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Eat Smart New York!

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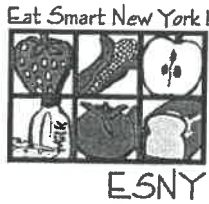
National Nutrition Month

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March in National Nutrition Month. This year the Academy of Nutrition and Dietetics is encouraging everyone to 'eat right, your way, everyday'. With a few helpful tips it can be easy to eat right every day.

- ❖ Start your day the right way with a healthy breakfast. Include whole grains, lean protein, low fat milk and fruits and vegetables. A breakfast high in protein and fiber will help you to feel full longer.

- ❖ Use low fat and fat free dairy products. By choosing low fat or fat free dairy products you get all the health benefits without the calories and saturated fats in 2% or full fat options.

- ❖ Make half your plate fruits and vegetables. This will help you to reach your recommended 2 cups of fruits and 2 ½ cups of vegetables daily.

- ❖ Increase your whole grains. Eating whole grains as part of a healthy diet may decrease your risk of some chronic diseases.

- ❖ Be mindful of your portion sizes. Switch to smaller plates, bowls and cups to keep your portions smaller.

- ❖ Learn how to properly use nutrition facts labels. Limit things such as fat, calories, sugar, cholesterol and sodium while looking for items higher in fiber and proteins. A good rule is the 5 and 20 rule. If the percent daily value is 5% or less it is low per serving and if it is 20% or above it is high per serving.

- ❖ Drink more water. Limit sugary drinks in your diet; they are adding extra calories with little or no nutrients.

- ❖ Be physically active daily. Get at least 30 minutes of physical activity most days of the week.

More information can be found at www.choosemyplate.gov and www.eatright.org.