



# Meals for One

## Nutrition for Older Adults



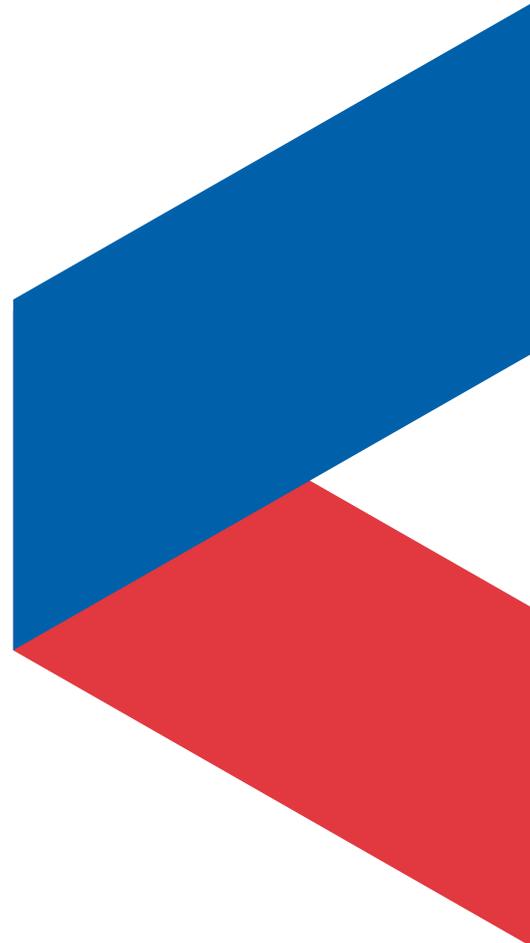
# Introduction

As with everything else, nutritional needs vary as you begin to age. What was once an appropriate diet when you were a teenager or in your 20s, may no longer be appropriate or adequate when you are in your 60s, 70s, or beyond. Eating a balanced diet full of nutrients, especially as you age, is crucial in preventing deficiencies that may lead to decreased quality of life and poor health outcomes. Health issues such as muscle loss, thinner skin, and less stomach acid to aid in digestion are more likely to occur as you age. These problems can be less burdensome or pose less of a health risk if an appropriate diet is maintained.

Although eating healthy across the lifespan is important, older adults may find it more difficult for numerous reasons – money, decreased appetite, and not knowing how to cook for one, are just some. More than 2.1 million people over the age of 65 depend on Supplemental Security Income (SSI) for 90% or more of their income, equaling only about \$435 a month.<sup>1</sup> While living on a fixed income, prioritizing nutritional needs is not ranked highly, especially with the rising cost of

food. Recipes often call for multiple, pricey ingredients that most older adults simply cannot afford, or they make large quantities that result in lots of food waste. Another common barrier to healthy eating in the senior community is a decreased ability to prepare and consume meals due to decreased strength, dexterity, and flexibility.

Having the knowledge and ability to cook nutrient-dense foods in smaller in portion sizes may help older adults enjoy a better quality of life and avoid or reverse some common health issues. Below are some suggestions for adapted kitchen tools to aid in preparing and eating healthy meals, as well as a series of recipes. These recipes focus on nutrients essential to individuals who are aging and explain why each nutrient is important. They use cost-effective, easy-to-find ingredients that create meals with minimal leftovers or food waste. Bon appetit!



# Adapted Kitchen Tools and Utensils

There are many tools and tips for individuals who have mobility limitations, vision loss, or unsteady hands. An adapted cooking utensil is a tool used in the kitchen that may have some type of modification in order to enhance an individual's cooking and eating experience. They may be useful during meal prep or simply for eating independently. Adapted kitchen tools can be used by anyone in the kitchen, but they may especially improve the cooking experience for someone with a disability or someone who is aging. The following list describes various adapted kitchen tools and utensils:



1. Swivel utensils assists users with little or no muscle control to keep food on the fork or spoon. The tool swivels with movement to keep a level platform.
2. Lipped plates are commonly used by individuals with poor hand coordination. The plate rounds up at the edges so that the consumer can scoop his/her food onto the utensil easier.
3. A rocker knife is a large knife that rocks back and forth while cutting rather than sawing the food. This may reduce the risk of cutting oneself during food prep since the knife does not need to be picked up between cuts.
4. Pronged cutting boards include little pricks or prongs that hold the food in place while one cuts.
5. Non-skid mixing bowls or cutting boards are useful for individuals with shaky hands. The non-skid materials help the object stay put during preparation tasks such as cutting and mixing.

