Put Your Best Fork Forward

National Nutrition Month® is celebrated each year in March. This year’s theme is “Put Your Best Fork Forward.” The following tips can help you “put your best fork forward” to improve your health:

- **Eating right doesn’t have to be complicated.** Use MyPlate as your guide to healthy eating. Go to www.choosemyplate.gov to find a meal plan that is right for you.

- **Balancing physical activity and a healthful diet is the best recipe** for managing weight and promoting overall health and fitness.

- **Think nutrient-rich rather than “good” or “bad” foods.** The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.

- **Look at the big picture:** No single food or meal makes or breaks a healthful diet. All foods can fit into a healthful diet when consumed in moderation or appropriate portions.

- **Don’t fall prey to food myths and misinformation that can harm rather than benefit your health.** There is no superfood. Fad diets do not work long term because they don’t teach new long term eating habits and may even require you to give up your favorite foods.

- **Read food labels to get nutrition facts that help you make smart food choices quickly and easily.** Percent Daily Values (DV’s) on the nutrition label are a quick way to help you evaluate a particular food. 5% or less is low – aim for low fat, saturated fat, cholesterol and sodium. 20% or more is high – aim high in vitamins, minerals and fiber.

- **Find healthy fats when making food choices.** By choosing polyunsaturated or monounsaturated fats such as olive, canola, and soybean oils, you can keep your saturated fats, trans fats and cholesterol low.
Crunchy Apple Roll Ups

- 1/2 medium apple
- 1 tablespoon peanut butter
- 1 whole wheat tortilla
- 2 to 3 tablespoons crispy rice cereal

1. Chop apple into small pieces, slice thinly, or shred with grater.
2. Spread peanut butter in a thin layer over tortilla.
3. Spread apple pieces in an even layer over peanut butter.
4. Sprinkle with cereal.
5. Roll up tightly and cut in half.

Raspberry Fizz

- 1 part raspberry juice
- 2 parts Club Soda
- 2 Tablespoons lime juice

Mix ingredients and serve over ice.

Sources: www.eatright.org; https://randolph.ces.ncsu.edu/2010/03/ten-nutrition-facts-for-national-nutrition-month/ https://spendsmart.extension.iastate.edu/recipe/crunchy-apple-roll/ retrieved 03/01/17

For Information on Eat Smart Idaho classes or how to eat well for less, contact the Nutrition Advisor in your county:

Benewah, Bonner, Boundary, Kootenai & Shoshone 446-1680
Latah 883-2267
Clearwater or Nez Perce 799-3096
Idaho or Lewis 983-2667

To contact the Eat Smart Idaho Coordinator:

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This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho’s toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.