



Why is March the best month of the year?

...it is *not* because of the NCAA basketball tournament

...it is *not* because the spring season is just around the corner

...it is because March is National Nutrition Month®, and for the first time ever this year there is a Registered Dietitian Day on March 10th!!!

National Nutrition Month® (NNM) takes place annually during the month of March, and the theme this year is, *Nutrition: It's a Matter of Fact*. The American Dietetic Association (ADA) is promoting the nutrition facts, and wants people to make informed decisions about the foods they eat. Separating the food facts from the myths will help people lead an overall healthy lifestyle. Promoting a healthy lifestyle encompasses different factors such as, having a balanced diet, controlling food portion sizes, and staying physically active. Find a registered dietitian in your area, or explore the credible resources provided on this site, in order to answer any of your nutrition questions or concerns.

What is National Nutrition Month®?

NNM® is a nutrition education campaign created by the ADA that focuses on teaching people to make informed food choices. There are many misconceptions about new diets, appropriate portion sizes, what times of the day are best to eat at, “good” and “bad” foods, what types of fats are beneficial to eat, and so much more. The campaign is a way to get credible information to people, in order to help them develop sound eating and physical activity habits.



The History

The first campaign started off as National Nutrition Week in 1973, and included a presidential proclamation, public service announcements via TV and radio, bumper sticks and news releases, which were all promoting the message of “Invest in Yourself–Buy Nutrition.” ADA members were very excited about having the opportunity to promote their profession, and nutrition education messages, to the public. Dietitians planned nutrition education events at healthcare facilities, schools and community centers, and used promotional tools such as posters, table tents and tray mats to get across their message. These tools laid the foundation for some of the NNM® promotional items which are still being used today. During the 1970’s, this event was the ADA’s “ ‘most successful attempt to reach the public with sound nutrition information in a timely fashion’ ” (Denny 365).

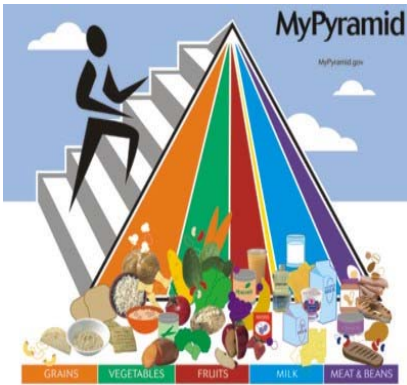
The public’s interest in nutrition grew, and in 1980 the House of Delegates expanded National Nutrition Week to National Nutrition Month®. Through the 1990’s the ADA began to focus more on consumer trends, because although people were recognizing the importance of nutrition, they were still unsure about how to integrate this knowledge into their daily lives. The ADA paired up with different members of the food industry, health organizations, and US government agencies, to create Dietary Guideline recommendations for consumers. The partnership between these groups was very successful, and the core messages they developed about leading a healthy lifestyle are the foundation for variety of educational events today. NNM® is truly a great success, and would not have continued to develop and grow if it was not for dedicated members of the ADA. Over the years NNM® has remained committed to its original purpose and mission: “ ‘to increase the public’s awareness of the importance of good nutrition and position the ADA members as the authorities in nutrition’ ” (Denny 366).

News Updates

The Current Top 10 Nutrition Facts from the Experts at ADA:

- ◆ Eating right can be made simple by using MyPyramid.gov to develop an individualized plan for a long-term health.
- ◆ The best and most valid nutrition advice is based on science.

- ◆ Get food and nutrition facts from a registered dietitian – they are the experts.
- ◆ Having a good balance between physical activity and a healthy diet is the best way to manage weight and lead an overall healthy lifestyle.



- ◆ Choose foods which are nutrient-rich, meaning foods packed full of vitamins, minerals, fiber and other nutrients, and are lower in calories.
- ◆ No one food or meal is detrimental to health, or can guarantee good health.
- ◆ Practice good food safety skills by handling, preparing, and storing foods in the proper manner.
- ◆ Focus on finding the nutrition facts, because nutrition myths and misinformation may be harmful to your health.
- ◆ Read food labels to get the facts, and make smart food choices.
- ◆ Use healthy fats when cooking, such as polyunsaturated or monounsaturated fats, which help to keep the use of saturated fats, trans fats and cholesterol, low.