6. Easy grip utensils include larger handles for easier gripping and can be weighted or non-weighted. The weighted utensils are commonly used by individuals with Parkinson's disease or other conditions that include tremors to control unsteady hands while eating.
7. Grip straps are very similar to easy grip utensils as they both aid with limited dexterity. A grip strap is attached to the fork or spoon and slides over the hand or wrist so the individual can hold the utensil without squeezing.
8. Angled utensils are designed to be lightweight and bent to allow more independent feeding.
9. Finger loop utensils consist of a small loop that slips over the thumb or pointer finger to ensure proper hold. These can also be used by individuals with little or no grip strength.
10. Spout cups or straws can be used for individuals who may have poor mouth control or spill frequently. Typically, these types of cups have lids and the user will suck rather than drink.
11. Openers come in a variety of styles, including manual or automatic tools. Many can be used to open jars, bottles, or cans, and they can consist of grippers, corkscrews, and other mounted openers. Mounted openers are typically nailed to a wall or hard surface and are utilized especially by individuals with one hand.
12. Food choppers are an easy way to cut food without using a knife. This can support individuals who have limited dexterity or shaky hands.



Adapted tools are available in wide varieties and can be found through Google or Amazon searches. Local rehabilitation centers or occupational therapists may have tools they will lend or sell as well. Be sure to partner with local disability organizations to access these tools.

Another option to find adapted utensils would be to check local assistive technology resources. These programs provide short-term loans of assistive technology to persons with disabilities who wish to try out different types of devices. In fact, this service also goes beyond adapted cooking tools, such as testing out recumbent bikes, for example. These types of programs may also provide alternate sources of financing to assist people with disability purchase assistive equipment.

# How to Read a Nutrition Label

## **SERVING SIZE**

The serving size is listed at the top of each Nutrition Facts Panel. Pay close attention to this while you consider the nutrients discussed next, then adjust how much you actually consume to fit your nutrition goals.

## **CALORIES**

The number of calories found in one serving is listed next. Calories are a measure of energy and come from the carbohydrate, fat, and protein found in the product.

## **FAT**

The grams of fat in a product are listed as Total, Saturated, and Trans fats. The Total fat is how much fat is contained in one serving of the product which includes saturated, trans, and unsaturated fats. Try to keep your intake of saturated fat to less than 10% of your daily calories and trans-fat to less than 1%. Dietary cholesterol should be eaten in moderation, but is no longer considered a danger to heart health.

## SODIUM

Sodium is a mineral that, in excess, can lead to high blood pressure and other metabolic problems. Try to keep your daily sodium intake to less than 2300mg, unless otherwise recommended by your doctor. Remember the number listed on the label is for one serving.

## CARBOHYDRATE

The grams of carbohydrate in a product are listed as Total, Fiber, and Sugar. The total carbohydrate is the combination of all sources of carbs in the item. Fiber is a healthy part of your diet; try to get 25-30 grams of fiber daily. Some sugar is found naturally in many foods. Added sugars however should be kept to a minimum.

## PROTEIN

Protein is needed for building all bodily tissues and maintaining their function throughout life. Look for items that are high in protein.

## VITAMINS & MINERALS

The final nutrients listed on a nutrition facts panel are any vitamins and minerals that item has to offer, listed with the percentage provided based on the recommended amount for a 2000 calorie diet.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



# Cooking for One Recipes

## Grocery List

The following ingredients are all you need to make five separate meals:

### Produce

- Romaine lettuce
- 2 tomatoes
- 1 onion
- 1 carton of blueberries (fresh or frozen)
- 1 banana
- 1 lemon
- 1 green pepper
- Carrots
- 1 celery stalk
- Cucumber
- Olives
- Spinach
- Capers

