



# SENIOR NUTRITION NEWS



*Eat Smart Idaho*

January 2026

## Fueling Your Body in the New Year!

**Maintaining a healthy diet can be hard in the winter months when fresh fruits and vegetables are not as plentiful. Getting good nutrition is still important in the winter months. Below are tips to help you healthfully fuel your body:**



- **Choose Canned or Frozen Fruit & Vegetables.** They are processed right after harvest, so are nutritious and can help you get a variety of fruits and veggies when certain produce items are out of season or more costly.
- **Take Advantage of Root Vegetables.** Root vegetables are one of the most nutrient-rich vegetables you can eat and can be stored for long periods. Carrots, beets, parsnips, turnips, radishes, and yams are a few root vegetables available from fall to spring. Root vegetables are high in vitamins A, B, and C, as well iron.
- **Add Dark, Leafy Vegetables.** Dark greens such as spinach, broccoli, kale, and chard are rich in vitamins and antioxidants. They can boost the nutrition in your favorite salads, soups, and casseroles.
- **Savor Citrus.** Oranges, grapefruit, pineapple and other citrus fruits are at their peak of freshness in the winter. They are high in vitamin C, which helps support your immune system.
- **More Vitamin D Rich Foods.** Winter's shorter days bring less sunlight. Our main source of vitamin D is sunlight, so in the winter we need to get our vitamin D from other sources. Vitamin D keeps immune systems strong so you're able to fight off viruses and bacteria that cause illness. Foods rich in vitamin D include egg yolks, seafood, healthy grains, mushrooms, and fortified milk.
- **Stay Hydrated.** Drinking plenty of fluids is important no matter what the season, but it is especially vital during the winter months. Staying hydrated helps speed recovery from colds and flus. Warm fluids like tea can also help keep your body warm.



## Black Bean Quesadilla

- 3/4 cup chunky salsa (or pico de gallo)
- 1 can (15.5 oz) low-sodium black beans (drain & rinse)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 whole wheat tortillas (8 inch)
- Cooking spray



1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Mix drained salsa with black beans, cheese, and cilantro.
3. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup).
4. Fold tortillas in half.
5. Spray griddle or skillet with cooking spray and heat to medium-high.
6. Place filled tortillas on griddle or skillet. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes. Cut into wedges.

## Orange Coconut Slices

1 orange

1 to 2 tablespoons coconut flakes



1. Slice orange.
2. Sprinkle with coconut flakes.
3. Enjoy!

**For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:**

Panhandle: Benewah, Bonner, Boundary,  
Kootenai & Shoshone Counties      208-292-2525

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



Contact the Eat Smart Idaho Coordinator:

Kali Gardiner, RD, LD

Phone: 208-292-2525 E-mail – [kaliq@uidaho.edu](mailto:kaliq@uidaho.edu) Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

**Sources:** Washington State Department of Agriculture Senior Nutrition Newsletter Volume 1 Issue 2; <https://www.myplate.gov/myplate-kitchen> retrieved 12/29/25

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.