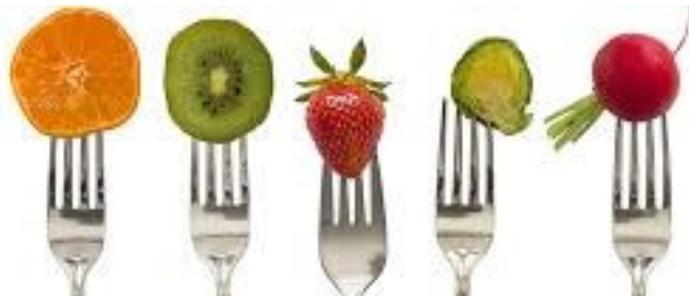
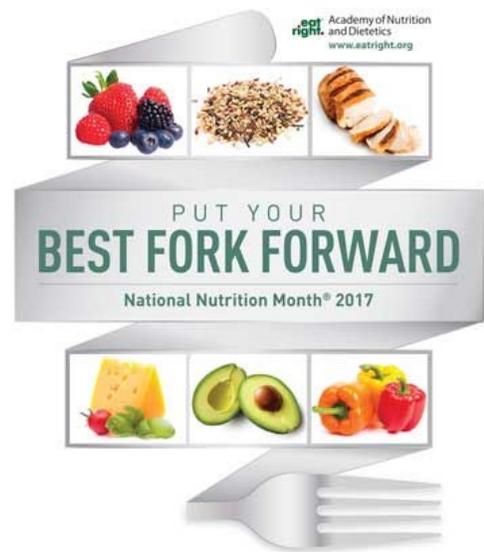


National Nutrition Month

March 2017

National Nutrition Month

is every March and the theme for 2017 is “Put Your Best Fork Forward”, which serves as a reminder that each one of us holds the tool to make healthier food and physical activity choices. Making small changes to helps improve health now and into the future for lasting changes you can enjoy. “Put Your Best Fork Forward” to help find your healthy eating style and physical activity habits!



Inside this edition:

17 Health Tips	Pg. 2-3
Breakfast Easy as 1,2,3	Pg. 4-5
Smart Snacking	Pg. 6-7

17 Health Tips

1. Eat Breakfast

Start your morning with breakfast including lean protein, whole grains, fruits and vegetables.

2. Make Half Your Plate Fruits and Vegetables

Fruits and vegetables add color, flavor, and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal.

3. Watch Portion Sizes

Aim for half your plate to be fruits and vegetables and the other half grains and lean protein foods.

4. Be Active

Find a physical activity you enjoy such as dancing or playing a sport. Regular physical activity has many health benefits. Adults should get two hours and 30 minutes a week.

5. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals. Choose from two or more food groups: grains, fruit, vegetables, dairy, and protein. Try 1 tablespoon peanut butter and a banana or apple.

6. Get to Know Food Labels

Reading the Nutrition Facts can help you shop, eat, and drink smarter.

7. Consult an RDN

Whether you want to eat better or to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth.

9. Get Cooking

Preparing foods at home can be healthy, rewarding, and cost-effective. If you cannot cook everyday, try cooking in bulk for the whole week once a week!

10. Dine Out without Ditching Your Goals

You can eat out and stick to your healthy eating plan. The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, and look for healthier options that are grilled, baked, broiled or steamed.

11. **Make Family Meal Time**

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. **Banish Brown Bag Boredom**

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas.

13. **Drink More Water**

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. **Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, select a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like purple asparagus, Honeycrisp apples, broccoflower or quinoa.

15. **Eat Seafood Twice a Week**

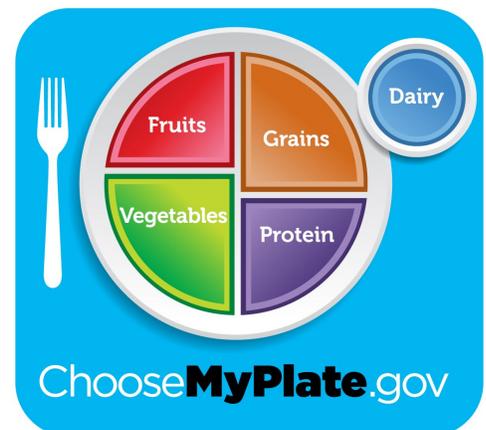
Seafood (fish and shellfish) contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. **Cut Back on Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar.

17. **Experiment with more plant-based meals**

Expand the variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.



Breakfast Easy as 1,2,3

Start your day with breakfast

Eating breakfast helps with:

- Brain function
- Memory
- Attention span
- Concentration
- More energy throughout the day



Eat a Healthy Breakfast

Include foods from at least two food groups!

Breakfast Ideas

- Stir plain yogurt with crunchy cereal and blueberries.
- Mix instant oatmeal made with milk with raisins or dried cranberries and chopped walnuts.
- Add cream cheese on a bagel topped with sliced strawberries.
- Stuff a pita with a fried egg, spinach, and sliced avocado.

Quick Tips

1. Organize the night before

Save time in the morning by preparing the night before. Plan your breakfast ahead and set out pans and ingredients or pack your breakfast the night before.