### **Grains & Breads Products**

- Soft flour tortillas
- Rolled oats
- Flaxseed or chia seeds
- English muffins
- Dried pasta

### **Meats**

- 1 package of bacon
- Roasted turkey deli meat
- 3 small cooked chicken breasts

### **Dairy Products**

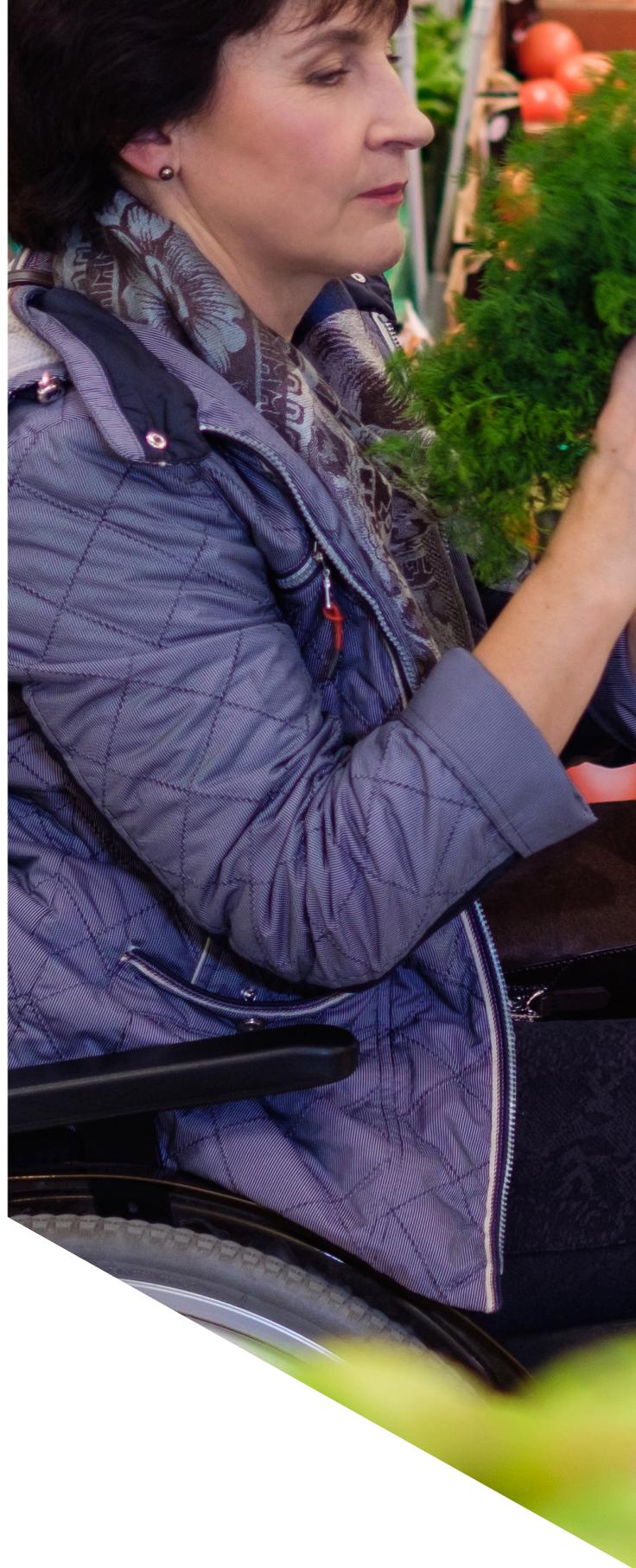
- Fat-free sliced American cheese
- Shredded mozzarella cheese
- Feta cheese

### **Oils, Condiments, & Spices**

- Ranch dressing
- Cinnamon
- Salt
- Pepper
- Dried oregano or Italian seasoning
- Garlic powder
- Olive oil
- Garlic

### **Canned Goods**

- 1 can drained tuna
- Tomato sauce
- Chicken broth



# Recipe 1: Bacon Ranch Turkey Wrap

## Nutrient focus: Protein

Eating protein-rich meals is beneficial for most individuals, but especially for older adults. Protein is known as a macronutrient, meaning the body needs large amounts of it to do its job. The body uses protein to build and repair muscles and tissues and aids in the overall functioning of each. This includes daily movement of the body like walking up a flight of stairs or pushing a wheelchair down the sidewalk, in addition to everyday tasks, such as dressing oneself. One serving of protein is approximately three ounces - think of the size of your palm or a deck of cards for a serving of meat! For individuals who are older, it is recommended to eat two servings of protein for a total of five ounces daily. As the body ages and potentially weakens, consuming adequate protein becomes more important. While enjoying a protein-rich eating plan, remember to also stay physically active to maintain strong muscles and bones.

