heart healthy option. Diets high in saturated fat have been associated with heart disease.



Make this casserole a day ahead and bake it just before serving.

Recipe
provided by:



Mains



Goat Cheese & Red Pepper Turkey Frittata

NUMBER OF SERVINGS: 6-8

Ingredients

- Olive oil 1 Tbsp (15 mL)
- Italian seasoning 2 tsp (10 mL)
- Fresh mushrooms, sliced 1 cup (250 mL)
- Red onions, sliced 1 cup 250 (mL)
- Parsley, chopped ¼ cup 60 (mL)
- Eggs, beaten 12
- Water ¼ cup (60 mL)
- Salt and pepper to taste
- Mozzarella cheese, shredded ½ cup (125 mL)
- Goat cheese, crumbled 1 cup (250 mL)
- Roasted red peppers*, sliced 1 cup (250 mL)
- Cooked Ontario turkey, diced 2 cups (500 mL)

Directions

1. Pre-heat oven to 375°F (190°C).
2. Lightly oil a 13" X 9" baking dish.
3. In a large skillet on medium, heat oil and sauté Italian seasoning for 1 minute to release the flavour.
4. Add mushrooms and onions and sauté until golden. Remove from heat and stir in parsley. Set aside.
5. In a large bowl, beat eggs, water, salt and pepper until foamy. Stir in mushroom and onion mixture, cheeses, red peppers, and turkey.
6. Pour mixture into prepared pan and bake in the centre of the oven for 30-40 minutes or until a knife inserted in the centre comes out clean.

*Use prepared roasted peppers from a jar for added convenience.

NUTRITION PER SERVING

Calories 409 | Protein 30g | Fat 29g | Carbohydrates 6g | Fibre 2g | Sodium 993mg



There are approximately 230 dairy goat farms in Ontario with small herds of 200 goats or less and large herds of up to 1,000 goats.



Canada's Food Guide recommends that individuals over 51 years old consume 3 servings of milk and alternatives per day that are low in fat. Goat cheese is a delicious alternative to cheese from cow's milk and it's a source of calcium.



This Turkey Frittata makes an excellent protein rich breakfast or serve for dinner with a salad of leafy greens.

Mains



Recipe
provided by:



Easiest Ever Pork Tenderloin

NUMBER OF SERVINGS: 6

Ingredients

- Ontario pork tenderloins 2, $\frac{3}{4}$ lb (350 g) each
- Your favourite oil-based ready-to-use salad dressing (Italian, Greek, etc.) $\frac{2}{3}$ cup (150 mL)

Directions

1. Place pork tenderloins in a zip-top plastic bag and add salad dressing. Seal bag and massage marinade into pork. Place in refrigerator for at least 1 hour (up to overnight).
2. When ready to cook, preheat oven to 400°F (200°C).
3. Line a shallow baking dish with foil.
4. Remove tenderloins from bag (discard remaining dressing) and place in baking dish.
5. Roast for about 20-25 minutes, or until internal temperature reaches 155°-160°F (68°-71°C) with a meat thermometer.
6. Serve with rice and your favourite vegetable, or slice and serve on salad greens topped with additional dressing if desired.



Ontario produces approximately 4.9 million hogs each year.



Pork is a source of zinc which is an essential mineral that supports our immune system and helps our body use carbohydrates, protein and fat for energy. Zinc is an important mineral for older adults as they tend not to consume the recommended daily amount.



For a different flavour, try slicing up the tenderloin and cooking in a pan on the stove or on the grill. Slice and freeze leftover pork in individual portions for another day.

