

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

September 2019

## Practice Portion Control

Eating a small portion of food can alleviate hunger between meals without spoiling your appetite for the next meal. Pay attention to portion size because many people eat enough for several servings. Examples of appropriate portion sizes are four to six crackers, one regular size muffin or a piece of fruit.



To limit the amount of food or drink consumed:

- Choose a small-size snack, and avoid “super,” “mega” and other oversized items.
- Serve foods on the smallest plate, bowl, cup or container possible.
- Share a large meal or snack with a friend, or save some of it for later.

Try single serving packs, either the ones from the grocery store or packs that you make up yourself in zip lock bags. These are easy to carry and may keep you from over-eating the junk food that you really want. Be aware, however, that many of the 100-calorie snack packs available at the grocery store are not nutritious.

If you buy a large package, divide the food into several small bags or containers. Usually you will eat more if you eat straight from a larger package or bowl.

Don't let a snack replace a meal. If a snack sometimes takes the place of a meal, however, choose meal-type food (e.g. a sandwich, a hearty salad or a small entrée) instead of foods that are low in important nutrients.



Snacking does not cause weight gain. You gain weight by consuming more calories per day than you use for energy. Most extra calories usually come from eating large portion sizes, sweet and salty snacks, regular soft drinks and food purchased away from home. When you eat high-calorie items, balance them with plenty of low-calorie foods such as fruits and vegetables.

## Bean Dip with Vegetables

- 1 (16 ounce) can refried beans
- 1 (8 ounce) can no salt added tomato sauce
- 1 teaspoon chili powder
- raw vegetables for dipping such as carrots, cucumber slices, celery sticks, pepper slices, radishes, broccoli, cherry tomatoes, cauliflower, etc.

Mix all three ingredients in a small saucepan. Heat and stir until smooth. Remove from heat and spoon into small serving bowls (one for each child). Serve warm or cold with vegetables for dipping. Makes 2 cups.

## Banana Rolls

- 3 bananas
- 1/4 cup peanut butter
- 1/8 cup coconut
- 1/8 cup rice cereal



Peel and cut each banana crosswise into four pieces. Spread each piece with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served. Makes 6 servings.

**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://hgic.clemson.edu/factsheet/planning-for-snacks/>; <https://extension.psu.edu/programs/betterkidcare/knowledge-areas/k7/lunch-and-snack-ideas/kid-pleaser-snacks> retrieved 08/30/19

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