Where can I find protein? Many animal products, beans, nuts, tofu, lentils, and some dairy products are high in protein. Be sure to choose "lean" meats (like poultry, fish, or ground turkey) as a healthier option as opposed to red meats (burger) or other types of beef.

This recipe makes 1 serving.

## Ingredients:

- 1 medium soft tortilla
- 2 slices bacon
- 2 ounces roasted turkey deli meat
- 1 slice fat free American cheese
- ¼ tomato (thinly sliced)
- red onion slices
- 1 tablespoon light ranch dip or dressing
- Iceberg or Romaine lettuce

**Instructions:**

1. Spread ranch dressing all over the center of the flatbread.
2. Top with turkey, cooked bacon, lettuce, cheese, onion, and tomatoes. Fold the sides of the tortilla in and roll up.

Source: <https://www.laaloosh.com/2014/01/13/bacon-ranch-turkey-wrap-recipe/#more-10295>

**Bacon Ranch Turkey Wrap**

<b>Nutrition Facts</b>	
Serving size: 1 (214 ml)	
Servings Per Container: 1	
Amount per serving	
Calories: 329	Fat Calories: 127
% Daily Value*	
Total Fat 15g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 58mg	19%
Sodium 1446mg	60%
Calcium 200mg	20%
Potassium 426mg	12%
Phosphorus 416mg	42%
Total Carb 21g	7%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 28g	57%
Vitamin A 38%	Vitamin C 13%
Calcium 20%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
<b>Contains:Wheat</b>	



# Recipe 2: High-Fiber Blueberry Oatmeal Breakfast

## Nutrient focus: Fiber

There are two types of fiber: insoluble and soluble. Insoluble fiber helps promote regular bowel function and also aids in keeping the intestines at a balanced pH level, thus decreasing the risk of colon cancer. Soluble fiber dissolves in water to form a gel-like material. Older adults often do not consume enough fiber each day; therefore, it is a nutrient that must be considered when designing eating plans for this age group. Fiber slows digestion, helps the body absorb vital nutrients from foods, and helps to decrease LDL cholesterol levels. When fiber is increased in the diet, it is also important to increase water/fluid intake to allow fiber to perform its functions. This is especially significant for older adults as the increased fiber/water intake can alleviate the common symptoms of constipation. Fiber allows one to feel fuller longer after eating, assists with weight control, and regulates blood sugar levels.

Do you consume enough fiber daily? The Dietary Guidelines for Americans recommend eating 25-35 grams of dietary fiber per day. The best sources of insoluble fiber are wheat bran, whole-grain products, and vegetables. The best sources of soluble fiber are oats, beans, dried peas, and legumes. Fruits, vegetables, and barley are sources of both insoluble and soluble fiber. You should aim to make half of your daily intake of grains whole grains. These items typically have more fiber than the traditional refined options. For instance, instead of white rice, choose brown rice; and instead of white bread, choose whole wheat bread. Look for terms like “whole grain” on packages and read the nutrition label for fiber content to ensure that you are consuming adequate amounts of dietary fiber daily.

This recipe makes 1 serving.



**Ingredients:**

- ½ cup old fashioned rolled oats
- ½ cup water
- ¼ cup blueberry, fresh or frozen
- 1 teaspoon cinnamon
- ¼ banana, mashed up or sliced
- 2 Tbsp ground flaxseed or chia seeds

**Instructions:**

1. Boil water, add rolled oats and turn heat to low. Mix a few times as the water cooks out and is absorbed. No need to overcook the old fashioned rolled oats.
2. On a plate, mash up a banana and add your flaxseed or chia seeds, and blueberries.
3. Add your oatmeal to your dish and mix in your cinnamon.

