

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

April 2018

## Tips for Stocking a Nutrient Rich Pantry

If you keep nutrient-rich foods and drinks on hand, it is easier to put tasty, healthy meals on the table. Here are some ways to make healthy eating the easy option.



**1. Keep whole grains in the cupboard.** Choose foods that say “100% whole grain” or foods that list a whole grain as the first ingredient on the Nutrition Facts panel. Shop sales and in bulk for whole-grain cereals, oatmeal, brown rice, whole-grain pasta, barley and other grains. Look for recipes on [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org).

**2. Vary the vegetables in the fridge and freezer.** During certain times fresh vegetables can be hard to find or they may cost more. Frozen and canned are great options, but choose those with no salt added or reduced sodium varieties. Buy a large bag of frozen broccoli. Take out just enough for your meal. Reseal the bag and put it back in the freezer. For more veggie tips and recipes, go to [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

**3. Focus on fruits.** Fruits come in a variety of forms. You can get fresh, frozen, dried, canned or 100% juice. With the weather warming up a large variety of fruits will be coming into season and becoming better buys. When purchasing canned fruit look for fruit canned in its own juice or in 100% fruit juice.

**4. Stock the fridge with calcium-rich foods.** It’s super simple to get 3 dairy servings every day. Drink a glass of milk with every meal. Not a milk drinker? Yogurt and cheese are other food sources of calcium. Fat-free or low-fat types are the healthiest choices. Need some more recipes ideas? Try [www.mealsmatter.org](http://www.mealsmatter.org).



**5. Go with lean proteins.** Keep lean ground beef, fish fillets, skinless chicken breasts, pork loin and other lean meat choices in your fridge or freezer. Stock the cupboard with tuna, beans, peanut butter and nuts. Remember, eggs are a lean protein and a real nutrition bargain! Find recipes and tips at [www.incredibleegg.org](http://www.incredibleegg.org).

## 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: <http://www.myeatsmartmovemore.com/Texts/MoreMeals/StockANutrientRichPantry.pdf> retrieved 3/31/18

**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  
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Clearwater or Nez Perce  
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.