

SENIOR NUTRITION NEWS

Eat Smart Idaho

May 2024

Healthy Snacking with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Build your own

Make your own snack mix with unsalted nuts and add-ins such as seeds, unsweetened whole grain cereal, raisins or other dried fruit, and plain popcorn.

Prep ahead

Wash and cut up fresh vegetables and portion them into reusable containers so they're ready to grab-and-go. Many veggies can be prepped like this.

Make it a combo

Combine food groups to build satisfying snacks: yogurt and berries, apple with nut butter, or whole grain crackers with turkey and avocado. Be creative!

Choose vibrant vegetables

Colorful and crunchy raw vegetables are a healthy choice. Try dipping broccoli, zucchini sticks, or baby carrots in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Fresh fruit makes a great go-to snack when you are looking for a quick sweet treat. Apples, pears, grapes, and bananas are always easy and fast.

Keep healthy options handy

Keep nutritious snack options, such as fruits and vegetables, visible and within reach in the fridge or on the counter for a convenient anytime snack.



Find Recipes, Tips, and More at EatSmartIdaho.org

MyPlate Pizza Rollups

INGREDIENTS:

- 12 string cheese sticks
- 1 pkg turkey pepperoni
- 1 can olives, sliced
- 12 whole wheat small tortillas (or alternative)
- 1 small jar pizza sauce

Or use any other pizza ingredients selecting a fruit, a veggie, a dairy, a protein, and a grain.

Makes 12 servings.



ALWAYS WASH HANDS BEFORE PREPARING FOOD!

Directions:

1. For each roll up: 1 cheese stick; 4-6 pepperoni slices; 8-10 olive slices; and 1 tortilla.
2. Place pepperoni, cheese stick, and olives on half the tortilla. Roll the tortilla around the ingredients.
3. Pour ¼ cup of pizza sauce into a cup for dipping.
4. Dip your rollup into the sauce. Enjoy!

For variation: Pizza rollups can be heated in a 350° oven for 5-10 minutes or until the cheese melts.



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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