NUTRITION PER SERVING

Calories 141 | Protein 25g | Fat 2g | Carbohydrates 3g | Fibre 0g | Sodium 440mg

Mains



Recipe
and photo
provided by:



Egg Salad Variation

NUMBER OF SERVINGS: 2 to 3 sandwiches

Ingredients

- Eggs 4
- Plain nonfat yogurt 2 Tbsp (30 mL)
- Light mayonnaise 2 Tbsp (30 mL)
- Dijon mustard 1 tsp (5 mL)
- Salt ¼ tsp (1.25 mL)
- Pepper ¼ tsp (1.25 mL)
- Celery, diced ¼ cup (60 mL)
- Green onion, chopped (optional) 1

Directions

1. Place eggs in saucepan and fill with cold water to cover. Bring water to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.
2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.
3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth.
4. Add celery and green onion (if using) and stir to combine.
5. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Variations

1. **Salmon Dill:** Omit green onion. Add ¼ cup (60 mL) smoked salmon, finely chopped, 1 Tbsp (15 mL) fresh dill, chopped, and 2 tsp (10 mL) capers, chopped.
2. **Pickle Bacon:** Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 mL) horseradish (or more if desired).
3. **Chili Avocado:** Omit celery and green onion. Add half of an avocado, diced, 1 Tbsp (15 mL) red onion, minced, and ½ tsp (2 mL) chili powder.

NUTRITION PER SERVING

Calories 151 | Protein 9g | Fat 11g | Carbohydrates 3g | Fibre 0g | Sodium 600mg



The average chicken lays 320 eggs a year. All of these eggs are washed, graded by weight, and sent to the grocery store within 3-7 days.



Eggs are packed with nutrients and although they also contain cholesterol, they are still part of a healthy diet.



Rethink your traditional egg salad sandwich and use these recipes as dips with crackers or sliced pita bread.

Mains



Recipe
and photo
provided by:

Fish and Corn Salsa Tacos

NUMBER OF SERVINGS: 8

Ingredients

- Cooked Ontario Sweet Corn Kernels 1 ½ cups (375 mL)
- Ontario Garlic, minced 2 cloves
- Ontario Tomato, chopped 1
- Fresh lime juice 2 Tbsp (30 mL)
- Ground cumin ¾ tsp (3.75 mL)
- Salt ¼ tsp (1.25 mL)
- Ontario rainbow trout fillet(s) 1 lb (450 g)
- Vegetable oil 1 tsp (5 mL)
- Chili powder 1 tsp (5 mL)
- Small whole wheat or corn tortillas, warmed 8
- Ontario lettuce, shredded 2 cups (500 mL)
- Ontario Monterey Jack or cheddar cheese, shredded ¾ cup (150 mL)

Directions

1. In medium bowl, combine corn, 1 clove of the garlic, tomato, 1 Tbsp (15 mL) of the lime juice, ¼ tsp (1.25 mL) of the cumin and salt; set aside.
2. Place fillet(s), skin side down, on foil that has been poked with fork in several places.
3. In small bowl, combine oil, chili powder, and remaining garlic, lime juice and cumin; brush over fillet(s).
4. Place foil on grill over medium-high heat; close cover and grill for 5 minutes or until fish is opaque and flakes easily when tested with fork.
5. Remove fillet(s) by sliding large spatula between skin and flesh, and carefully lift trout, leaving skin on foil. Divide into 8 portions.
6. Top tortillas with lettuce and trout; sprinkle with cheese and spoon corn salsa on top.

NUTRITION PER SERVING

Calories 275 | Protein 19g | Fat 11g | Carbohydrates 24g | Fibre 3g | Sodium 357mg



Ontario produces the largest amount of rainbow trout in Canada.



Fatty fish, including trout, contain the most omega-3 fatty acids. Research suggests that omega-3 fatty acids may help with the management of rheumatoid arthritis.



No access to a grill? Wrap fillets in foil and bake in the oven at 375 F for 15-20 minutes. Eat leftover corn salsa with a pita or tortilla for dipping.

Mains



Recipe
and Photo
Courtesy of:



Foodland
ONTARIO

Recipe adapted by authors
for use in Recipe Resource for
Healthy Aging.

