

SENIOR NUTRITION NEWS

Eat Smart Idaho

January 2023

Have a Happy & Healthy New Year

Here are some tips to a Happy & Healthy New Year:

**HAPPY
NEW YEAR**

H – ealth: Make your health a priority this year.

A – ttitude: A positive attitude may not cure a disease. However, thinking positive can help you make the most of your situation and enjoy life more.

P – hysical activity: Physical activity helps improve health and fitness, maintain a healthy body weight and reduce the risk for several chronic diseases.

P – eople: Social contact whether formal (such as a church or senior center) or informal (such as meeting with friends) can help keep you healthy.

Y – our body: Take care of yourself with regular physical checkups with your health care providers.

N – O!: Don't be afraid to say 'no'. Don't try to do too much especially if doing less allows you to spend time contributing to your health and happiness!

E – at healthy: Choose options that are full of nutrients. Eat a variety of fruits, vegetables, whole grains, protein foods, and low-fat dairy foods. Make every bite count.

W – isdom: Listen to your body. Concentrate on what makes YOU healthy.

Y – our hands: Wash hand regularly. It is the best way to prevent the spread of illness and infections.

E – nough sleep: Most American adults get less than the recommended amount of sleep they need. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, obesity, and depression.

A – pple a day: Not all apples, but try to eat more fruits and vegetables. Most people have a hard time getting enough of them in their diet.

R – ead Nutrition Facts labels: This will help you choose foods high in the nutrients you need to get more of and lower in the nutrients that you want to consume less of.



Baked Tomatoes

4 small or 2 large tomatoes
1 teaspoon dried oregano
¼ teaspoon pepper

⅓ cup shredded mozzarella
¼ teaspoon garlic powder
¼ teaspoon salt

1. Preheat oven to 400°F. Wash your hands well with soap and warm water for at least 20 seconds.
2. Wash tomatoes and cut into thick slices, about one inch.
3. In a small bowl, add oregano, garlic powder, pepper, and salt and stir to mix.
4. Place tomato slices on a baking sheet. Top each tomato slice with seasonings and cheese. Bake for 10 minutes.
5. Refrigerate leftovers within 2 hours



Cheesy Tex-Mex Bean Dip

15 ounce can low sodium black beans, drained
1/4 cup onion, chopped
1/4 cup cheddar cheese, grated

3/4 cup salsa
1/8 tsp garlic powder

Blend all ingredients except cheese in a blender or food processor, or mash with a fork. Pour into a microwave safe serving dish.

Heat in microwave on medium power for 2 to 3 minutes. If not warm, heat for 1 to 2 more minutes. Sprinkle cheese over top and cover. Let stand until cheese melts. Serve with baked tortilla chips and fresh veggies.

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



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Sources: <https://food.unl.edu/article/wishing-you-healthy-and-happy-new-year>; <https://extension.missouri.edu/nc120>; <http://happyhealthy.extension.msstate.edu/recipes> retrieved 12/21/22

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.