



From the desk of the Registered Dietitian: Rachel Robinson, RD, Chief Clinical Dietitian

Savor the Flavor of Eating Right!

March is National Nutrition Month. This year's theme is "Savor the Flavor of Eating Right." According to the Academy of Nutrition and Dietetics, this theme "encourages everyone to take time to enjoy food traditions and appreciate the great pleasures, great flavors, and social experiences food can add to our lives." Here are some tips from the Academy of Nutrition and Dietetics to help you savor the flavor of eating right.

Make half your plate fruits and vegetables

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Be physically active your way

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