The Top 10 Reasons to Consult a Registered Dietitian from the Experts at the ADA:

- ◆ If you have diabetes, cardiovascular problems or high blood pressure.
- ◆ You have had, or are thinking about having, gastric bypass surgery.

- ◆ You are experiencing digestive problems.
- ◆ You are pregnant or are trying to get pregnant.
- ◆ You need guidance for breastfeeding your baby.
- ◆ Your child or teenager is having issues with food and eating healthy.
- ◆ You need to gain or lose weight.
- ◆ You are caring for an aging parent or friend.
- ◆ You would like to make smarter food choices.
- ◆ You want to improve your performance in sports.

Separating Fact from Fiction

There are numerous amounts of nutrition myths put out in the media which, in many cases, can cause more harm than benefit to the public. The following are a few of the common nutrition myths put to rest:

- 1. All carbohydrates are “bad” and eating them will cause weight gain.**
 - *Truth:* Excessive calorie intake is what causes weight gain, thus calorie intake from carbohydrates is not more fattening than excessive calorie intake from other food sources.
- 2. Fresh fruits and vegetables are healthier than frozen or canned.**
 - *Truth:* Research indicates frozen or canned foods offer just as much nutritional benefits as fresh foods.
- 3. Eating right before bed can cause weight gain.**
 - *Truth:* It is what you eat, not when you eat, that determines if you will, or will not, gain weight. Calories affect the body in

the same way regardless of what time of day they are consumed.

4. Fad diets can be a quick and simple way to lose weight.

- *Truth:* Fad diets are often developed by individuals with no background in nutritional sciences, and therefore have the potential to cause more harm than benefit.

5. Eating healthfully means avoiding some favorite foods such as steak and potatoes.

- *Truth:* The important point to remember in planning a healthy diet is eating in moderation and using appropriate portion sizes. There are no “good” or “bad” foods, and no one food that will make or break a healthy diet.

Healthy Recipes

Savory Peach Chicken



1 Tbsp canola oil
4 skinless, boneless chicken breasts
½ tsp salt
¼ tsp pepper
2 Tbsp brown sugar
2 Tbsp low-sodium soy sauce
2 Tbsp rice vinegar
¼ cup orange juice
1 tsp freshly grated ginger
2 cloves garlic, minced

½ cup low-sodium chicken broth

4 large, firm peaches, cut into ¼-inch slices, or 2 (10oz) packages frozen peaches

2 Tbsp sliced almonds

1. Heat oil in large skillet over a medium-high heat. Season chicken on both sides with salt and pepper, add to the skillet and cook until browned (about 2 minutes per side). Meanwhile, combine the brown sugar, soy sauce, rice vinegar and orange juice into a small bowl and set aside. When chicken is brown, transfer to a plate and set aside.
2. Add ginger and garlic to the pan and cook, stirring, for 30 seconds. Add the chicken broth, soy sauce mixture and the peaches to the pan. Turn heat to high, and cook uncovered, for approximately 6 minutes – stir occasionally until sauce is thickened and the peaches are soft. Add chicken back to the pan with the sauce, and turn heat back down to moderate-low, cover and cook for approximately 5 minutes, or until chicken is cooked through.
3. In the meantime, toast almonds in a dry skillet over medium-high heat while stirring frequently, until golden brown.

4. Serve chicken topped with sauce and sprinkled with the toasted almonds.

***Recipe Yields:** 4 servings; 1 serving provides 1 piece chicken, 2/3 cup sauce and 1/2 Tbsp almonds

***Nutrition Information:** 1 serving, 310 calories

Total fat: 9g	Carbohydrates: 25g
Saturated fat: 1.5g	Fiber: 3g
Monounsaturated fat: 4.5g	Protein: 32g
Polyunsaturated fat: 2g	Cholesterol: 80mg
Sodium: 560mg	

Chickpea and Spinach Salad with Cumin Dressing and Yogurt Sauce

2 (15oz) cans chickpeas, drained and rinsed

1/4 cup chopped flat-leaf parsley

1/2 cup chopped red onion

1/4 cup olive oil

3 Tbsp lemon juice

1/2 tsp lemon zest

1 1/2 Tbsp ground cumin

1/8 tsp cayenne pepper

Salt and pepper

4 cups baby spinach leaves

Yogurt with Orange Essence (recipe below, optional)

