

NATIONAL NUTRITION MONTH®

MARCH 2019

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#NationalNutritionMonth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1</p> <p>National Nutrition Month</p> <p>National Nutrition Month is a campaign every March that focuses on making informed food choices and sound eating and physical activity habits.</p>	<p>2</p>  <p>MyPlate</p> <p>MyPlate is a great tool to help find your balanced diet and build healthy eating habits.</p>
<p>3</p> <p>Reduce Your Sugar Intake</p> <p>Recommended amount of sugar is 6-9 teaspoons. Average American intake is 20 teaspoons.</p>	<p>4</p> <p>Meatless Monday</p> <p>Check @FoodBankCENC on Twitter for a protein-packed meatless recipe.</p>	<p>5</p>  <p>Fruits & Veggies</p> <p>Make ½ your plate fruits and veggies. They're low in calories, high in fiber, and can help prevent chronic disease.</p>	<p>6</p> <p>National Frozen Food Day</p> <p>Frozen veggies are flash frozen to keep all nutrients. Try steaming them for a healthy side.</p>	<p>7</p> <p>National Cereal Day</p> <p>Check @FoodBankCENC on Twitter for a tasty granola recipe.</p>	<p>8</p> <p>Whole Grains</p> <p>Including whole grains into everyday eating helps prevent chronic disease and increase fiber.</p>	<p>9</p>  <p>National Meatball Day</p> <p>Check out our Twitter feed for a delicious meatball recipe @FoodBankCENC.</p>
<p>10</p>  <p>Daylight Savings</p> <p>Start your day with balanced breakfast, avoid heavy meals, and go for a walk to help make an easier transition.</p>	<p>11</p> <p>Johnny Appleseed Day</p> <p>Check @FoodBankCENC on Twitter for a delicious apple crisp recipe.</p>	<p>12</p>  <p>Red & Orange Vegetables</p> <p>Eat at least 5 cups a week of these colorful veggies for potassium and Vitamin A.</p>	<p>13</p> <p>Registered Dietitian Day</p> <p>Today marks 2 years since our very own RD Sara Clement joined the Food Bank!</p>	<p>14</p> <p>Eat Yogurt</p> <p>Choose plain, low-fat yogurt. Add cereal, nuts, and fruit to make your own flavor.</p>	<p>15</p> <p>Fiber</p> <p>A diet high in fiber can help maintain bowel health, control blood sugar levels, lower cholesterol, and achieve a healthy weight.</p>	<p>16</p> <p>Veggies for Breakfast</p> <p>Work vegetables into your breakfast routine. Check @FoodBankCENC on Twitter for a tasty sweet potato pancake recipe.</p>
<p>17</p>  <p>St. Patrick's Day</p> <p>Want to add some green into your breakfast? Check Twitter for our avo-berry muffin recipe.</p>	<p>18</p> <p>National Sloppy Joe Day</p> <p>Check our Twitter feed for our version of a sloppy joe using ground turkey @FoodBankCENC.</p>	<p>19</p> <p>Portion Sizes</p> <p>Watch portion sizes, use small plates, bowls, and cups.</p>	<p>20</p> <p>First Day of Spring</p> <p>Try a new vegetable today.</p>	<p>21</p>  <p>California Strawberry Day</p> <p>Strawberries are full of antioxidants, which prevent heart disease and certain cancers.</p>	<p>22</p> <p>World Water Day</p> <p>Try drinking ½ your body weight in ounces of water.</p>	<p>23</p> <p>National Chia & Dip Day</p> <p>Check @FoodBankCENC on Twitter for fun recipes to try.</p>
<p>24</p> <p>Why Meal Plan?</p> <ol style="list-style-type: none"> Saves time. Saves money. Easier to make healthy choices. 	<p>25</p> <p>A Quick Weeknight Meal</p> <p>Try Pineapple Fried Rice and make it a family favorite. Check @FoodBankCENC on Twitter for the recipe.</p>	<p>26</p> <p>National Spinach Day</p> <p>Try adding spinach to your morning smoothie. Check @FoodBankCENC on Twitter for a recipe.</p>	<p>27</p> <p>Purple Vegetables</p> <p>They're full of anthocyanins which fights inflammation, cancer, and heart disease.</p>	<p>28</p> <p>National Something on a Stick Day</p> <p>Skewers on the grill incorporate lean proteins and vegetables. Try the Honey Chicken Kabobs recipe on our Twitter @FoodBankCENC.</p>	<p>29</p> <p>Lean Proteins</p> <p>Protein is essential in body function, choosing lean and low-fat options helps reduce total cholesterol and saturated fats. There are many sources of proteins some include meat, beans, seeds, eggs, and seafood.</p>	<p>30</p> <p>Food Safety</p> <p>Food Safety is essential in keeping your family healthy. Visit foodsafety.gov for everything you need to know.</p>
<p>31</p> <p>National Tater Day</p> <p>Check out our Twitter feed for fun potato recipes.</p>						