Turkey Quinoa Stuffed Peppers

NUMBER OF SERVINGS: 4

Ingredients

- Turkey or chicken broth 1 cup (250 mL)
- Quinoa ½ cup (125 mL)
- Vegetable oil 2 tsp (10 mL)
- Lean ground Ontario turkey 1 lb (450 g)
- Onion, minced 1
- Cloves garlic, minced 2
- Salt ½ tsp (2.5 mL)
- Red chili flakes ½ tsp (2.5 mL)
- Chopped cremini mushrooms 2 cups (500 mL)
- Chopped spinach 4 cups (1 L)
- Crumbled goat cheese ¼ cup (60 mL)
- Large red bell peppers, tops cut off and ribs removed 4

Directions

1. In saucepan, bring stock to boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.
2. Meanwhile, in large non-stick skillet heat oil over medium-high heat, brown turkey, breaking into small pieces with the back of a spoon. Transfer to plate.
3. In the same skillet, cook onion until tender and golden, about 7 minutes.
4. Stir in garlic, salt and chili flakes and cook 1 minute.
5. Stir in mushrooms and cook until golden and no liquid remains.
6. Remove from heat and stir in spinach, quinoa, and reserved turkey. Sprinkle with goat cheese. This mixture can be made up to 2 days in advance.
7. Spoon mixture into hollowed peppers and bake in a 375°F (190°C) oven until peppers are tender crisp and filling is hot, about 20 minutes.

NUTRITION PER SERVING

Calories 330 | Protein 37g | Fat 7g | Carbohydrates 32g | Fibre 7g | Sodium 460mg



Turkey is a lean meat which means it is low in saturated fat. The risk of heart disease increases with age, so it's important to choose foods lower in saturated fat to help reduce the risk.



Freeze the filled peppers and bake another day for a quick meal.



"Get all your ingredients ready before starting. It tasted good and it's very healthy ingredients wise."- Suzanne, 69

Mains



Recipe
and photo
provided by:



For more recipes go to makesitsuper.ca.

Maple Peach Crumble

NUMBER OF SERVINGS: 6

Ingredients

Filling

- Ontario peaches, ripe, peeled and sliced
6 cups (1.5 L)
- Brown sugar 3 Tbsp (45 mL)
- Maple syrup 3 Tbsp (45 mL)
- Lemon juice 2 Tbsp (30 mL)
- Cornstarch 2 Tbsp (30 mL)
- Butter, unsalted, melted 2 Tbsp (30 mL)
- Cinnamon, ground 1 tsp (5 mL)
- Vanilla extract 1 tsp (5 mL)
- Nutmeg, ground Pinch

Topping

- Large flake oats $\frac{3}{4}$ cup (175 mL)
- Brown sugar $\frac{1}{3}$ cup (75 mL)
- Almonds, slivered $\frac{1}{3}$ cup (75 mL)
- All-purpose flour $\frac{1}{4}$ cup (60 mL)
- Butter, cold, unsalted, cut into cubes $\frac{1}{4}$ cup (60 mL)
- Maple syrup 1 Tbsp (15 mL)

Directions

1. Preheat oven to 350°F (180°C).
2. Make filling by tossing peach slices with brown sugar, maple syrup, lemon juice, cornstarch, butter, cinnamon, vanilla extract and nutmeg.
3. Spread into a 9-inch (2 L) square baking dish.
4. Make topping by stirring oats with brown sugar, almonds and flour.
5. Cut butter into the topping mixture with your fingertips until crumbly.
6. Toss maple syrup into the topping mixture.
7. Sprinkle topping mixture evenly over the peach mixture.
8. Bake for 60 to 70 minutes or until topping is golden brown and filling is bubbling.
Cool slightly before serving.

NUTRITION PER SERVING

Calories 319 | Protein 4g | Fat 12g | Carbohydrates 59g | Fibre 4g | Sodium 10mg



Fresh Ontario peaches are available in July, August and September.



The skin of fruits and vegetables are high in fibre. Save the peach skins and add them to a smoothie to increase the fibre content and help maintain bowel regularity.



To easily peel peaches, score the bottom with an "X" and blanch in boiling water for 30 to 60 seconds or until skins start to loosen. With slotted spoon, transfer to a bowl of ice water and slip off skins.

