SENIOR NUTRITION NEWS

Eat Smart Idaho

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:

October 2023

- \Rightarrow Wash your hands with soap and clean running water for 20 seconds.
- \Rightarrow 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
- \Rightarrow 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.
- \Rightarrow Check with your healthcare provider before starting a new exercise routine.
- Sleep:
- \Rightarrow 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!

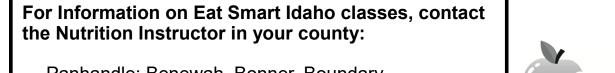
Pumpkin Pizza: Saute pumpkin and other favorite veggies, then place on a whole wheat pizza crust drizzled with olive oil and your favorite spices.

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.



Panhandle: Benewah, Bonner, Boundary,Kootenai & Shoshone Counties208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties 208-883-2267 Eat Smart Idaho

Contact the Eat Smart Idaho Coordinator: Phone: 208-292-2525 Web: www.eatsmartidaho.org Kali Gardiner, RD, LD E-mail – <u>kalig@uidaho.edu</u>

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

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.

