

# Food for Thought

January 2019

## Simple Tips for a Healthier New Year

Try one or all of these easy tips in the coming year – every small change is a step in the right direction.



1. **Switch to fat-free or low-fat dairy foods.** They have the same essential nutrients as whole milk with less fat and calories.
2. **Enjoy your food but eat less.** Use 9-inch diameter plates at home to control portion sizes or share an entree when dining out. Take your time at meals, paying attention to textures, flavors and your feelings of fullness.
3. **Make half your plate fruits and vegetables.** They are low in fat and calories and full of healthy vitamins, minerals and fiber. Buy fresh fruits and vegetables in season for best quality or keep dried, frozen or canned fruits and vegetables on hand so that you always have plenty no matter the season. Have fruit for dessert and raw vegetables for snacks.
4. **Cut back on foods high in solid fats and added sugars,** like cake, cookies, ice cream and candy. These foods should be occasional treats savored in smaller portion sizes.
5. **Take in more whole grains.** Whole grains can help reduce the risk of some chronic diseases. Exchange refined grain products for whole grain products like brown rice or whole grain pasta. When baking, substitute whole grain flour for up to half of the flour called for in your recipes. Check ingredient lists for the words “whole” or “whole grain” before the grain ingredient name.
6. **Select lower sodium foods.** Sodium raises blood pressure and 75% of the sodium Americans consume comes from processed foods (canned, packaged, frozen foods, etc.). Compare nutrition facts labels and choose products that are lower in sodium or cook fresh foods at home and opt for a no-salt seasoning mix for more flavor.
7. **Swap your soda for a healthier beverage.** Soda and other sweet drinks contain a lot of sugar that add to calorie intake. Drink water or low-fat milk instead or cut down by selecting smaller cans or cup sizes rather than super-sized options.
8. **Purchase leaner cuts of meat, remove skin from poultry, adjust to smaller portions and remember that beans, peas, nuts and seeds are also protein foods.** Eat seafood in place of meat or poultry twice a week and grill or bake meats for less fat.

### Nut Butter & Fruit Wich

- 1 slice whole wheat bread
- 2 tablespoons creamy peanut butter, nut butter or seed butter
- 1/4 apple or banana (peeled and thinly sliced into half-inch pieces)

1. Spread 2 tablespoons nut or seed butter on bread.
2. Place fruit slices on top.



#### Notes:

- Instead of whole wheat bread, try graham crackers or roll up the filling in a soft tortilla.

# January 2019

# Eat Smart Idaho Calendar of Events

Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p>	<p>3</p> <p><u>Color Your Plate Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p>	<p>4</p>
<p>8</p>	<p>9</p> <p><u>Choosing to Move More</u> @ Sojourners Alliance – 627 N. Van Buren St. – Moscow – 1:00 to 2:15</p>	<p>10</p>	<p>11</p> <p><u>Choosing to Move More</u> @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</p>
<p>15</p>	<p>16</p> <p><u>Choosing More Fruits &amp; Veggies</u> @ Sojourners Alliance – 627 N. Van Buren St. – Moscow – 1:00 to 2:15</p> <p><u>Grainy Brainy Nutrition Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</p> <p><u>Fruit &amp; Veggie Demo</u> @ Troy Food Bank – 106 E. 6<sup>th</sup> St. – Troy – 4:00 to 7:00</p>	<p>17</p> <p><u>Power Up Your Day, Eat Breakfast Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p>	<p>18</p> <p><u>Choosing to Move More</u> @ JK Food Bank – 614 Main St. – Juliaetta – 1:00 to 3:00</p> <p><u>Choosing More Fruits &amp; Veggies</u> @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</p>
<p>22</p> <p><u>Protein Nutrition Demo</u> @ CAP Food Bank – 124 New 6<sup>th</sup> St. – Lewiston – 1:00 to 3:00</p>	<p>23</p> <p><u>Fix it Safe</u> @ Sojourners Alliance – 627 N. Van Buren St. – Moscow – 1:00 to 2:15</p> <p><u>Nutrient Knowledge Nutrition Demo</u> @ CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00</p>	<p>24</p> <p><u>Protein Nutrition Demo</u> @ Potlatch Food Bank – 510 Pine St. – Lewiston – 10:00 to 12:00</p>	<p>25</p> <p><u>Fix it Safe</u> @ Juliaetta Community Center – 614 Main St. – Juliaetta – 5:00 to 6:30</p>
<p>29</p>	<p>30</p> <p><u>Plan: Know What's for Dinner</u> @ Sojourners Alliance – 627 N. Van Buren St. – Moscow – 1:00 to 2:15</p>	<p>31</p> <p><u>Make Half Your Grains Whole Nutrition Demo</u> @ Canvas Food Bank – 2200 N. 7<sup>th</sup> St. – CDA – 2:30 to 4:00</p>	

**Eat Smart Idaho offers FREE classes & educational events that can help limited resource individuals & families learn how to eat well for less! Ask for the Nutrition Advisor in your County.**

Kootenai, Benewah & Shoshone 446-1680  
 Bonner & Boundary 263-8511  
 Clearwater, Latah & Nez Perce 883-2267  
 Idaho or Lewis 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD  
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Sources: <https://blog.extension.uconn.edu/2014/01/02/simple-tips-for-a-healthier-new-year/>; <https://panen.org/recipes/nut-butter-fruit-wich> retrieved 12/18/18

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