

SENIOR NUTRITION NEWS

March 2019

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Try these eating right tips throughout March—National Nutrition Month.



- **Make half your plate fruits and vegetables.** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. With canned fruits and veggies choose “reduced sodium” or “no-salt-added” vegetables, and fruit canned in water or 100% juice.
- **Make at least half your grains whole.** Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. You will know if a whole grain is the first ingredient on the ingredient list of a product.
- **Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three cups of fat-free or low-fat milk, yogurt or cheese each day.
- **Vary your protein choices.** Eat a variety of protein group foods such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.
- **Cut back on sodium and empty calories from solid fats and added sugars.** Compare sodium in foods and choose those with lower numbers. Use spices or herbs instead of adding salt. Limit saturated fat rich foods such as desserts, pizza, sausages and hotdogs occasional choices, not every day foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks.
- **Enjoy your food but eat less.** Avoid oversized portions. Try using a smaller plate, bowl and glass. Cook at home more often, where you are in control of what's in your food. When eating out, choose lower calorie menu options.

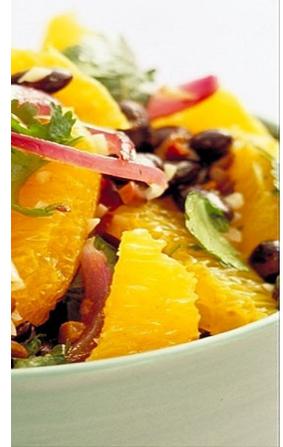
Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

- **Be physically active your way.** Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check you're your healthcare provider and then start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.



Mad for Color Summer Salsa

1 navel orange
1 red bell pepper
1 bunch fresh cilantro
1 red onion
1 can low-sodium black beans, drained and rinsed
1 lime, juiced
1/2 jalapeño
black pepper
baked tortilla chips



1. Wash all fresh fruit and vegetables. Peel, separate, and chop the orange. Remove seeds from the bell pepper and jalapeño, and dice. Dice the onion and roughly chop the cilantro.
2. In a medium bowl, combine the orange, pepper, onion, jalapeño and beans. Sprinkle with the cilantro and drizzle with the lime juice. Season with pepper, to taste. Toss to combine.
3. Enjoy with baked tortilla chips! Refrigerate leftovers within 1 hour.

Sources: <https://www.eatright.org/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>
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For Information on Eat Smart Idaho classes or how to eat well for less, contact the Nutrition Advisor in your county:

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