

# Nutrition News

## for Seniors



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

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## Celebrate National Nutrition Month: Enjoy the Taste of Eating Right

Research confirms that taste is the top reason why one food is bought over another. So what are you to do when the taste of your favorite food starts to lose its appeal?

As part of the 2014 National Nutrition Month® theme - "Enjoy the Taste of Eating Right" - the Academy of Nutrition and Dietetics encourages everyone to explore new foods and flavors while keeping taste and nutrition on their plate at every meal.



Breakfast is the first opportunity to enjoy new foods and flavors as well as a great meal to fuel your body with the right nutrients from the beginning of the day. A healthy breakfast is important for everyone at every age. Keep breakfast interesting while nutritious with some of these quick and easy breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.

**If your taste buds just don't crave breakfast foods, try these:**

- A peanut butter and banana sandwich on whole-grain bread
- Leftover veggie pizza
- Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
- Leftover rice mixed with low-fat yogurt, dried fruit, nuts and sprinkled with cinnamon.

## In the Kitchen: Springtime Cereal

Serves 1

- $\frac{1}{4}$  cup wheat and barley nugget cereal
- $\frac{1}{4}$  cup 100% bran cereal
- 1 tsp toasted sunflower seeds
- 1 tsp toasted almonds, sliced
- $\frac{1}{2}$  tbsp raisins
- $\frac{1}{4}$  cup bananas, sliced
- $\frac{1}{2}$  cup strawberries, sliced
- $\frac{1}{2}$  cup raspberry or strawberry yogurt, lowfat



Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and put the remaining strawberries over the top. Enjoy.

**Nutrition Facts per serving: Calories 352, Total Fat 6g, Saturated Fat 1g, Sodium 272mg, Total Carbohydrate 69g, Dietary Fiber 8g and Protein 8g.**

Source: *Food & Nutrition Magazine, September/October 2013*

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**Mixed-Up Sentences** Unscramble each sentence to find a healthy eating message.  
Some may be rearranged in more than one way.

1. important healthy a breakfast is \_\_\_\_\_
2. fat-free choose or milk low fat \_\_\_\_\_
3. plate fruits with your brighten vegetables and \_\_\_\_\_
4. grains grains make half least at whole your \_\_\_\_\_
5. flavors explore new try and new foods \_\_\_\_\_

1. A healthy breakfast is important.
2. Choose fat-free or low-fat milk.
3. Brighten your plate with fruits and vegetables.
4. Make at least half your grains whole grains.
5. Try new foods and explore new flavors.

**Answers:**

Sources: *Academy of Nutrition and Dietetics, National Nutrition Month Press Release, January 22, 2014. Power Up with Breakfast Tip Sheet. Academy of Nutrition and Dietetics. 2012.*

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