*Recipe
and photo
provided by:*



**Ontario
Tender Fruit
Growers**

Desserts



Berry Parfait

NUMBER OF SERVINGS: 6

Ingredients

- Ontario blueberries $\frac{1}{3}$ cup (75 mL)
- Ontario strawberries $\frac{1}{3}$ cup (75 mL)
- Whipped topping, frozen and thawed 8 oz (250 mL)
- Ontario raspberries $\frac{1}{2}$ cup (125 mL)
- Quick cooking oats
- Vanilla frozen yogurt 1 pint (473 mL)

Directions

1. Combine blueberries, strawberries and whipped topping in a blender and blend until smooth.
2. Transfer to a mixing bowl and fold in raspberries.
3. Layer the berry mixture with the frozen yogurt and oats in 6 dessert glasses, finishing with a berry layer. Serve at once.



Raspberries are most widely available in their ruby red colour. Golden, black and purple raspberries are also grown in Ontario.



Raspberries contain flavonoids. Flavonoids have been studied for their potential ability to help slow age-related cognitive decline.



You can also use frozen Ontario berries to enjoy this treat all year long.

NUTRITION PER SERVING

Calories 194 | Protein 7g | Fat 5g | Carbohydrates 30g | Fibre 2g | Sodium 47mg

Desserts



Recipe
and photo
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Rocky Road Brownie Pudding Cups

NUMBER OF SERVINGS: 6-8

Ingredients

- Milk 2 ½ cups (625 mL)
- Sugar ⅓ cup (75 mL)
- Cocoa powder ⅓ cup (75 mL)
- Cornstarch 3 Tbsp (45 mL)
- Eggs 2
- Chocolate chips, semisweet 1 ¼ cups (310 mL)
- Pecans or walnuts, toasted ½ cup (125 mL)
- Miniature marshmallows (optional) ½ cup (125 mL)

Directions

1. In a saucepan, heat 2 cups (500 mL) of the milk with the sugar over medium heat until steaming.
2. Meanwhile, in a large bowl, whisk cocoa powder with cornstarch; whisk in remaining milk (1/2 cup / 125 mL) and the eggs until smooth.
3. In thin steady stream, gradually whisk about half of the hot milk mixture into cocoa mixture.
4. Gradually whisk back into saucepan and cook over medium-low heat, whisking gently, for about 5 min or until just thickened to pudding consistency. Remove from heat.
5. Stir in 1 cup (250 mL) of the chocolate chips until melted. Pour into six or eight dessert cups or bowls or one large bowl. Sprinkle with nuts, marshmallows (if using) and remaining chocolate chips.
6. Serve warm or refrigerate until chilled and set, about 1 hour. Cover and refrigerate for up to 2 days.

NUTRITION PER SERVING

Calories 278 | Protein 6g | Fat 16g | Carbohydrates 34g | Fibre 3g | Sodium 57mg



The average Ontario dairy farm has 60 cows, with a total of approximately 322,000 dairy cows in Ontario.



Semisweet chocolate chips are important in this recipe for the pudding to thicken properly. For a change of taste, try adding 1 Tbsp (15 mL) of instant coffee and 1 Tbsp (15 mL) brandy or rum with the chocolate chips.



Bonnie is a dairy farmer from Loretto, ON. "We have an on-farm dairy where we process the milk from our 55 cow herd into products such as milk, yogurt, labneh (Cream Cheese) and Kefir. This is an evolving industry and an exciting future lies ahead with great opportunity for innovation."

Desserts



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For more recipes go to
dairygoodness.ca.

Blueberry Ice Cream Pie

NUMBER OF SERVINGS: 8

Ingredients

- Ontario blueberries 2 pints (1000 mL)
- Sugar 1 cup (250 mL)
- Water 2 cups (500 mL)
- Cornstarch ¼ cup (60 mL)
- Ready 9" pie crust 1
- Vanilla ice cream 1 quart (1000 mL)
- Orange juice 2 Tbsp (30 mL)

Directions

1. In a large saucepan, combine blueberries and sugar.
2. Mix water and cornstarch together and stir into blueberry mixture.
3. Cook at a simmer until sauce is thickened.
4. Reserve ½ cup of the mixture for decorating the top. Cool.
5. Spoon blueberry mixture into pie crust.
6. Spoon ice cream over blueberries.
7. Beat orange juice into reserved blueberry mixture. Drizzle over ice cream.
8. Freeze. Remove pie 15 minutes before serving to thaw enough to cut. Cut into wedges to serve.

