

SENIOR NUTRITION NEWS

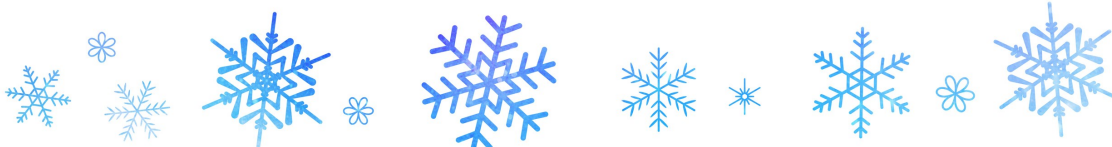
Eat Smart Idaho

January 2024

Healthy Tips for the New Year

What better way to start 2024 than by adopting some healthy new habits?

- **Eat breakfast.** Include at least 3 food groups from MyPlate in your breakfasts.
- **Make half your plate fruits and veggies.** Fruits and veggies add color to your plate plus vitamins and minerals.
- **Be active.** Take a daily walk around the block or walk around your house. Look for other activities in your community that you could take part in.
- **Fix healthy snacks.** Try low fat cheese and whole wheat crackers or low fat yogurt with fruit.
- **Get to know food labels.** Look at food labels on items before you buy them. Choose foods with a whole grain as the first ingredient. Also look for foods high in fiber and low in sodium and fat.
- **Follow food safety guidelines.** Make sure not to cross contaminate between raw meats and vegetables.
- **Get cooking.** Try out some new recipes.
- **Drink more water!** Have a water bottle at your side so you remember to drink more water throughout the day.
- **Participate in cognitive health activities.** Play games of chess or solitaire on your computer. Join a book club. Play brain games such as sudoku, word searches, or cross words.
- **Make your home safer.** Make sure there are no cords to trip over, you have good lighting and rugs edges are taped down so you don't trip over them.



Toasted Cheese & Tomato English Muffin

Whole wheat English Muffin, halved
2 slices tomato

1 slice Provolone cheese,
Garlic powder, to taste

1. Cut 1 English Muffin in half and toast in toaster or oven.
2. Cut cheese into quarters and place on the two halves of toasted muffin.
3. Top cheese with slices of tomato.
4. Sprinkle with desired amount of garlic powder and put in microwave for 30 seconds or until cheese is melted.



Oven Wedge Fries

2 large russet potatoes, cut into wedges
2 cloves garlic, finely chopped
1 tsp chili powder or paprika

non-stick cooking spray
1 tsp Italian seasoning

1. Preheat oven to 400°F.
2. Spray baking sheet with cooking spray. Place wedges on baking sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle ½ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

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



Contact the Eat Smart Idaho Coordinator:

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Sources: <http://www.sheknows.com/health-and-wellness/articles/850491/5-anti-aging-new-years-resolutions-for-seniors>; www.eatright.org; <https://www.uwyo.edu/cnp/snac/january.html>; Network for a Healthy California retrieved 12/18/23

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