

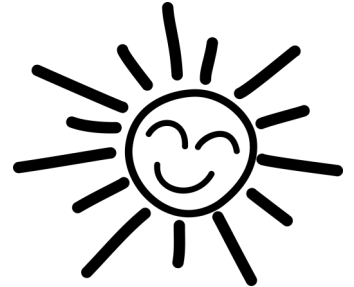
SENIOR NUTRITION NEWS

Eat Smart Idaho

June 2024

Good Summer Nutrition for Seniors

During the hot summer months, older adults are especially prone to dehydration. Summer can also be a difficult time to maintain a balanced diet, as the hot weather can reduce appetite and the desire to cook and eat hot meals.



Check out these tips for maintaining good nutrition and hydration during the summer months:

- **Have a variety of fresh fruit and vegetables available.** Pre-cut some fruit and vegetables to have an easy, hydrating snack on hand.
- **Include healthy protein choices.** You can make balanced meals and snacks by having a wide variety of cool foods available. Consider having keeping low fat cheeses, nut butters and nuts, pre-cooked grilled chicken, and yogurt on hand.
- **Consider making a tasty, light and healthy dip to go with veggies.** Great dip options include those made with beans such as hummus or refried beans, or made with a low-fat Greek yogurt offer some protein and other added nutritional benefits.
- **Stay cool with a summer salad.** Make a fresh salad with a variety of greens, vegetables, and fruits. Salads are easy to prepare, store, and eat, making them a healthy grab and go summer meal. Add a protein source like chicken, tuna, or hard-boiled eggs to make your salad even more satisfying.
- **Prepare some meals that can be easily reheated.** This will make or convenience and to reduce the need to cook during the hot months.
- **Encourage fluid intake.** If you don't like plain water, consider infused waters, teas or 100% fruit or vegetable juices.
- **Include hydrating fruits & vegetables** such as watermelon, celery, cucumbers, lettuce, grapes and carrots that provide hydration.



Nutrition is a vital part of good health as we age.

Cheesy Bean Dip

15 oz. can refried beans
15 oz. salsa

1 tsp. Cumin or garlic powder (optional)
1/2 cup reduced fat cheddar cheese, shredded

1. Mix refried beans, salsa, and seasonings in a microwave safe bowl.
2. Heat in microwave for 2 minutes and stir.
3. Top with cheese. Serve with corn tortilla chips and your favorite veggies.

Instant Lemon Pepper Cottage Cheese Dip

Stir a generous amount of lemon pepper into fat free cottage cheese until well blended.



Low Fat Creamy Mexican Dip

1 c. fat-free Greek yogurt, plain
1/2 avocado, diced
1/4 c. red onion, finely chopped
Pepper to taste

1/2 c. salsa
1/3 c. cilantro, fresh chopped
1/2 tsp. ground cumin

1. In a medium bowl stir together yogurt and salsa until well blended.
2. Then stir in avocado, cilantro, onion, cumin and pepper.
3. Cover and refrigerate up to 1 day. Use as a dip, sandwich spread or baked potato topper.

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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Sources: Tips, Snacks and Senior Meal Preparation for Good Summer Nutrition | EasyLiving (easylivingfl.com); <http://simple-nourished-living.com/2011/11/16-slim-healthy-low-fat-dip-recipes/> Teen Cuisine—Virginia Extension retrieved 05/30/24

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