

March is National Nutrition Month!

By

Carolyn Hendry Wyatt, Extension Agent III, FCS/4-H

Since March is National Nutrition Month, here are ten tips for helping you stay healthy:

1. Snack on ready-to-eat cereals made with whole grains.
2. Include a green salad with dinner every night. Add fresh vegetables that are in season, which cost less and are likely to be at their peak flavor.
3. At breakfast, top your cereal with bananas, peaches or blueberries. Drink 100% orange or grapefruit juice. Mix fruit into fat-free or low-fat yogurt.
4. Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
5. Trim away all of the visible fat from meats and poultry before cooking, and drain off any fat that appears during cooking.
6. Get active! Walk the dog, do yard work, play with your kids. If you are already active, stay active! Vary your activities so that you don't get bored. Have fun being active.
7. Replace a refined grain with a whole grain. Replace white bread with whole wheat, white rice with brown, and regular pasta with whole wheat pasta.
8. Consider vegetable toppings for pizza, such as mushrooms, green peppers, or onions.
9. Pack lunches with oranges, bananas or grapes, and keep a bowl of whole fruit on the table, counter, or in the refrigerator as a reminder that fruit makes a convenient and nutritious snack.
10. For dessert, make pudding with fat-free or low-fat milk.

For more information on healthy eating contact the Hardee County Extension Service office at 863-773-2164.