## 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!

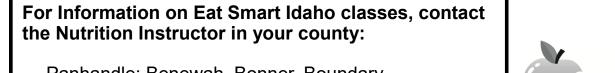
**Pumpkin Pizza:** Saute pumpkin and other favorite veggies, then place on a whole wheat pizza crust drizzled with olive oil and your favorite spices.

**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.



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