

SENIOR NUTRITION NEWS

April 2019

Eat Smart Idaho

Planning Healthy Meals for 1 or 2

It can be hard to get motivated when cooking for just 1 or 2 people. Get the most value for your time & money if you are cooking for 2, or just you!



Cook once, eat twice

- Plan two meals from the same entrée
- Separate out extra food **before** serving
- Eat extras in 3-4 days or freeze

Should you buy in bulk?

- May be half the cost, but just as expensive if you toss half!
- Repackage meat in smaller servings and freeze

Consider individually packaged servings of items: String cheese, wrapped cheese slices, single containers of tuna, soup or fruit, individual cartons of yogurt

Buy a smaller number of servings from the meat counter or salad bar:

- Enjoy one pork chop, chicken breast or single salmon filet
- Purchase and individual salad or small amounts of fruits/vegetables

Buy fruit at varying stages of ripeness: some to eat now & some to ripen later

- Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears and plums continue to ripen after purchase

Buy frozen vegetables in bags: Make the amount you need

- Toss into soups, casseroles, salads and thaw in strainer under cool running water for salads
- Taste & nutrition is comparable to fresh and often lower in salt than canned

Can-do canned foods

- Nutrition is comparable to fresh/frozen
- Rinse to reduce sodium or choose low sodium versions
- Remove from can when storing unused portions.

Lemon Velvet Supreme



- 2 cups vanilla yogurt, fat-free
- 3 Tbsp. instant, lemon pudding mix
- 8 squares graham crackers, crushed
- 1 can (4 ounces) mandarin orange slices, drained (or your favorite fruit)

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

Banana Split Oatmeal

1/3 cup dry oatmeal, quick-cooking
1/2 sliced banana

3/4 cup very hot water
1/2 cup frozen yogurt, non-fat

Put oatmeal in a microwave safe cereal bowl. Stir in water. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again. Top with banana slices and frozen yogurt.

Sources: University of Minnesota Extension Senior Bytes March 2012 issue; http://www.lsuagcenter.com/en/family_home/family/after_50/Smart+Choices+Nutrition+News+for+Seniors.htm

For Information on Eat Smart Idaho classes or how to eat well for less, contact the Nutrition Advisor in your county:

Benewah, Bonner, Boundary,
Kootenai & Shoshone
Latah
Clearwater or Nez Perce
Idaho or Lewis

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