



# News Bulletin

Siskiyou County Health & Human Services Agency-Public Health Division

March 2019

## March is National Nutrition Month!!

Choosing nutritious foods and getting enough physical activity can make a real difference in your health. For [National Nutrition Month® 2019](#), in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and activity habits.

Eating right doesn't have to be complicated! Think about what you want your plate to look like and ask if it's incorporating all the major food groups. Select a mix of lean protein foods, vegetables, whole grains and fruits to enjoy a healthful meal. You don't have to forgo your favorite dishes in your quest for more healthful meals, consider swapping less healthful ingredients with more nutritious options.

- Use heart-healthy canola, olive or peanut oil instead of solid fats.
- Use sharp, reduced-fat cheese and low-fat milk in your macaroni and cheese
- Sweeten your desserts with fruit puree or apple sauce instead of sugar
- Use whole wheat flour instead of white flour in muffins
- Opt for brown rice instead of white rice in your red beans and rice or jambalaya

Liven up your family meals by trying new spices! Use smoked paprika or a dash of smoked salt to add the smoked flavor that you would normally get from ham, bacon or salt pork. Consider using salt-free herb blends to lower the salt in your foods. Experiment with different flavors by adding apple cider or rice vinegar to your greens or marinate your chicken in rosemary and lemon juice before grilling.

Experiment! Cut the fat in potato salad by substituting half of the mayonnaise with plain non-fat Greek yogurt. Your family might not notice the difference. Simple swaps are key to making dishes healthier without sacrificing flavor.

Eating right isn't a one-size-fits-all endeavor. Healthy eating styles can be adapted to fit the foods of all cultures.

## ReThink Your Drink!!

### What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake. Calories from drinks can really add up. Here are some tips to help!!

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.

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