**Tips:**

- Add walnuts or sliced almonds for additional crunch and protein.
- Add a variety of fruit for more vitamins, minerals, and fiber.
- To save time, use quick oats prepared in the microwave instead of old fashioned rolled oats.

Source: <https://feedingmykid.com/recipe/blueberry-oatmeal-breakfast/>

**High Fiber Blueberry Oatmeal Breakfast**

**Nutrition Facts**

Serving size: 1 (122 ml)  
Servings Per Container: 1

Amount per serving	
Calories: 296	Fat Calories: 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Calcium 65mg	7%
Potassium 259mg	7%
Phosphorus 102mg	10%
Total Carb 45g	15%
Dietary Fiber 11g	43%
Sugars 9g	
Protein 8g	16%
Vitamin A 1%	Vitamin C 10%
Calcium 7%	Iron 17%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Recipe 3: Tuna/Salmon Melt

## Nutrient Focus: Vitamin D

Vitamin D aids in the absorption of calcium and phosphorus in our bodies to strengthen our bones and teeth. It also helps muscles function at their optimal level. Together, with calcium, vitamin D also helps protect against the loss of bone mass. The immune system needs vitamin D to fight off invading bacteria and viruses. There are three ways to get vitamin D: the sun, your diet, or supplements. The recommended dietary allowance (RDA) for vitamin D is 600IU/d. Few foods naturally have vitamin D, but many foods and beverages are often fortified with vitamin D, like milk, cereal, or orange juice. Naturally high food sources of vitamin D include:

- Fatty fish such as salmon, tuna, and mackerel
- Beef liver
- Cheese and egg yolk provide small amounts
- [Mushrooms](#) (if grown under UV lights)

Check the Nutrition Facts label for vitamin D content. The FDA requires Vitamin D to be listed on the updated labels. Foods providing 20% or more of the Daily Value (DV) are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet.

This recipe makes 2 servings.

### Ingredients:

- 1 can drained tuna
- ¼ diced onion
- 1 tablespoon capers
- ½ lemon
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried oregano or Italian seasoning



- ½ teaspoon garlic powder
- Low fat sliced cheese
- 1 tomato
- 1 English muffin

**Instructions:**

1. Drain tuna and place in bowl.
2. Add onion, capers, lemon juice, and seasonings to taste to bowl with tuna.
3. Place bread on a baking sheet, drizzle olive oil on each bread slice, top each bread slice with ½ tuna mix.
4. Cover with a slice of tomato and a slice of the cheese of your choice.
5. Broil until cheese is melted, golden, and bubbly.
6. Serve.

**Tip:**

- Can substitute tuna for salmon.

Source: [https://www.mashed.com/50595/gross-canned-foods-can-turn-delicious-meal/?utm\\_campaign=clip](https://www.mashed.com/50595/gross-canned-foods-can-turn-delicious-meal/?utm_campaign=clip)

**Salmon Melt**

<b>Nutrition Facts</b>	
<b>Serving size: 1 English Muffin (253 ml)</b>	
<b>Amount per serving</b>	
<b>Calories:</b> 310	<b>Fat Calories:</b> 65
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	11%
<b>Saturated Fat</b> 2g	10%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 1071mg	45%
<b>Calcium</b> 441mg	44%
<b>Potassium</b> 626mg	18%
<b>Phosphorus</b> 579mg	58%
<b>Total Carb</b> 19g	6%
<b>Dietary Fiber</b> 3g	13%
<b>Sugars</b> 5g	
<b>Protein</b> 42g	83%
<b>Vitamin A</b> 8%	<b>Vitamin C</b> 19%
<b>Calcium</b> 44%	<b>Iron</b> 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
<b>Contains: Fish, Wheat</b>	

# Recipe 4: Easy Tortilla Pizza with Greek Salad

## Nutrient focus: Calcium

Calcium is perhaps the most essential nutrient when it comes to bone health. Building strong bones is like building a healthy balance in your “calcium bank account” and helps prevent osteoporosis. Bones are living tissue and constantly in a state of turnover, making calcium deposits and withdrawals daily from your “calcium bank”. Bones do not come with a lifetime guarantee; they need continuous maintenance or they can weaken and break. If your diet is low in calcium, your body will take calcium from your bones to keep blood calcium at normal levels.

