March is National Nutrition Month®

Each year during the month of March the Academy of Nutrition and Dietetics celebrates National Nutrition Month®. This campaign focuses on the importance of making informed food choices and developing healthful eating and physical activity habits. This year the theme is, Celebrate a World of Flavors, which showcases how flavors from different cultures around the world are a tasty way to nourish ourselves and appreciate our differences. We are all unique with different bodies, goals, backgrounds and tastes. Incorporate these tips on how to eat well as you age while celebrating a world of flavors.

6 Ways to Eat Well as You Get Older

1. Know what a healthy plate looks like
   See how to build a healthy plate at ChooseMyPlate.gov

2. Look for important nutrients
   Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

3. Read nutrition labels
   Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

4. Use recommended servings
   Learn the recommended daily servings for adults aged 60+ at heart.org

5. Stay hydrated
   Water is an important nutrient tool. Drink fluids consistently throughout the day.

6. Stretch your food budget
   Get help paying for healthy food at BenefitsCheckUp.org/getSNAP
Celebrate St. Patrick’s Day with Green Food

Green fruits and vegetables contain health promoting phytochemicals. Studies have shown that eating green foods on a regular basis can help protect against certain cancers, maintain healthy vision and promote strong bones and teeth.

A quick list of green foods include: leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onions, Brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit and limes.

Consider these other green food ideas:
- Make a tossed lettuce salad, and add extra green with green peppers.
- Cabbage is a festive green addition to your St. Patrick's Day meal.
- Include kiwi fruit, green grapes and/or honeydew melon in your fruit salad.
- Add avocado slices to salads and sandwiches. To maintain the green color, eat avocados immediately or sprinkle them with lemon or lime juice. Two tablespoons of avocado have about 5 grams of fat, but it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip with broccoli florets or a favorite fruit dip with green apple slices.
- Make a vegetable pizza with green peppers and/or spinach.
- Serve thinly sliced green onions over rice, pasta, broiled or baked fish or soups.


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

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