



# NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

## March is Nutrition Month

Nutrition month is the perfect opportunity to become more aware of the importance of a healthy eating plan and good nutrition.

Simple things like knowing what a balanced food plan is and reading a food label can help you make better informed choices.

The dietary guidelines focus on MY PLATE by demonstrating a healthy meal plan.

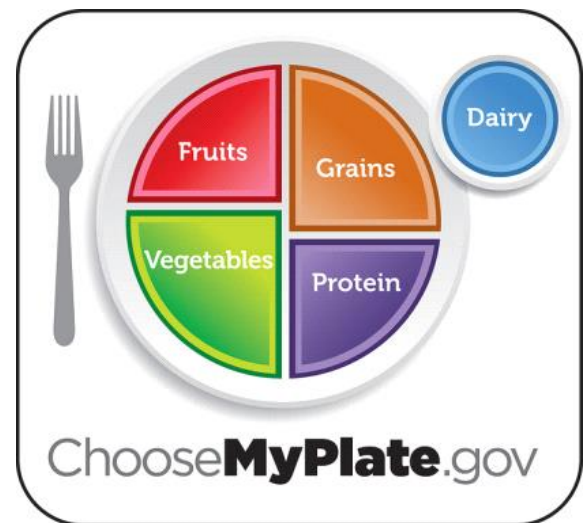
**Fruits and vegetables:** Fill half of your plate with a variety of fruits and vegetables. They are low in fat, sodium and calories. In addition they offer abundance of vitamins.

**Grains:** Try whole wheat based foods, brown rice and oatmeal! Make sure at least half of the grains you eat are whole grains.

**Protein:** Your choices include meats, poultry, eggs, fish, nuts and beans. Always choose lean cuts of meat and keep the size to a quarter of your plate.

**Dairy:** This includes milk, cheese, yogurt and milk based desserts. Dairy is an excellent source of calcium which helps build and maintain bone health and control blood pressure.

**Always Remember:** Consume a variety of foods. Use portion control and moderation in your meal plan. Increasing your physical activity with your healthy meal plan multiplies the health benefits. So start walking!



### Join us at OFA'S "Community Cafés"

For reservations and more information please call:

**Gateway Community Industries @  
331-2180**

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