

March 2016: National Nutrition Month

March is National Nutrition Month

Healthy Eating Tips



□ Set Yourself up for Success:

- Don't make drastic changes, start small.
- Make the right choices, cut back on unhealthy food.
- Don't get hung up on calories, concentrate on variety, freshness, and the color of your food

□ Moderation is Key:

- Try not to think of certain foods as "off limits", just cut back on how much you eat
- Think in smaller portions

□ Fill up on Colorful Fruits and Vegetables:

- Fruits and veggies are low in calories and dense in nutrients
- Recommendation is to eat 5 servings a day
- Try to eat the rainbow everyday and eat as many colors as you can

□ Eat more Healthy Carbohydrates:

- Healthy Carbs: whole grains, legumes, fruits, and veggies
 - Digested more slowly and keep you feeling fuller longer
- Unhealthy Carbs: white flour, refined sugar
 - Digested faster and cause spikes in blood sugar



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○ Healthy Eating Tips Cont...

□ **Put Protein into Perspective:**

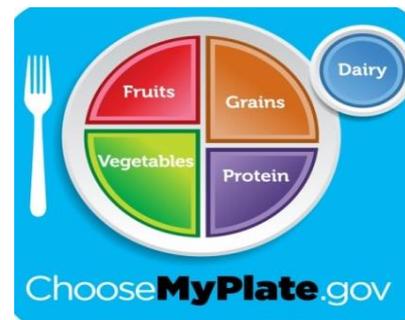
- Essential for muscle healing and energy
- Adults should eat 0.8 grams of lean high-quality protein per 1 kilogram of weight (2.2 lbs.)
- Choose Lean Proteins: fish, poultry, egg whites, legumes

□ **Bulk up on Fiber:**

- Can help your bowels stay regular, reduce risk of heart disease, stroke, and diabetes, and help you lose weight
- Adults should eat 21-38 grams of fiber per day, it is best to start slow to increase your dietary fiber intake

□ **Eat Right w/ My Plate:**

- A visual method to help you plan out your portion sizes at meal times
 - Half your plate should be fruits and veggies
 - Switch to low-fat or fat-free dairy: still has all the nutrients but less calories
 - Cut back on sodium and add different spices instead
 - Drink water instead of sugary drinks
 - Select fruit for dessert



○ Be Physically Active

- Pick activities you like!
- Activity Goals: Children and teens: 60 minutes or more of activity a day
 - Adults: 2 hours and 30 minutes or more of activity of activity that requires moderate effort such as brisk walking

