

# National Nutrition Month

## March 2021



Esperanza Health Center  
Newsletter

## Week 1: Eat a Variety of Nutritious Foods Every Day

### INCLUDE HEALTHY FOODS AT EVERY MEAL

Use each meal as an opportunity to eat healthy foods to meet a larger goal of eating better. Add fruits to your meals and choose fiber rich foods whenever possible.

Challenge yourself to "eat the rainbow" - how many colors of fruits and vegetables can you eat in a day? Maybe try something new to add some diversity!

### • HYDRATE HEALTHFULLY

You are what you eat, and our bodies are made of mostly water! Drink water to hydrate instead of drinking calories. Don't like water? How about adding some cucumber and mint to your water or trying a flavored seltzer? Sugar free or diet beverages are also readily available for those who crave something sweet - but remember to try and get all your calories from food instead of drinks!

### LEARN HOW TO READ THE NUTRITION FACTS

Try to check the nutrition labels of the foods you buy both in the store and before you eat. Did you have 1 serving? Or one *package*?

Remember - if you have more than 1 serving, multiply the nutrition facts by the number of servings you ate.

If you want to eat more of a nutrient, like calcium or iron, try to pick foods that have more than 20% the Daily Value. Things you want to reduce in the diet like sodium and saturated fat - choose products containing less than 5% DV. This will help you meet your goals!

The nutrition label changes its content every few years, but the most important nutrients are in bold lettering, like

**Calories - Sodium - Total fat - Protein**

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Academy of Nutrition  
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### AVOID DISTRACTIONS WHILE EATING

When we don't pay attention to our food while we are eating, it can lead to overeating. This causes an over consumption of calories and sometimes acid reflux or upset stomach! Try not to eat in front of the TV or while doing other tasks. You may not notice that you are full, and you are less likely to actually *taste your food!*

Try eating at the table with friends or family and catch up. There is nothing like enjoying food with the people you love!

Take the time to make meals *special*, not a necessity.

### TAKE TIME TO ENJOY YOUR FOOD!

Challenge yourself to make something you've never made before! Try cooking vegetables in new ways to find something you *do* like! Maybe you don't like steamed green beans... but have you ever tried roasting fresh green beans in the oven at 450F and then tossing them in balsamic vinegar? Don't be afraid to try something new! You can even try a new grain like barley, wheatberries, or even savory oatmeal!

Also try practicing mindful eating. Use all of your senses by noticing how your food smells, looks, tastes, and feels in your mouth. Notice if you are chewing all of your food well, or just trying to eat as fast as possible.

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