2. Keep breakfast simple

On busy mornings, get going with a bowl of whole-grain cereal with a banana.

3. Pack your breakfast to go

If there's no time to eat at home, grab a banana, a granola bar, and a cheese stick. Also keep your ready-to-eat and easy-to-grab foods in sight!

Breakfast Recipe

Peanut Butter Overnight Oats

Serving Size: 1

Prep time: 10 minutes

Ingredients:

1/2 cup milk or milk alternative

3/4 Tbsp chia seeds or flaxseeds (optional)

2 Tbsp peanut butter or almond butter

1/2 cup rolled oats

Sliced bananas, strawberries or any fruit of choice

1 Tbsp granola (optional)



Instructions:

1. To jar or small bowl add milk, chia seeds, peanut butter, fruits, and stir with spoon to combine. Peanut butter does not need to be completely mixed.
2. Add oats and stir a few more times, then press down with a spoon to ensure all oats have been moistened and are immersed in milk.
3. Cover securely with a lid or plastic wrap and set in refrigerator overnight (or for at least 6 hours).
4. Overnight oats will keep in refrigerator for up to 2 days.

Smart Snacking with Fruits & Vegetables

Quick Tips

1. Plan ahead

Save time by planning and preparing your snacks ahead of time.

2. Put healthy snacks in sight

Put healthy snacks at eye level in the fridge or counter, easy to grab for a quick snack.

3. Portion and pack snacks

Make it easier to grab your snacks when you're in a rush by packing snacks in snack-size containers.

4. Be creative

Try new recipes and personalize them by substituting or adding in your favorite fruits and vegetables!

5. Explore new foods

Select a new fruit and vegetable at the store or try different versions of foods such as purple asparagus and Honeycrisp apples!

Shop By Season

Fresh produce often cost less when it's in season. Visit a local farmer's market and for produce not in season, frozen and canned fruits and vegetables are great options!

Some Spring Seasonal Fruits and Vegetables

Vegetables	Fruits
Broccoli	Apples
Carrots	Apricots
Celery	Bananas
Spinach	Pineapple

Please visit USDA's seasonal produce guide for more information ([link on page 9](#))

Frozen or Canned Vegetables?

Canned vegetables usually have added salt so be sure to read the label before purchasing or try buying those without added salt.

Choosing Canned Fruits

Choose canned fruits with real fruit juice, not syrup.

Snack Ideas

Fruit Snack Ideas

- Add dried fruits and nuts to oatmeal and whole-grain cereals
- Dip tortilla chips into peach pineapple salsa
- Mix fresh fruit and yogurt topped with granola
- Peanut butter sandwich and replace jelly or jam with fresh fruit (*banana, strawberries, apples, blueberries*)
- Blend a fruit smoothie (*apple, apricot, pineapple*)
- Spread mashed avocado on a piece of toast



Vegetable Snack Ideas

- Make ants on a log (*peanut butter and raisins on celery*)
- Dip baby carrots or sliced bell peppers into hummus
- Bake spinach or kale chips
- Try alternative recipes (*broccoli tots, edamame avocado dip, and sweet potato hash*)



Broccoli Tots

Yields: 20 tots

Total Time: 35 minutes

Ingredients:

- 2 cups broccoli
- 1 large egg
- 1/4 cup diced yellow onion
- 1/3 cup cheddar cheese
- 2/3 cup panko breadcrumbs
- 2 tbsp parsley (or cilantro/rosemary)
- 1/2 tsp salt
- 1/2 tsp pepper



Instructions:

1. Preheat the oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. Blanch the broccoli in boiling water for 1 minute then remove and shock with cold tap water to stop the cooking process. Drain well.
3. Chop broccoli finely and mix with egg, onions, cheddar, breadcrumbs, and seasoning.
4. Scoop about 1.5 tablespoons and gently press between your hands into a firm ball then shape into a tater-tot shape. Next, place on your prepared baking sheet.
5. Bake until golden brown and crispy, 18-24 minutes, turning half way. Remove from the oven and enjoy hot with ketchup.

Strawberry Banana Granola Bars

Yields: 10 bars

Ingredients:

- 1 tsp coconut oil, melted
- 1/2 cup mashed banana
- 1/3 cup skim milk
- 1 tbsp honey
- 2 1/2 cup old-fashioned oats
- 1 cup frozen strawberries, thawed slightly and diced



Instructions:

1. Preheat the oven to 300F and lightly coat an 8"-square baking pan with nonstick cooking spray.
2. In a large bowl, mix together the coconut oil, mashed banana, milk, and honey. Stir in the oats until thoroughly coated.
3. Gently fold in the diced strawberries.
4. Press the mixture into the prepared pan and bake at 300F for 15-19 minutes.
5. Cool completely to room temperature in the pan before slicing into bars. Cover the bars with plastic wrap and store in the refrigerator until ready to serve.

References

For additional information, please visit:

<http://www.med.umich.edu/pfans/services/tip.html>

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9. 17 Health Tips Adapted from Eat Right “17 Health Tips for 2017 “.

Created by: Tran Luong, Dietetic Intern
University of Michigan Health Systems
Patient Food and Nutrition Services
300 N. Ingalls Street NIB N18E20
Ann Arbor, MI 48109-5407

