

SENIOR NUTRITION NEWS

Eat Smart Idaho

August 2019

Nutrition Tip Sheet for Older Adults

It's never too late to improve your eating plan, be more physically active, and be good to yourself for a healthier life.

- Eat breakfast every day.—Ensure that your breakfast includes foods from at least three out of the five food groups.
- Select high-fiber foods like whole-grain breads and cereals, beans, vegetables, and fruits. Some foods are always whole grains, like oatmeal, brown rice, wild rice and popcorn. Bread, cereal, tortillas, and pasta with “100% Whole Grain” or “100% Whole Wheat” on the package are whole grains. Look for the first ingredient on food packages to be a whole grain. Foods with the following words on the label are usually not whole-grain products:



100% wheat

Contains whole grain

Cracked wheat

Made with whole wheat

Multi-grain

7 grains

Made with whole grains

Bran

- Have three servings of vitamin D-fortified low-fat or fat-free milk, yogurt, or cheese every day to help keep your bones strong as you age.
- Drink plenty of water or water-based fluids.
- Getting enough water every day is important for your health. Most people are able to meet their fluid needs by drinking when thirsty and with meals. However, as we age our thirst sensation can decrease, so it is important to make getting enough fluids a priority. You can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can all contribute to fluid intake.
- Ask your health care provider about ways you can safely increase your physical activity. Fit physical activity into your everyday life. Take short walks throughout your day
- Stay connected with family, friends, and your community.

Garbanzo Barbecue Sliders

- 2 cans (15½ ounces each) no salt added garbanzo beans, rinsed and drained
- 2 tablespoons olive oil
- 3 green onions, finely chopped (about ½ cup)
- 1 large carrot, shredded (about 1 cup)
- Black pepper, to taste
- ⅓ cup whole wheat flour (or garbanzo bean flour)
- Mini whole grain hamburger buns, toasted



Toppings:

- Avocado
- Tomato
- Barbecue Sauce

1. In a food processor or with a hand blender, puree beans and oil until smooth.
2. Stir in onions, carrots, salt and pepper. Add in flour until mixture comes together.
3. Form 12 mini patties. Cook in skillet or on grill until each side is browned, about 4 minutes per side.
4. Assemble burger on bun with avocado, tomato and barbecue sauce.

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



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Sources: <https://www.niddk.nih.gov/health-information/weight-management/health-tips-older-adults>; <https://www.cdc.gov/healthywater/drinking/nutrition/index.html>; https://fns-prod.azureedge.net/sites/default/files/how_to_tell_whole_grain.pdf; <https://www.eatright.org/food/planning-and-prep/recipes/chickpea-sliders-with-barbecue-sauce> retrieved 07/26/19

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