

SENIOR NUTRITION NEWS

March 2023



March is National Nutrition Month®

Each year during the month of March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This year the theme is, **Fuel for the Future**, which showcases that no matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Incorporate the following tips to make informed food choices and to develop healthful eating and physical activity habits:



Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats are all whole grains, too.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day.

Vary your protein choices. Eat a variety of protein group foods group each week such as lean meat, poultry and eggs, seafood, nuts, beans, peas, and lentils.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated. Drink plenty of water throughout the day. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100% fruit juices.

Cook more often at home, where you are in control of what's in your food. When ordering out, be sure to include vegetables, fruits and whole grains, along with a lean protein food. With large portions, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

Celebrate St. Patrick's Day with Green Food

Green fruits and vegetables contain health promoting phytochemicals. Studies have shown that eating green foods on a regular basis can help protect against certain cancers, maintain healthy vision and promote strong bones and teeth.



A quick list of green foods include: leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onions, Brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit and limes.

Consider these other green food ideas:

- Make a tossed lettuce salad, and add extra green with green peppers.
- Cabbage is a festive green addition to your St. Patrick's Day meal.
- Include kiwi fruit, green grapes and/or honeydew melon in your fruit salad.
- Add avocado slices to salads and sandwiches. To maintain the green color, eat avocados immediately or sprinkle them with lemon or lime juice. Two tablespoons of avocado have about 5 grams of fat, but it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip with broccoli florets or a favorite fruit dip with green apple slices.
- Make a vegetable pizza with green peppers and/or spinach.
- Serve thinly sliced green onions over rice, pasta, broiled or baked fish or soups.

Sources: <https://www.eatright.org/national-nutrition-month-2023/resources>; https://extension.usu.edu/news_sections/home_family_and_food/eat-green-st-patricks retrieved 02/23/23

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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