

SENIOR NUTRITION NEWS

Eat Smart Idaho

December 2022

Healthy Holiday Eating for Older Adults

The holiday season can be a time where there are a lot of food choices to make. Use these tips to help you when deciding what to eat or drink this holiday season:



- ◆ **Make eating a social event:** Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.
- ◆ **Drink plenty of liquids:** You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy water, milk, or 100% juice. You can also include warm beverages such as tea during the cold winter months.
- ◆ **Add a touch of spice:** Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.
- ◆ **Make the most of your food choices:** Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need. Be sure to include plenty of fruits, vegetables, whole grains, lean protein choices, and low-fat dairy.
- ◆ **Be mindful of your nutrient needs:** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.
- ◆ **Keep food safe:** Refer to the "use by" dates for a guide to freshness and discard any food past its use by dates. Canned or frozen foods store well if shopping trips are difficult.



The benefits of healthy eating add up over time, bite by bite.

Creamy Fruit Salad

- 1 - 15 ounce can sliced peaches, no added sugar
- 1 - 20 ounce can pineapple chunks, no added sugar
- 1 cup strawberries
- 1 cup grapes, seedless
- 1/2 cup low fat vanilla yogurt



1. Wash hands well with soap and warm water for at least 20 seconds.
2. Drain peaches and pineapple. Add peach slice halves and pineapple chunks to a medium mixing bowl.
3. Rinse strawberries and grapes. Cut the stem off strawberries and in half. Cut grapes in half then add to mixing bowl with the peaches and pineapple.
4. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
5. Refrigerate leftovers within 2 hours.

Graham Cracker Squares

- 1 banana, peach, pear, or other soft fruit sliced thin
 - 4 graham crackers, broken into 8 squares
 - 1/2 cup peanut butter
1. Wash hands and surfaces.
 2. Spread peanut butter in a thin layer on each graham cracker square.
 3. Top four of the squares with slices of fruit. Put another graham cracker square on top with peanut butter facing inside.

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,
Lewis, & Nez Perce Counties 208-883-2267



Contact the Eat Smart Idaho Coordinator:

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Sources: <https://www.myplate.gov/tip-sheet/healthy-eating-older-adult>; <http://happyhealthy.extension.msstate.edu/recipes>; <https://extension.missouri.edu/nc104> retrieved 11/15/22

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.