



# March 2012

## National Nutrition Month

# EAT RIGHT DAILY TIPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b><u>Shopping Tips:</u></b></p> <ul style="list-style-type: none"> <li>Choose whole-grain bread, cereal, and pasta with the word <i>whole</i> first in the ingredients list. Look for bread with 2-3 grams of fiber/slice and pasta and cereal with 5 g/serving.</li> <li>Pick up a colorful variety of fresh or frozen fruits and veggies to fill up your plate at meals.</li> <li>Beans are a cheaper protein source than meat. Rinse canned beans to reduce sodium.</li> </ul>				<p><i>1</i> Eat when you are hungry, stop when you are full. Use a hunger scale, 1-10.</p>	<p><i>2</i> Eat seafood twice a week, especially oily fish like salmon and tuna</p>	<p><i>3</i> Plan 5 dinner meals using MyPlate as a guide - choosemyplate.gov</p>
<p><i>4</i> Boil some eggs to add to a quick weekday breakfast or snack.</p>	<p><i>5</i> Pack and bring a brown bag lunch to work this week.</p>	<p><i>6</i> Swap sugar-sweetened drinks for water and unsweetened tea.</p>	<p><i>7</i> Eat at the table with all TV and computer screens turned off to lessen distraction.</p>	<p><i>8</i> Color your plate with frozen berries.</p>	<p><i>9</i> Eat slowly. Put the fork down between bites.</p>	<p><i>10</i> Use a smaller plate, bowl and glass to control portions.</p>
<p><i>11</i> Fire up your metabolism with breakfast, such as oatmeal with walnuts and berries.</p>	<p><i>12</i> Add color to salads with shredded carrots, spinach, red bell peppers, and beans.</p>	<p><i>13</i> Try a new mobile app to track your eating and activity, and stay motivated.</p>	<p><i>14</i> Keep single-serving packages of nuts, tuna, dried fruit in your desk.</p>	<p><i>15</i> Go for a 20-minute walk during lunch break.</p>	<p><i>16</i> Freeze fat-free or low-fat fruit yogurt for a tasty treat.</p>	<p><i>17</i> Try a new whole grain such as quinoa or quick whole wheat couscous.</p>
<p><i>18</i> Roast a turkey breast or whole chicken; slice, eat and freeze leftovers.</p>	<p><i>19</i> Before buying your next coffee drink, look up the nutrition information.</p>	<p><i>20</i> Try nonfat Greek yogurt with berries for a high-protein breakfast.</p>	<p><i>21</i> Fill up on a variety of beans weekly to satisfy hunger and reduce cholesterol levels.</p>	<p><i>22</i> Sip on a cup of green tea early in the afternoon to promote relaxed alertness.</p>	<p><i>23</i> Eat lower-calorie foods first, such as salad and broth-based soup.</p>	<p><i>24</i> Roast cauliflower, onion, red bell peppers for about 30 minutes at 450°F.</p>
<p><i>25</i> See all you eat. In other words, plate it before you eat it.</p>	<p><i>26</i> The first few bites are the best. Leave the last few bites on the plate.</p>	<p><i>27</i> Sprinkle chia seeds on hot cereal, soups, and yogurt for healthy omega-3 fats.</p>	<p><i>28</i> Place tempting food in the back of cupboard, out of sight.</p>	<p><i>29</i> As you unpack groceries, prep and package veggies in clear containers.</p>	<p><i>30</i> Try a Meatless Monday meal and make family meal time a priority.</p>	<p><i>31</i> Sneak veggies in to your diet by adding them to soups, stews, and casseroles.</p>