Tbsp coarsely chopped fresh mint leaves (optional)



1. In a medium bowl, combine chickpeas, parsley and onion. In a small bowl whisk together the olive oil, lemon juice, zest, cumin, cayenne pepper, salt and pepper. Pour the dressing over the chickpea mixture and toss to combine. Serve chickpea salad over baby spinach leaves. Top with the yogurt sauce and a sprinkle of mint (if using).

Yogurt with Orange Essence:

1/3 cup low-fat plain yogurt

1/4 tsp orange zest

2 Tbsp orange juice

1/2 tsp honey

1. In a small bowl, stir together yogurt, orange zest, orange juice and honey.

***Recipe Yields:** 8 servings; 1/2 cup salad and 1/2 cup yogurt

***Nutrition Information:** 1 serving, 163 calories

Total fat: 8.5g	Carbohydrates: 18g
Saturated fat: 0.9g	Fiber: 5g
Protein: 5.4g	

Three Bean and Beef Chili

1 Tbsp olive oil
1 onion, diced (1 cup)
1 red bell pepper, diced (1 cup)
2 carrots, diced (1/2 cup)
2 tsp ground cumin
1 pound extra-lean ground beef (90% lean)
1 (28oz) can crushed tomatoes
2 cups water
1 chipotle chile in adobo sauce, seeded and minced
2 tsp adobo sauce from the can of chipotles
1/2 tsp dried oregano
Salt and pepper
1 (15.5oz) can black beans, drained and rinsed
1 (15.5oz) can kidney beans, drained and rinsed
1 (15.5oz) can pinto beans, drained and rinsed



1. Heat oil in large pot or Dutch oven over moderate heat. Add onion, bell pepper and carrots, cover and cook – stir occasionally until the vegetables are soft (approximately 10 minutes).
2. Add the cumin and cook, stirring for 1 minute. Add ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Cook, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and continue cooking, partially covered, for approximately 20 minutes, and then season with pepper.

*Recipe Yields: 10 cups; 1¼ cup serving

*Nutrition Information: 1 serving, 295 calories

Total fat: 8g

Carbohydrates: 35g

Saturated fat: 2.5g

Fiber: 10g

Protein: 22g

...More Healthy Recipes: Recipes from the ADA for National Nutrition Month® 2008 can be found at the following web site:
http://www.eatright.org/ada/files/2008_Recipes.pdf

Support National Nutrition Month®

During the month of March, displayed in the University Hospital cafeteria, there will be various brochures and handouts related to NNM® and healthy eating tips. Come stop by, to not only grab some useful information on good nutrition, but to also enter a drawing to win

some great prizes. The prizes include a **5-in-1 measuring spoon** and **cow timer** for cooking, and a **new pedometer** to measure the steps you take when walking or jogging during the day. Just remember – *Nutrition: It's a Matter of Fact!*

(Visit <http://jimcolemanltd.com/nnm/index.php> to see pictures of these great prizes!)

Related Web Sites

- ◆ www.eatright.org
- ◆ www.eatright.org/findanRD
- ◆ www.mypyramid.gov
- ◆ www.americanheart.org
- ◆ www.cdc.gov
- ◆ www.foodandhealth.com
- ◆ www.usda.gov
- ◆ www.nih.gov/

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2. Dombrowski, Julia and Jennifer Starkey. National Nutrition Month® Media Materials. 26 January 2008 <www.eatright.org>.
3. Duyff, Roberta Larson. Complete Food and Nutrition Guide. New Jersey: John Wiley & Sons, Inc., 2006.
4. National Nutrition Month®. 2 February 2008 <<http://dnrc.nih.gov/highlights/nutritionmonth.shtml>>.
5. National Nutrition Month® – March 2008. 26 January 2008 <www.eatright.org>.
6. Recipes and Cooking. 4 February 2008 <www.foodnetwork.com/food/lf_health/ - 57k>.
7. Steps to a Healthier You. 22 January 2008 <www.mypyramid.gov>.