NUTRITION PER SERVING

Calories 368 | Protein 5g | Fat 9g | Carbohydrates 69g | Fibre 2g | Sodium 165mg



Blueberries are one of the very few “true blue” foods and they get their bright blue colour from anthocyanins, a naturally occurring plant compound.



Blueberries contain anthocyanins, a type of antioxidant. Antioxidants help protect cells from damage that naturally occurs with age.



Brian is a high-bush Blueberry farmer in Pembroke, Ontario. Brian enjoys farming blueberries because they have lots of health benefits, they are versatile, and they can be incorporated into many delicious recipes including the blueberry gourmet foods that his farm produces.

Desserts



*Recipe
and photo
provided by:*



Maple Syrup Cake

NUMBER OF SERVINGS: 8

Ingredients

Cake

- Butter ½ cup (250 mL)
- Brown sugar ¼ cup (50 mL)
- Ontario eggs 2
- Flour, all-purpose 2 cups (500 mL)
- Baking powder 3 tsp (15 mL)
- Salt ½ tsp (2 mL)
- Cinnamon ¼ tsp (1 mL)
- Ontario Maple Syrup ¾ cup (175 mL)
- Milk ¼ cup (50 mL)

Icing

- Ontario Maple Syrup ¼ cup (50 mL)
- Butter 2 Tbsp (25 mL)
- Icing Sugar 1 cup (250 mL)
- Ginger ⅛ tsp (0.5 mL)

Directions

1. Cream the butter and brown sugar. Add the eggs, one at a time and beat well. Add maple syrup and milk, and beat well.
2. In a separate bowl, combine the flour, baking powder, salt and cinnamon.
3. Slowly add the dry ingredients to the creamed mixture. Beat well after each addition.
4. Pour batter into greased and floured 9-inch (23 cm) square pan.
5. Bake at 350°F (180°C) for 35 minutes, or until toothpick inserted in centre of cake comes out clean. Let cake cool.
6. To make icing, combine maple syrup and butter in small saucepan over medium heat to melt butter.
7. Beat in icing sugar and ginger.
8. Cool completely, stirring occasionally, until icing is thick and spreadable. Spread over cooled cake.

NUTRITION PER SERVING

Calories 454 | Protein 5g | Fat 16g | Carbohydrates 75g | Fibre 1g | Sodium 345mg



Maple syrup is made from the sap of primarily sugar, red, and black maple trees in late winter and early spring. The sap is collected and boiled down into syrup. It takes approximately 40 litres of maple sap to make 1 litre of maple syrup.



Maple syrup contains many antioxidants. Antioxidants, which are found in many different foods, have been studied for their role in reducing risk of age-related diseases such as cardiovascular disease, certain types of cancer and Alzheimer's disease.



Try making this maple cake into cupcakes by distributing the batter evenly in a 12-muffin tin and baking for 15-20 minutes or until an inserted toothpick comes out clean.



*Recipe
and Photo
Courtesy of
Foodland Ontario.*



*Recipe adapted by authors for use in
Recipe Resource for Healthy Aging.*

Cranberry Pecan Bars

NUMBER OF SERVINGS: 6

Ingredients

- Margarine or butter ¼ cup (60 mL)
- Flour, all-purpose 1 cup (250 mL)
- Brown sugar ½ cup (125 mL)
- Orange peel, finely grated 1 tsp (5 mL)
- Orange juice ½ cup (125 mL)
- Egg 1
- Baking powder ½ tsp (2.5 mL)
- Baking soda ¼ tsp (1.25 mL)
- Pecans, chopped ½ cup (125 mL)
- Ontario cranberries, chopped ½ cup (125 mL)
- Powdered sugar

Directions

1. In a mixing bowl beat margarine or butter with electric mixer on medium speed for 30 seconds.
2. Add about ½ of the flour, the brown sugar, orange peel, half the orange juice, the egg, baking powder, and baking soda. Beat until thoroughly combined. Beat in remaining flour and orange juice.
3. Stir in pecans and cranberries. Spread into an ungreased, 11 x 7 x 1.5 baking pan.
4. Bake at 350 degrees for about 25 minutes or until a toothpick inserted near the center comes out clean.
5. Cool in the pan on a wire rack. Sift powdered sugar over the top. Cut into bars.

