



# Nutrition for Older Adults: Cooking Tips for One or Two

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## Cooking Tips for One or Two

- Frozen meals require little preparation; however, you may need to add fruit, vegetable, bread, tossed salad, or milk to a frozen meal to make it well-balanced.
- Take turns preparing and sharing meals with family or friends.
- Plan to use leftovers.
  - Left over ham can be used in an omelet, a sandwich, or in scalloped potatoes.
  - Left over baked chicken can be chopped up on a salad or used for a chicken salad sandwich.
  - Left over chili can be used on a baked potato.
- If you prepare larger amounts of meat, soup, stew, chili or casseroles freeze smaller portions for later.
- When keeping leftovers it is important to date and store them properly.
  - Leftovers should be refrigerated within two hours.
  - Use food storage containers or storage bags that seal.
  - Always date leftovers so they will not be kept too long and spoil.
  - A general rule of thumb is refrigerated leftovers may be kept for one to three days and frozen leftovers may be kept for one to three months.
- Look for cookbooks that have recipes designed for one or two.
- Most recipes can be cut in half or in thirds.

# Guide for Cutting Recipes

## If a recipe calls for

## Use

### For half of a recipe

1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoon
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon
Large egg	small egg or just the egg white

### For a third of a recipe

1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

## Sources

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