

Nutrition News

for Seniors


EAT WELL

Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

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September has arrived, and no matter what your age this month triggers those “back- to- school” memories for many people. It’s a good time to learn something new and brush up on some basics, and this month’s Nutrition News is the perfect place to start. The tips, below, were adapted from the New York State Dietetic Association, and were developed by registered dietitians (RDs) from the Central New York Dietetic Association. RDs recognize that food preferences, lifestyle, culture and ethnicity all contribute to personal eating styles. Below you will surely find some new ways to enhance your nutrition throughout the day.

- **Redefine your pizza.** Whether you're ordering in, heating it up, or making it from scratch, top your pizza with flavor-packed nutrient boosters like chopped tomatoes, red or green peppers, broccoli, basil leaves and zucchini. If you're having pasta, these same veggies can be heated up with spaghetti sauce.
- **Focus on your food.** Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.
- **Give canned soup a boost.** Add some white beans or chickpeas (for extra protein) and add some defrosted frozen veggies like pea and carrot combos.
- **Pass the hummus.** Chickpeas, the main ingredient in hummus, are rich in fiber and protein. They also contain vitamins and minerals and have been linked to lower cholesterol.
- **Did you know people that eat breakfast tend to weigh less?** Eating breakfast starts your metabolic engine to help burn calories better throughout the day. Make a good breakfast part of your daily routine.
- **Challenge yourself.** At the grocery store, look for “new to you” foods like: lentils, quinoa, farro or kale. Then find a recipe to use them.
- **Snack out of a bowl or plate.** Either way is better than snacking out of a bag or box because it makes it much easier to keep track of your portion size.
- **Stock up on frozen vegetables and fruit.** They are a quick way to add an extra fruit or vegetable to a meal.
- **Customize your order.** When you are out to eat, skip the fries and switch to a side dish with nutrient-rich vegetables such as broccoli or whole grains such as brown rice.
- **Add in more whole grains.** At the grocery store look for 100% whole-grain bread and cereals, whole wheat pasta and other whole grains like millet, farro or quinoa.



- **Bring it with you.** When you are on the go, pack snacks to keep you energized throughout the day like dried fruit and nuts, whole grain granola bars, apples or bananas.
- **Serve up fruit in fun ways.** For an after dinner treat, try berry-flavored applesauce, apple slices with a drizzle of caramel or berries with vanilla yogurt.
- **Trail mix is a great snack.** Make your own by combining your favorite dried fruit, nuts and whole grain cereal or granola. Put it in single-serving containers or bags to help keep your portion in check.
- **Skip the sugar.** Take this challenge: skip or cut back on the added sugar in your morning cup of coffee and you can save big. Skipping two teaspoons per day saves over a 5-pound bag worth of sugar per year.
- **Clean your cupboards.** Rearrange your foods and strategically place foods that you want to eat more of where they are easy to see and reach. Try storing treats on the top shelf and in a container where you can't see them... out of sight, out of mind.
- **Get enough sleep.** Getting enough sleep is important to maintain a healthy weight. Research shows that getting 7-8 hours of sleep per night can help to keep your appetite and weight in check.
- **Satisfy your sweet tooth.** Have a healthier banana split: banana sliced length-wise topped with $\frac{1}{2}$ cup vanilla Greek yogurt, chopped nuts and a drizzle of honey.

Source: National Nutrition Month® 2013: "Eat Right, Your Way, Every Day" For more information visit: www.eatrightny.org

In the Kitchen: Cucumber Yogurt Dip

Continue enjoying the end of summer's harvest with this tasty and tangy vegetable dip:

- 1 cup plain low-fat yogurt
- 1 large cucumber, peeled, seeded and grated
- 1/2 cup nonfat sour cream
- 2 teaspoons lemon juice
- 1 teaspoon fresh dill or 1/2 teaspoon dried dill
- 1/2 garlic clove, chopped



Peel, seed and grate cucumber. Mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for 1 hour. Serve the dip with tomatoes, cucumbers, broccoli and carrots.

Makes 6 servings.

Each serving contains: Calories 79, Fat 4.6 g, Sodium 40 mg, Carbohydrates 6 g, Protein 3 g, Folate 13 mcg, Potassium 260 mg

Recipe taken from Chef Charles Newsletter, Aug 2012, developed by the Iowa Department of Public Health, www.idph.state.ia.us/nutritionnetwork, Iowa Department on Aging, <http://www.aging.iowa.gov>