

National Nutrition Month

Did you know that March is National Nutrition Month?

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.



A healthy eating plan is one that:

- ◇ Includes lean meats, poultry, fish, beans, eggs, and nuts.
- ◇ Emphasizes fruits, vegetables, whole grains, and fat-free or lowfat milk and milk products.
- ◇ Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Mix up your choices within each food group.

- ◇ **Focus on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- ◇ **Vary your veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

DON'T GIVE IN WHEN YOU ARE EATING OUT AND ON THE GO

It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- ◇ **At the store,** plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
- ◇ **When grabbing lunch,** have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.
- ◇ **In a restaurant,** opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- ◇ **On a long commute or shopping trip,** pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.

Source:
nutrition.gov; U.S.
Department of
Health and Human
Services, 2010.



Find additional resources on the web!

www.mypyramid.gov www.nutrition.gov www.fda.gov/fdac
www.eatright.org www.hhs.gov www.fsis.usda.gov