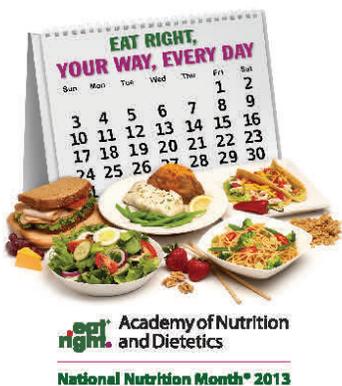




Bannock County

University of Idaho, U.S. Department of Agriculture, and Idaho Counties Cooperating.

February 2013



March is National Nutrition Month®

story by Char Byington

Every March, the Academy of Nutrition and Dietetics encourages us to focus on a particular aspect of healthy nutrition. This year is no exception and the theme is: Eat Right, Your Way, Every Day. What does that mean to you? To me it means being aware of all the food groups I need to eat everyday. For instance, it's a pretty common sight to see me getting my lunch for the next day ready using leftovers from dinner. If my husband wanders by me in the middle of doing so, he would most likely hear me run through the food groups under my breath. It usually sounds something like: "Ok, that brown rice is the grain, the chicken is the protein, where's the yogurt for my dairy? Now there is plenty of broccoli left for the vegetable and what should I

have for the fruit?"

A healthy diet should reflect foods that you and your family love from all the food groups in appropriate portions. Using MyPlate as a tool can assist you in planning your meals. It serves as a nice visual to remind us that we need half our plates covered with fruits and vegetables. For my lunch bag, that means filling small storage containers to the brim with my vegetables and those yummy frozen cherries from my best friend's son's cherry tree.

I encourage you to enjoy the National Nutrition Month® theme and Eat Right, Your Way, Every Day in March. I think you'll like the results.

I hope your child enjoys the color sheet on the back of this page.

All ethnic traditions can Eat Right, Your Way, Every Day

Try Greek! Did you know that tzatziki sauce is a nutritious source of dairy? It combines low-fat yogurt, cucumbers, and garlic for a yummy dip or spread. Try it with whole grain pita chips or vegetables.

Try Chinese! Vegetables like bok choy, snap peas, carrots, and bean sprouts make excellent stir-fries. Serve them with cooked lean protein over baked brown rice for a delicious MyPlate approved meal!

Try Mexican! Give jicama a try for something new if you haven't tried it before. It goes nicely on salad or in gazpacho.



UNIVERSITY OF IDAHO EXTENSION UPDATE

BannockCounty

The Bannock County EFNEP Newsletter is published quarterly by the Bannock County Extension Office. For questions or ideas for upcoming issues please contact Char Byington.

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