NUTRITION PER SERVING

Calories 306 | Protein 4g | Fat 15g | Carbohydrates 42g | Fibre 2g | Sodium 194mg



There are 5 different varieties of cranberries grown in Ontario.



Cranberries and cranberry juice may help prevent urinary tract infections by preventing bacteria from adhering to the urinary tract.



Wendy is a cranberry grower from Bala, Ontario. "I love the tart taste, versatility and health benefits that cranberries provide. Cranberries are a true Ontario crop with long-held ties to Thanksgiving celebrations."

Desserts



Recipe
provided by:



Additional Resources





Additional Resources

Where can I learn more about nutrition and healthy aging?

There are many resources available to promote healthy aging by helping you eat well. The following highlights a few examples:

Agri-food for Healthy Aging

Agri-food for Healthy Aging (A-HA) is a research and knowledge translation group that aims to improve the health and well-being of older adults through the innovative use of food. A-HA is a program of the Schlegel-UW Research Institute for Aging (RIA). To learn more about A-HA visit:

www.aha.the-ria.ca

Eating Well with Canada's Food Guide

Eating Well with Canada's Food Guide provides information about how much food you need to eat based on your age and how to choose foods that are better for you. You can access Eating Well with Canada's Food Guide online at:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

EatRight Ontario

EatRight Ontario is a free telephone service that allows Ontario residents to speak with a Registered Dietitian at no charge. Any questions about food and nutrition can be answered by qualified Registered Dietitians. EatRight Ontario also provides a number of resources related to seniors' nutritional health on their website.

1-877-510-5102

www.eatrightontario.ca

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***Please note:** References for the content provided on each recipe can be accessed on the Agri-food for Healthy Aging website (www.aha.the-ria.ca).*

Simple Steps to Freeze Food Right

EatRight Ontario provides an online resource explaining how to package and freeze Ontario-grown foods for use throughout the year.

www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/Simple-Steps-to-Freeze-Food-Right.aspx

A Guide to Healthy Eating for Older Adults

A Guide to Healthy Eating for Older Adults is an online resource that contains tips on maintaining health throughout the aging process. It was developed by A-HA Research Scientist Dr. Heather Keller in collaboration with Dietitians of Canada and EatRight Ontario. The topics included in this resource include how to maintain a healthy body weight, appetite, calcium, protein, swallowing and chewing, eating alone, hydration, eating on a budget and grocery shopping tips. Find this document online at:

www.eatrightontario.ca/en/Articles/Seniors-nutrition/A-Guide-to-Healthy-Eating-for-Older-Adults#.VNzLIC7lx5k

Nutri-eSCREEN

Nutri-eSCREEN is a 10-minute online screening tool used to help older adults find out how their eating habits are affecting their health. It was developed by A-HA Research Scientist Dr. Heather Keller in collaboration with Dietitians of Canada and EatRight Ontario. After completing the questionnaire, you receive individualized results highlighting what you're doing well, areas for improvement and the steps you can take to improve health. You can complete this 14-question survey online at:

www.nutritionscreen.ca/escreen

Foodland Ontario Availability Guide

Foodland Ontario provides an online Availability Guide to let you know when Ontario-grown foods are in season.

www.ontario.ca/foodland/page/availability-guide



Agri-food for Healthy Aging

Schlegel-UW Research Institute for Aging
250 Laurelwood Drive
Waterloo, Ontario N2J 0E2

Email us: aha@the-ria.ca

Find us on the web: www.aha.the-ria.ca

Follow us on Twitter: [@foodhealthaging](https://twitter.com/foodhealthaging)

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