



SENIOR NUTRITION NEWS



August 2022

Tips to Make Better Beverage Choices

The heat of summer is upon us, so it is especially important to make sure that you get enough fluids. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients, but too much fat and too many calories. Here are some tips to help you make better beverage choices.



- **Drink water instead of sugary drinks.** Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.
- **Water is usually easy on the wallet.** You can save money by drinking water from the tap at home or when eating out.
- **Manage your calories.** Drink water with and between your meals. People take in about 400 calories per day as beverages — drinking water can help you manage your calories.
- **Make water, low-fat or fat-free milk, or 100% juice the easy go to option in your home.** However, it is recommended to limit 100% juice to no more than 8 ounce each day.
- **Don't forget dairy.** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same amount of key nutrients such as calcium, vitamin D, and potassium, but the number of calories and amount of fat are very different between whole, 2%, 1%, and fat free milk.



- **Water on the go.** Water is always convenient. Fill a clean, reusable water bottle to quench your thirst throughout the day. Reusable bottles are also easy on the environment.
- **Check the facts.** Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

Citrus Cucumber Flavored Water

1 large lemon
1 large orange
8 cups cold water

1 large lime
1 large cucumber



1. Wash hands with soap and water.
2. Scrub all fruit and cucumber thoroughly under running water.
3. Cut the citrus fruit into thin slices, with or without the peel, and put in a pitcher.
4. Peel the cucumber and cut into thin slices, with or without the peel, Add cucumber slices to the fruit in the pitcher.
5. Add water, stir well and refrigerate for 2 hours before serving, then keep it cold to keep it safe.
6. Drink within 2 days for best quality.

Summer Breeze Smoothie

1 cup plain yogurt (non-fat)
1 cup pineapple (crushed, canned in juice)
1 teaspoon vanilla extract

6 strawberries (medium)
1 banana (medium)
4 ice cubes

1. Wash hands with soap and water.
2. Place all ingredients in blender and puree until smooth.
3. Serve & enjoy.

Sources: <https://eiph.idaho.gov/WIC/Resources/General%20Nutrition/Make%20Better%20Beverage%20Choices.pdf>; <https://www.foodhero.org/recipes/category/35>; <https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/summer-recipes#recipe-2526> retrieved 07/20/22

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

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
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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.