The average person needs about **1000-1500mg of calcium per day**. That’s equivalent to about 3-4 servings of dairy products each day. Calcium is absorbed best if your intake of calcium-rich foods is spread out during the day rather than all at once.

When shopping, read food labels and select foods that contain **10% or more of the Daily Value** for calcium. An 8oz glass of milk has 30% of our Daily Value of calcium, while 1 cup of spinach has about 3%.

Foods high in calcium or fortified with calcium may be labeled as “calcium-rich” or “excellent source of calcium.” Good sources of calcium include:

- 8oz glass of milk
- 1 cup low-fat yogurt
- ½ cup calcium fortified orange juice
- ½ cup broccoli and ¼ cup shredded low fat cheese
- 1 cup cooked collard greens
- 1 cup cooked kale
- 1 cup cooked bok choy
- ½ cup calcium-set tofu
- ½ cup cooked soybeans
- 2 tablespoons almond butter

Easy Tortilla Pizza: This recipe makes 1 serving.

### **Ingredients:**

- 1 (8 inch) flour tortilla
- 1 teaspoon olive oil
- 1 pinch garlic powder
- Salt and pepper to taste
- 3 tablespoons tomato sauce
- 1 cooked chicken breast
- ½ green bell pepper, chopped
- ¼ red onion, thinly sliced
- 1/3 cup shredded mozzarella cheese
- 1 pinch dried oregano

### **Instructions:**

1. Preheat oven to 400 degrees.
2. Place tortilla on a baking sheet and brush with olive oil, sprinkle with garlic powder, salt, and pepper.
3. Bake in preheated oven until golden brown (about 3-5 minutes).
4. Remove tortilla from the oven and spread tomato sauce on top.
5. Arrange chicken breast, pepper, and green onions over tomato sauce.
6. Cover with cheese.
7. Bake in preheated oven until cheese is melted and bubbly, about 5 minutes.
8. Sprinkle oregano over cheese.
9. Slice into wedges with a pizza cutter and serve.

### **Tips:**

- Change veggies based on preference. Bell pepper, purple onion, cheese can be used on salad.
- For different variations, change tomato sauce to BBQ sauce for a BBQ chicken pizza.
- Change tomato sauce to refried beans, add taco seasoning, and jalapenos for a Mexican twist.
- Take out the chicken and add extra veggies for a meatless pizza!

Source: <https://www.allrecipes.com/recipe/258013/easy-tortilla-pizza>



Greek Salad: This recipe makes 1 serving.

**Ingredients:**

- 1 cup spinach
- ½ cucumber
- 4 cherry tomatoes, sliced
- ¼ cup feta cheese
- ¼ cup green pepper, diced
- 1 tablespoon chopped olives
- 2 teaspoons olive oil
- Salt and pepper to taste

**Instructions:**

1. Wash and dry spinach thoroughly.
2. Trim ends of cucumber and peel. Slice into quarters.
3. Peel and slice onion into rings.
4. Cut tomatoes into halves or quarters.
5. Dice green peppers.
6. Dice olives.
7. Add all vegetables into a large mixing bowl along with olive oil.
8. Toss ingredients until all are lightly coated.
9. Add salt and pepper to taste.
10. Top with feta cheese and serve.

**Tips:**

- Change veggies based on preference. Bell pepper, purple onion, cheese can be used from pizza recipe.
- Olives and tomatoes can be added to pizza.

