

SENIOR NUTRITION NEWS

Eat Smart Idaho

June 2020

Hidden Calories

Calories add up fast! Just 100 extra calories a day can add 10 pounds of body weight in a year! Throughout the day, many of us consume calories we may not even consider or factor into our daily calorie intake. Consider these sources for hidden calories in your diet:



- **Coffee**—for many of us coffee is a must-have! By adding cream and sugar to your cup, you could be adding calories along with sweetness.
 - ⇒ For every teaspoon of sugar, you are adding about 15 calories.
 - ⇒ For creamer, pay attention to the serving size. Usually a serving of creamer is about two tablespoons and if you are pouring it out of a bottle, chances are you are pouring much more than two tablespoons.
 - ⇒ Choose non-fat milk and a sugar substitute to reduce these calories.



- **Snacks**—Calories from snacks can easily add up, so plan snacks as a part of your day's food plan. Use snacks to be sure you are getting enough daily servings from each MyPlate food group. Fruits, vegetables, grains, protein and dairy foods can all make great snacks while watching the amount of calories. Avoid high sugar, fatty and salty snacks, such as candy and soda pop.
- **Condiments**—can also offer us taste at the expense of calories. Pay attention to how much ketchup, ranch, mayonnaise, sour cream, butter, etc. you use. Look at the nutrition facts label on each food package to determine serving size. Remember, the amount of calories is for *one* serving size. If you use twice the serving size amount, you are consuming double the calories.

Try these foods in place of your higher calorie favorites:

- Hot sauce instead of ketchup on your morning eggs.
- Non-fat plain Greek yogurt instead of sour cream on your baked potato.
- Salsa or hummus instead of ranch for your veggie dip.

Making minor changes in your diet can make a big impact on your health in the long run! Decrease your intake of those sneaky calories and improve your health by making educated eating choices.

Carrot Fries

1 pound of carrots
Cooking spray
Salt and pepper to taste



1. Preheat oven to 400°F.
2. Peel the carrots and cut into strips about ¼-inch thick and a few inches long.
3. Coat a baking pan with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.
4. Bake 15 minutes. Flip them over and coat them with a bit more cooking spray, salt and pepper; bake another 15 minutes until lightly browned.

Baked Potato Chips

3 large russet potatoes, thinly sliced (1/8" thick)
2 Tbsp avocado oil
1 tsp black pepper, ground



1. Preheat oven to 450°F. Scrub outside of potatoes with cold water. Leave skin on and slice into 1/2 inch rounds.
2. Toss sliced potatoes with avocado oil and pepper to fully coat.
3. Evenly place potato slices into 1 layer on parchment paper lined cookie sheets, do not overlap slices.
4. Bake for 20-25 minutes until chips are crisp and golden brown. Remove from oven and let cool.

Sources: https://www.canr.msu.edu/news/hidden_calories_how_to_spot_and_avoid_them; <https://www.eatright.org/food/planning-and-prep/recipes/carrot-fries-recipe> retrieved 05/31/20

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

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



Kali Gardiner, RD, LD, ESI Coordinator Shelly Johnson, MS, ESI Administrator
E-mail: kalig@uidaho.edu Email: sjohnson@uidaho.edu
Phone: 208-446-1680 Website: www.eatsmartidaho.org

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.