

SENIOR NUTRITION NEWS

Eat Smart Idaho

January 2020

Eat Healthy this New Year!

Maintaining a healthy diet can be hard in the winter when fruits and vegetables are not as plentiful. However, good nutrition is even more important in the winter. A balanced diet helps to maintain your immune system during peak cold and flu season. Below are tips to help you eat healthy this winter:



- **Buy Canned or Frozen Produce.** They are processed right after harvest, so are as nutritious as fresh produce that may have been stored for an extended time.
- **Take Advantage of Root Vegetables.** Root vegetables are one of the most nutrient-rich vegetables you can eat and can be stored for long periods. Carrots, beets, parsnips, turnips, radishes, and yams are a few root vegetables available from fall to spring. Root vegetables are high in vitamins A, B, and C, as well iron.
- **Add Dark, Leafy Vegetables.** Dark greens such as spinach, broccoli, kale, and chard are rich in vitamins and antioxidants.
- **Savor Citrus.** Oranges, grapefruit, pineapple and other citrus fruits are at their peak of freshness in the winter. High in vitamin C, citrus can help you keep colds and the flu at bay. While not a citrus, kiwis are another great source of vitamin C. Grapefruit juice can interact with some medications, so check with your healthcare provider before consuming grapefruit juice.
- **More Vitamin D Rich Foods.** Winter's shorter days bring less sunlight. Our main source of vitamin D is sunlight, so in the winter we need to get our vitamin D from other sources. Vitamin D keeps immune systems strong so you're able to fight off viruses and bacteria that cause illness. Foods rich in vitamin D include egg yolks, seafood, healthy grains, mushrooms, and fortified milk.
- **Stay Hydrated.** Drinking plenty of fluids is important no matter what the season, but it is especially vital during the winter months. Staying hydrated helps people speed recovery from colds and flus. Warm fluids like tea can also help keep your body warm.



Broccoli Cheddar Soup

- 1 cup onion, chopped
- 1 cup carrot, shredded
- 1 ½ tsp. margarine or butter
- 2 cups broth, low sodium, any flavor
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup nonfat or 1% milk
- ¼ cup flour
- 1 cup shredded reduced fat cheddar cheese (4 ounces)
- 1/8 tsp. pepper



1. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
2. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes.
3. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
4. Refrigerate leftovers within 2 hours.

Prep time: 10 minutes

Cooking time: 15 minutes

Makes: 4 cups

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



Contact the Eat Smart Idaho Coordinator:

Kali Gardiner, RD, LD

Phone: 208-446-1680 E-mail – kalig@uidaho.edu Web: www.eatsmartidaho.org

Sources: https://cms.agr.wa.gov/WSDAKentico/Documents/Pubs/770-SeniorNutritionNewsletter_Vol1_Issue2.pdf ;
<https://www.foodhero.org/recipes/broccoli-cheddar-soup> retrieved 01/02/20

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