

SENIOR NUTRITION NEWS

Senior Extension Nutrition Program

September 2011

Tips for Healthy Living

Experts from the fields of medicine, nutrition and public health agree that eating more fruits and vegetables and participating in physical activity will benefit almost everyone. When older adults eat at least 5 cups of fruits and vegetables daily, they may:

- Get many of the vitamins, minerals and fiber the body needs to maintain good health
- Maintain energy levels
- Maintain regularity
- Prevent or delay the effects of chronic conditions such as obesity, hypertension and heart disease
- Add color, taste and variety to their diets
- Maintain strong, healthy bones



When older adults participate in at least 30 minutes of physical activity most days, they may:

- Prevent or delay the effects of chronic disease
- Feel better
- Decrease stress, anxiety and depression
- Help control weight
- Build and maintain healthy bones, muscles and joints
- Improve strength



Pineapple-Orange Frozen Yogurt



1 cup low-fat vanilla yogurt
1 cup pineapple chunks, fresh or canned

1/2 cup orange juice

Place yogurt and fruit in a large plastic bag, flatten and freeze overnight. Combine fruit, yogurt and juice in a food processor or blender and blend until smooth. Serve right away or place back in the freezer to harden until ready serve, up to and hour, stirring occasionally. Stir before serving.

Squash Bread

1/2 cup sugar
3/4 cup squash puree
1 1/2 cup flour
1 tsp baking soda
1/2 cup raisins (optional)

1/2 cup oil
2 eggs
1 tsp. baking powder
1 tsp. cinnamon
1/2 cup nuts (optional)

Preheat oven to 350°F. In a large bowl beat sugar, oil, squash and eggs. In a medium bowl, stir together flour, baking powder, baking soda and cinnamon. Fold this into the other mixture just enough to moisten the dry ingredients. Stir in the raisins and nuts. Pour the batter into a greased 9X5 loaf pan. Bake for 1 hour or until a toothpick comes out clean. Cut into 16 slices. Pumpkin can be substituted for the squash.

Sources: Senior Bytes, University of Minnesota Extension, March 2010 & September 2011

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University of Idaho
Extension

Senior
Extension Nutrition Program



Kali Gardiner, R.D., ENP Coordinator
E-mail – kalig@uidaho.edu

Shelly Johnson, M.S., ENP Administrator
Email— sjohnson@uidaho.edu

Phone: 208-446-1680

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