

# SENIOR NUTRITION NEWS

June 2019

*Eat Smart Idaho*

## Vegetables: The truth on fresh, frozen & canned

**Vegetables are important to eat whether they are fresh, frozen, or canned. Vitamins, fiber, and other essential nutrients are found in vegetables in any form, and those nutrients help keep you healthy and feeling great!**

### Fresh Vegetables

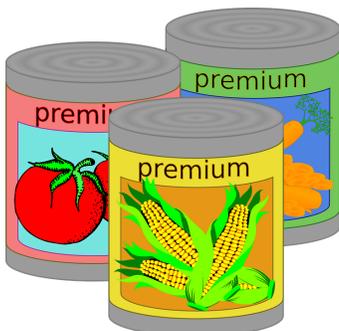
Fresh vegetables are flavorful, especially when they're in season. And that's when they're usually most affordable, too. Save money on fresh vegetables by buying only the amount your family can eat before they spoil. Look for locally grown vegetables at the grocery store or a farmer's market. Many farmers markets now accept SNAP benefits.



### Frozen Vegetables

Frozen vegetables are picked when they are at the peak ripeness and perfect for eating. Then they are flash frozen to seal in the nutrients, so nutritionally they are a great choice that stores well. Frozen vegetables can be stored safely in the freezer for months without spoiling.

### Canned Vegetables



Canned vegetables are picked at the peak of freshness and are an affordable way to get the benefits of vegetables, but due to processing, they may contain more salt. Choose “low sodium” or “no salt added” options at the store or rinse canned vegetables in water before adding them to your favorite dish. Stock up when they go on sale because they have a long shelf life.

## Low-fat Veggie Dip Recipes

An easy way to make low fat dip is to swap out some or all of the full-fat sour cream and mayonnaise in your favorite dip recipe with plain low fat yogurt or non-fat Greek yogurt, reduced fat sour cream or pureed fat free cottage cheese.



### Instant Lemon Pepper Cottage Cheese Dip

Stir a generous amount of lemon pepper into fat free cottage cheese until well blended.

### Low Fat Creamy Mexican Dip

|                                   |                                |
|-----------------------------------|--------------------------------|
| 1 c. fat-free Greek yogurt, plain | ½ c. salsa                     |
| ½ avocado, diced                  | 1/3 c. cilantro, fresh chopped |
| ¼ c. red onion, finely chopped    | ½ tsp. ground cumin            |
| Pepper to taste                   |                                |

1. In a medium bowl stir together yogurt and salsa until well blended.
2. Then stir in avocado, cilantro, onion, cumin and pepper.
3. Cover and refrigerate up to 1 day.
4. In addition to being a great dip for fresh veggies and baked chips, it a terrific sandwich spread and baked potato topper. (Each heaping tablespoon has just 28 calories)

Sources: <https://extension.umn.edu/building-better-food-shelves/backpack-nutrition-newsletters#past-newsletters-441461>; <http://simple-nourished-living.com/2011/11/16-slim-healthy-low-fat-dip-recipes/> retrieved 05/31/19

**For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

|  |              |
|--|--------------|
| Benewah, Bonner, Boundary, Kootenai & Shoshone | 208-446-1680 |
| Clearwater & Nez Perce                         | 208-799-3096 |
| Latah  | 208-883-2267 |
| Idaho or Lewis                                 | 208-983-2667 |

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