



SENIOR NUTRITION NEWS

Eat Smart Idaho

October 2023

Strategies for a Healthy Fall

As the days get shorter and cooler and the seasons change, here are some strategies to help you prevent illness and maintain a healthy lifestyle:



- **Wash Your Hands:**

- ⇒ Wash your hands with soap and clean running water for 20 seconds.
- ⇒ Avoid touching your face.
- ⇒ Always wash hands before preparing food and eating and after using the restroom and petting animals.

- **Eat Healthy:**

- ⇒ Be sure to choose fruits, vegetables, whole grains, lean meats, and low-fat dairy products daily to make healthy meals.

- **Drink Wisely**

- ⇒ Substitute water and low-fat dairy for sugary drinks.

- **Move More, Sit Less:**

- ⇒ Adults need at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
- ⇒ Check with your healthcare provider before starting a new exercise routine.

- **Sleep:**

- ⇒ Aim to get at least 7 hours of sleep per night.



Pumpkins are delicious, versatile and nutritious!
Try these tasty pumpkin recipes:



Pumpkin Smoothie: Mix together pumpkin, fat-free milk, frozen vanilla yogurt and a dash of pumpkin spice or cinnamon in a blender and enjoy!

Pumpkin Pizza: Saute pumpkin and other favorite veggies, then place on a whole wheat pizza crust drizzled with olive oil and your favorite spices.

Pumpkin Oatmeal: Add fresh, cooked or canned pumpkin to your morning oatmeal.

Pumpkin Muffins: Add fresh, cooked or canned pumpkin to your favorite muffin batter.

Pumpkin Soup: Cook mashed pumpkin with chicken broth, fat-free half-and-half, nutmeg, onion and other spices.

Pumpkin Pancakes: Add fresh cooked or canned pumpkin to your favorite pancake batter.

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://www.cdc.gov/chronicdisease/resources/infographic/healthy-fall.htm>; www.eatright.org retrieved 09/25/23

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