

SENIOR NUTRITION NEWS

From Eat Smart Idaho

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Tips for a More Healthful New Year

As January begins, many people set goals to improve their health, and often that involves eating a more healthful diet. You can enjoy your meals while making small adjustments to the amounts of food on your plate. Here are some tips that might work for you and help you meet your health goals for the new year:



- **Take your time.** Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough. Remember, your brain needs at least 20 minutes to get the message that your stomach is full.
- **Use a smaller plate.** Use a smaller plate at meals to help with portion control.
- **If you eat out, choose more healthful options.** Check and compare nutrition information about the foods you are eating. Many fast-food restaurants and chain restaurants post nutrition facts on their menus. Better yet, preparing food at home makes controlling what is in your meals easier to do.
- **Satisfy your sweet tooth in a healthful way.** Indulge in a naturally sweet dessert – fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top them with cinnamon.
- **Choose to eat some foods more or less often.** Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars and salt.
- **Find out what you need at:** www.choosemyplate.gov.
- **Sip smarter.** Drink water or other calorie-free beverages or fat-free milk when you are thirsty.
- **Compare foods.** Compare Nutrition Facts labels at the grocery store to make healthy food choices.
- **Make treats “treats,” not everyday foods.** Have a smaller piece, and limit sweet treats to special occasions.



Vegetable Cheese Soup

3 cups water, divided
1/4 cup onion, chopped
1 cup instant non-fat dry milk
1/2 cup Swiss or cheddar cheese

3 cups frozen mixed vegetables
1/2 teaspoon curry powder
1 1/2 tablespoons cornstarch

1. Bring 2 cups water to a boil in a medium pot. Add vegetables, onions and curry powder. Cook covered, about 5 minutes.
2. Mix dry milk, 1 cup water & cornstarch in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese. Stir until melted. Add more water if soup is too thick.



Sweet Potato Fries

2 large sweet potatoes
1/4 teaspoon salt

2 tablespoons canola or vegetable oil

Optional: A little cinnamon mixed with sugar to sprinkle on top

Preheat oven to 400°F. Peel the sweet potatoes if desired. Cut them into long pieces that look like French fries. Mix the cut potatoes, oil, and salt in large bowl. Put the potatoes in a baking pan or on a cookie sheet. Put pan in the oven. Stir every 10 minutes. Bake until light brown outside and cooked inside (20-30 minutes). Serve the potatoes with a little cinnamon sugar on top, if desired.

Sources: <https://www.ag.ndsu.edu/foodwise/news/have-a-more-healthy-new-year-with-these-10-nutrition-tips/>;
<http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/> retrieved 01/05/18

Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! Ask For the Nutrition Advisor In Your County:

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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.