Source: <https://www.fromthegrapevine.com/israeli-kitchen/recipes/greek-spinach-salad>



## Easy Tortilla Pizza

<b>Nutrition Facts</b>	
Serving size: 1 8" tortilla (376 ml)	
Servings Per Container: 1	
Amount per serving	
Calories: 509	Fat Calories: 148
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 121mg	40%
Sodium 940mg	39%
Calcium 237mg	24%
Potassium 652mg	19%
Phosphorus 455mg	46%
Total Carb 39g	13%
Dietary Fiber 6g	23%
Sugars 9g	
Protein 50g	100%
Vitamin A 15%	Vitamin C 87%
Calcium 24%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<b>Contains: Milk, Wheat</b>	

## Greek Spinach Salad

<b>Nutrition Facts</b>	
Serving size: 1 cup (198 ml)	
Servings Per Container: 1	
Amount per serving	
Calories: 210	Fat Calories: 153
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 22mg	7%
Sodium 422mg	18%
Calcium 167mg	17%
Potassium 312mg	9%
Phosphorus 117mg	12%
Total Carb 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	11%
Vitamin A 68%	Vitamin C 64%
Calcium 17%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

# Recipe 5: Chicken Soup for One

## Nutrient: Fluid

Sixty percent of the human body is made up of water and helps keep your body systems working well. It helps prevent certain health issues, such as kidney stones, urinary tract infections, and constipation. Although your body loses water all the time through urination, bowel movements, and sweating, you can become dehydrated if your water loss is greater than the amount you consume. Dehydration is serious, as it causes dizziness, headaches, and even changes in mood and memory!

So how much fluid do you need every day? Well, it depends. Your age, gender, activity level, pregnancy or breastfeeding status, whether or not you have congestive heart failure or chronic kidney disease all affect your fluid needs. Generally speaking, however, women need about 11.5, 8oz cups of water per day, and men need about 15.5 cups. Don't worry if that sounds like a lot – these estimates include fluid intake from both foods and beverages. Twenty percent of the water you need comes from foods. Taking that into account, women need 9 cups of fluid and men need 12.5 cups. All fluid counts! Coffee, tea, water, juice, fruit, soup, popsicles, and Jell-O are all good sources.

An easy way to check if you are getting enough fluids is to take a look at the color of your urine. The lighter the urine, the more hydrated you are; the darker (and probably smellier) the urine, the less hydrated you are.

This recipe makes 1 serving.

## Ingredients:

- 2 skinless, boneless chicken breasts
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped

- 3 cloves garlic, minced
- 4 cups chicken broth
- 1 cup dried pasta (bowtie, shell, or any other type)

### **Instructions:**

1. Arrange the chicken in a single layer on the bottom of a pot. Scatter salt over the top.
2. Pour in enough cool water to cover the chicken by an inch or so.
3. Place the pot of chicken on the stovetop over medium-high heat. Bring the water to a boil. As soon as the water comes to a boil, reduce the heat to low, cover the pot, and let the chicken simmer. Remove any foam that accumulates at the top during cooking with a spoon.
4. Check the chicken after 10 minutes. It is done when no longer pink and an instant read thermometer inserted in the thickest part of the meat registers 170 degrees F. (Most chicken breasts typically cook in 10-12 minutes, depending on thickness).
5. Remove the chicken from the liquid and place on a cutting board to cool. When cooled, cut the chicken into bite-sized pieces.
6. Heat a medium sized pot on medium-high heat. Add the olive oil.
7. Add the chopped onions, carrot and celery to the pot and cook for 8 minutes, stirring occasionally.
8. Add the garlic and cook for a minute more.
9. Pour in the chicken broth and bring to a boil. Reduce the heat to low, add in the chicken pieces and simmer for 10 minutes.
10. Add the pasta to the pot, stir and cook until pasta is tender, about 5 minutes.
11. Add salt and pepper to taste. Serve.



## Tips:

- For easy substitutions, swap out chicken breast for pre-cooked or canned chicken.
- To make this recipe even faster, purchase pre-chopped veggies. (They are located next to the packaged salads in most grocery stores).

Source: <https://onedishkitchen.com/chicken-soup-for-one/>

## Chicken Soup for One

### Nutrition Facts

Serving size: 1 8oz (722 ml)  
Servings Per Container: 2

#### Amount per serving

Calories: 374 Fat Calories: 97

#### % Daily Value\*

Total Fat 11g	17%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Calcium 55mg	6%
Potassium 649mg	19%
Phosphorus 179mg	18%
Total Carb 35g	12%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 34g	68%

Vitamin A 122% Vitamin C 11%

Calcium 6% Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



**NCHPAD**

