

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

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## Build a Better Bowl

**Eating well doesn't have to be complicated. A simple bowl is an easy way to build a nourishing meal that is inexpensive and easy to prepare. You can use ingredients you might already have on hand. Follow these easy steps:**



### 1. Choose one grain.

- Add ½ cup of the grain of choice to begin the many flavorful layers of your bowl.
- Choose a grain such as brown rice, white rice, quinoa, wild rice, couscous, grits, oatmeal, buckwheat, whole-grain pasta or millet.

### 2. Choose one or more vegetables.

- Add ½ cup of veggies for flavor, fiber and extra nutrition.
- Choose colorful veggies such as chopped or sliced bell peppers, onions, tomatoes, spinach, carrots, zucchini, green onions, mushrooms or other favorite veggies of your choice.
- If using canned or frozen vegetables look for ones labeled “reduced sodium,” “low sodium” or “no salt added” to decrease the amount of sodium in your diet.

### 3. Choose one protein.

- Add ¼ cup or 2 ounces of protein to your bowl creation.
- Choose lean protein foods such as fully cooked poultry, lean ground beef, lean ham, black beans or your favorite protein of choice.
- Use leftover grilled or cooked meat in your bowl.

### 4. Add ¼ to ½ cup of a low sodium sauce or seasoning .

#### Other tips:

- **Keep it simple:** Use pre-cut or frozen vegetables to save time
- **Watch sodium:** Choose low-salt options when possible
- **Stay hydrated:** Drink water with your meals
- **Make it social:** Share meals with friends or family when you can



Here are some idea-starters for your bowl combinations. Begin with a grain of your choice and then use the suggested ingredients.



Bowl Varieties	Vegetables or Fruit	Protein	Sauce, Seasoning or Garnish
<b>Mexican Fiesta Bowl</b>	Tomatoes, onions, black beans, corn, avocado (optional)	Taco-seasoned ground beef or chicken	Shredded cheese, cilantro, low-fat sour cream and taco sauce, salsa or seasoning
<b>Fruit Breakfast Bowl</b>	Apples, bananas, raisins, berries, peaches	Almonds or walnuts	Cinnamon or orange zest; top with dollop of plain Greek yogurt and granola
<b>Summer Veggie Bowl</b>	Cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans	Vinaigrette salad dressing; garnish with shredded cheese
<b>Asian Bowl</b>	Green and red peppers, onions, pineapple	Chicken or pork	Teriyaki sauce, sweet and sour sauce or soy sauce, peanut butter and ginger for a Thai sauce effect
<b>Morning Egg Bowl</b>	Green peppers, onions, tomatoes	Cooked scrambled eggs	Cheddar cheese
<b>Hawaiian Ham Bowl</b>	Red pepper, pineapple, steamed spinach	Ham	Sesame ginger dressing, juice from an orange or pineapple salsa
<b>Seafood Rice Bowl</b>	Red pepper, mushrooms, tomatoes, onions	Cod, canned tuna or salmon (drained)	Cilantro, oil of choice, herbs
<b>Stoplight Rice Bowl</b>	Carrots, red pepper, zucchini	Chicken (optional)	Shredded cheddar cheese
<b>Italian Rice Bowl</b>	Carrots, mushrooms, red pepper, green onion	Turkey sausage	Marinara or alfredo sauce

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