



SENIOR NUTRITION NEWS



July 2023

Eat Smart Idaho Program

July is National Berry Month



What better way to celebrate July than with berries! So many berries come in season this month making them more affordable and available.

Why should I eat more berries?

- Berries have a lot of vitamin C, folic acid, dietary fiber, and antioxidants.
- These nutrients help increase our immune function and are protective against cancer and heart disease.

Selecting, Cleaning & Storing Berries:

- Look for firm, plump, and full-colored berries.
- Avoid buying berries with bruises, mold, or that are oozing. When selecting be sure to turn the container over to thoroughly check the berries. At home throw out any overripe or damaged berries.
- Although strawberries are the most popular berry, berries come in many colors and they are all good for you. Choose your favorites:
 - Red: raspberries, strawberries, cranberries
 - Black or dark purple: blackberries, huckleberries
 - Blue: blueberries
- Rinse berries under cool, running water just before using.
- Berries can be frozen. Rinse and pat dry and spread in a single layer on a large cookie sheet. Freeze, then put berries in a plastic bag. Keep frozen until ready to use. This makes it possible to measure just the amount needed. Use frozen berries within one year.

Ways to Add More Berries to Your Day:

- Add sliced strawberries to a bowl of whole grain cereal.
- Stir raspberries into low-fat vanilla yogurt.
- Sprinkle blueberries on a salad.
- On the grill make fruit kabobs that incorporate berries with other fruits such as pineapple chunks, bananas and grapes.
- Cut your ice cream or frozen yogurt portion in half and fill the other half with different berries to make your cool treat higher in fiber, vitamins, and minerals.



Berry Good Fruit Salad

- 1 ½ cups berries cut into bite size pieces (try strawberries, blueberries, raspberries or a mixture)
- 1/4 cup raisins or dried cranberries
- 1/3 cup non-fat, fruit flavored yogurt
- 1 tablespoon chopped nuts, optional

1. Remember to wash your hands and rinse fresh berries well.
2. Combine ingredients in a bowl. Stir gently.
3. Refrigerate and serve cold.
4. Cover and refrigerate leftovers within 2 hours.

Super Fruit Slushie

- 2 cups frozen or fresh mixed berries
- 2 cups low fat milk
- 1 tablespoon honey
- 1/4 cups nuts, optional



1. Wash hands and rinse berries.
2. Put ingredients in blender. Blend until smooth.
3. Serve cold.
4. Cover and refrigerate leftovers within 2 hours

Sources: <https://food.unl.edu/documents/July%3A%20National%20Berries%20Month%20%282010%29.pdf>; https://www.ksre.k-state.edu/humannutrition/current_newsletters/good-for-you/goodforyou-documents/Spring_07_color.pdf
retrieved 06/22/23

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



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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.