



# HealthBits

## March is National Nutrition Month

March 12, 2010

### Messages of the 2010 National Nutrition Month, "Nutrition From the Ground Up":

- Start with the basic. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy, lean meats, poultry, fish, beans and nuts. A healthy eating plan is also low in saturated fats, trans fats, cholesterol, salt and add sugars.
- Make calories count by thinking nutrient-rich rather than "good" or "bad" foods. Most of food choices should be packed with vitamins, minerals, fiber, and other nutrients and low in calories. Watch portion sizes. Low calories foods can add up when portions are larger than you need.
- Eat a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that is in season. Vary protein choices with more fish, beans, and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.
- Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.
- Balancing physical activity and healthy diet to promote overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

Source: *Food and Culinary Professionals*

### To get the most milk products for your moola

- Look at the label, not the lid—Store brands and national brands often have different color lids for the same type of milk. Fat-free and low-fat milk products contain the same amount of calcium without the excess fat and calories. Low-fat or fat-free milk costs less than whole milk.
- Compare grocery store prices with convenience or discount chain prices—Often, milk prices are lower at discount chains and some convenience stores.
- Buy the largest container of milk you can use by the date on the container
- Buy blocks of cheese and slice or grate it yourself—Hard or semi-hard cheese can be frozen. Use frozen cheese within 4-6 months.

Source: *Cooperative Extension -Family Living*

### Upcoming Healthy Living Sessions:

April 22: Meatless Meals in Minutes

May 13: Topic TBA

### What fruits and vegetables are in spring season (March –May)

These are some produce you can expect to find in the stores.

#### Vegetables

Asparagus  
Avocados  
Broccoli  
Cabbage  
Spinach



#### Fruits

Berries  
Mangos  
Sweet oranges  
Papayas  
Pineapples



### Ways to enjoy more fruits, vegetables, whole grains and dairy.

- Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toasts or waffles
- Heat leftover whole-grain rice with chopped apples, nuts and cinnamon.
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
- Make a habit of adding fruit to our morning oatmeal, ready-to-eat cereals, yogurt or toaster waffle.

Sources: *American Dietetic Association*

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