

Food for Thought

March 2020

March is National Nutrition Month® Eat Right Bite by Bite

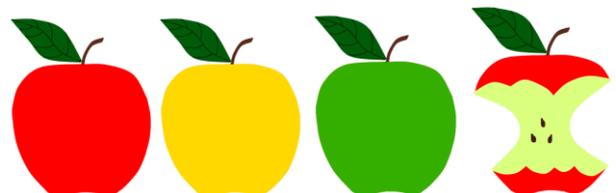
The National Nutrition Month® campaign from the Academy of Nutrition and Dietetics is celebrated each year during the month of March. It focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme, **Eat Right, Bite by Bite**, promotes eating a variety of nutritious foods every day and planning and creating healthful meals each week.

Simple steps you can take for a healthful lifestyle include the following:

- **Eat a variety of nutritious foods every day:**
 - Include healthful foods from all food groups
 - Hydrate healthfully
 - Learn how to read Nutrition Facts labels
 - Get more – Dietary fiber, Vitamin D, Calcium, Iron, & Potassium
 - Get less – Saturated fat, trans fat, sodium, & added sugars
 - Practice portion control
 - Take time to enjoy your food
- **Plan your meals each week:**
 - Use a grocery list to shop for healthful foods
 - Be menu savvy when dining out
 - Choose healthful recipes to make during the week
 - Enjoy healthful eating at school and work
 - Plan healthful eating while traveling
- **Learn skills to create tasty meals:**
 - Keep healthful ingredients on hand
 - Practice proper home food safety
 - Share meals together as a family when possible
 - Reduce food waste
 - Try new flavors and foods



A good place to start on your road to healthful eating is with eatright.org, where you can read about healthful food choices, try out new recipes, watch videos and more! All of the content you'll find on eatright.org is science-based. After all, it is the website of the Academy of Nutrition and Dietetics, which is the world's largest organization of food and nutrition professionals!



Healthy Shamrock Shake

- 1 medium-sized banana, peeled
- 1 cup baby spinach
- 1/8 teaspoon peppermint extract
- 1/4 teaspoon cocoa powder
- 1 tablespoon honey
- 1 cup fat-free milk
- 1 cup ice



Add all of the ingredients to high-speed blender. Puree until smooth. Serve immediately.

Breakfast Toast with Greek Yogurt

- 1 slice whole grain bread, toasted
 - 2 tablespoons greek yogurt, plain or vanilla
 - 1/4 cup strawberries, chopped
 - 2 tablespoons pistachios, chopped (optional)
 - Honey
1. Toast bread to preferred doneness
 2. Spread yogurt on toast
 3. Top with chopped strawberries and pistachios
 4. Finish by drizzling with honey

Overnight Kefir Oats

- 1 1/3 cups low-fat blueberry kefir
 - 2/3 cup old fashioned rolled oats
 - 1/2 cup fresh blueberries
 - 2 tablespoons slivered almond, toasted
1. In 3- to 4-cup food storage container combine kefir, oats and blueberries. Tightly cover and refrigerate for 8 to 24 hours.
 2. To serve, stir kefir mixture. Spoon into two serving bowls. Top with almonds.

Sources: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>; <https://www.milkmeansmore.org/better-recipes-national-nutrition-month/> retrieved 02/26/20

Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less! For Information on FREE Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Bonner, Boundary, Kootenai & Shoshone 208-446-1680
Clearwater, Idaho, Latah, Lewis, & Nez Perce 208-883-2267

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD
Phone: 446-1680



www.eatsmartidaho.org
E-mail – kalig@uidaho.edu