

Nutrition Notables

Volume 3, Issue 3

March 2010

Special points of interest:

- Celebrate National Nutrition Month®!
- Learn new ways to enjoy fruits, vegetables and grains!
- Learn the top 10 reasons to consult an RD!

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to Consult a
Dietitian

RD 2
Appreciation
Day

National Nutrition Month®

March is National Nutrition Month®, a nutrition education campaign created by the American Dietetic Association. The campaign focuses on the importance of developing healthy eating and physical activity habits.

Take time to eat right this month!

DISCOVER NEW WAYS TO ENJOY ...

FRUITS

Get saucy with fruit:

Blend berries, apples, peaches or pears for a sweet sauce on grilled seafood or chicken, or on pancakes, French toast or waffles.

Wake up to fruit. Add fruit to your morning oatmeal, cereal, yogurt or toaster waffle.

“Sandwich” in fruits. Add pizzazz to sandwiches with sliced pineapple and apple as fillings.

Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

VEGETABLES

Try crunchy vegetables

instead of chips with your favorite dip or low-fat salad dressing.

Grill colorful vegetables: tomatoes, peppers, mushrooms and onions.

Use vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

Top a baked potato with beans and salsa or broccoli and low-fat cheese.

“Grate” complement: Add grated or shredded veggies such as zucchini, spinach and carrots to lasagna, meatloaf, mashed potatoes, pasta sauce and rice.

WHOLE GRAINS

Read the label: Which products are whole grains? Look for “whole grain” as the first ingredient

Stuff a whole grain pita with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

Surprise! Popcorn is a whole grain.

Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

Prepare instant oatmeal with fat-free milk in place of water. Top with dried fruit and almonds.

NATIONAL NUTRITION MONTH[®]

Dietitian
Appreciation
Day

TOP 10 REASONS TO CONSULT A DIETITIAN

1. Weight loss
2. Digestive Problems
3. Pregnancy
4. Breastfeeding
5. Caring for the elderly
6. Improve Sports Performance
7. Gastric Bypass Surgery
8. Making healthy food choices
9. Diabetes or heart disease
10. Nourishing your child



**March 10th is
RD Appreciation Day**

Make sure to give a big thank you to the dietitians for all they do to keep you healthy!

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