

Food for Thought

March 2021

March is National Nutrition Month® Personalize Your Plate

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, **Personalize Your Plate**, promotes the fact that there is no one size fits all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes!

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.
 - Avoid distractions while eating.
 - 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!



Pinto Bean Salsa Dip

- 1 can (approx. 15 oz.) pinto beans, drained and rinsed or 1-1/2 cups cooked dried beans
- 1 cup shredded cheese
- 1/2 to 1 cup chunky salsa
- 1 to 2 tablespoons chopped onion (optional)
- 1/4 to 1/2 teaspoon chili powder or to taste (optional)



Directions:

1. Mash beans with a fork.
2. Mix in cheese.
3. Stir in enough salsa until mixture is desired consistency for dipping.
4. Add onion and seasoning as desired.
5. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).

Tip: If you use the lesser amount of salsa for a thicker mixture, this recipe may be used as a filling for wraps.

Honey Yogurt Fruit Dip

- 1 cup nonfat or lowfat yogurt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2 to 3 tablespoons honey

Directions: Mix yogurt with vanilla and cinnamon. Add honey to taste, until desired sweetness is obtained.

Tip: This recipe also may be used as a salad dressing.

Sources: <https://www.eatright.org/food/resources/national-nutrition-month>; <https://food.unl.edu/delicious-dips-using-common-ingredients> retrieved 03/01/21

Eat Smart Idaho can help you learn how to eat well for less. For information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267



To contact the Eat Smart Idaho Coordinator:

Kali Gardiner, RD, LD
Phone: 208-292-

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

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.