

National Nutrition Month

March 2019

 Academy of Nutrition and Dietetics

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

- * **What is National Nutrition Month?**
- * **What is the Academy of Nutrition and Dietetics?**
- * **What is a Dietitian & what can they do for me?**

- * **Living the Total Body Diet Lifestyle**

- Get into a Wellness State of Mind
- Are you ready to make a change?
- Energizing Foods



- * **19 Ways to Celebrate National Nutrition Month March 2019**

- * **Recipes**

- Make Ahead Breakfast Wraps
- Veggie Packed Sweet Potato Crust Quiche
- Snack Attack Mini Muffins



What is National Nutrition Month?



National Nutrition Month

National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing healthy eating and physical activity choices.

This year National Nutrition Month is honored as its own theme. This allows the campaign to serve its original purpose, "To increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition."



What is a

Registered Dietitian?

Registered Dietitians, or RDs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices.

When you need food and nutrition information based on fact, or need to know how a healthy diet improves health and fights disease registered dietitians are your go-to source.



The Academy of

Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals founded in Cleveland, Ohio, in 1917, by a visionary group of women dedicated to helping the government conserve food and improve the public's health and nutrition during World War I. The Academy has over 100,000 credentialed practitioners — registered dietitian nutritionists, dietetic technicians, registered, and other dietetics professionals holding undergraduate and advanced degrees in nutrition and dietetics, and students — and is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.



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Living the Total Body Diet Lifestyle

Embracing a healthy way of living for permanent, lasting changes is vital for creating improved health and wellness. The *Total Body Diet* is about adding beneficial foods, creating new behaviors and fostering a sense of responsibility to improve the quality of your life. This is not just a fleeting diet that makes short term promises; it's a lifestyle that will give you vitality and freedom to make food choices, and also help you build a healthy relationship with food.

Keep in mind the following three principles for achieving a *Total Body Diet* Lifestyle that can help lead you to renewed energy, balance and healthy body weight.

- * **Balance your diet with foods from all food groups** (vegetables, fruits, whole grains, plant and animal sources of lean protein, and fat-free or low-fat dairy products) to sustain health, energy, and well-being.
- * **Get active every day with enjoyable movement.** A few examples include walking, jogging, running, biking, hiking, swimming, stair climbing, Pilates, yoga or tai chi.
- * **Make your mental health a priority by fostering a positive attitude.** Your mind plays a large role in your health and your relationship to what and how you eat and drink.



Getting into a Wellness State of Mind

The way you think about your health and wellness plays a role in the action you take toward living a healthier lifestyle. If you prioritize your health, you'll develop a "wellness state of mind." You'll think first about making the healthiest choice when it comes to food and physical activity.

Before you begin to make changes in your lifestyle, knowing where you are in your journey toward total body health and wellness is important. Ask yourself the following questions:

- * Why do I want to make changes now? What is my goal?
- * How ready am I to make this change? If you can, quantify your readiness by rating yourself on a scale from 1 (not ready at all) to 5 (very ready).
- * Am I willing to try new, healthier foods?
- * Do I want to get more active or change my physical activity?
- * Do I understand that change is a gradual process that takes time, patience, and daily action?

Your answers will tell you if you're ready to change your lifestyle and create lasting changes. If so, you're in the right state of mind to power forward. Your new wellness mindset will help you to become more focused on and conscious of your choices.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit

www.eatright.org





19 Ways to Celebrate National Nutrition Month March 2019

1. Make half of your grains whole
2. Walk or ride your bike to work or school
3. Practice proper food safety
4. Focus on lean protein
5. Get 2 cups of fruits and 2 1/2 cups of veggies each day
6. Plan out a week of nutritious meals ahead of time to keep yourself on track
7. Read product's nutrition labels
8. Stick to proper portion sizes
9. Limit highly processed foods
10. Take the stairs
11. Consider meeting with a Registered Dietitian
12. Drink more water while cutting down on sugary beverages
13. Make physical activities you enjoy part of your healthy lifestyle
14. Eat meals around the table with family and friends
15. Give new fruits and veggies a try
16. Thank a Registered Dietitian on Registered Dietitian Nutritionist day—March 13
17. Catch some Z's
18. Practice a balanced lifestyle right for you
19. Visit [EatRight.org](https://www.eatright.org) for more information



Veggie Packed Sweet Potato Crust Quiche

Ingredients:

- 2 Sweet Potatoes, coined
- 1 Sweet Onion, diced
- 2-3 Cloves Garlic, minced
- 8 oz Fresh Baby Bella Mushrooms, diced
- 12 oz Jar Roasted Red Peppers, drained & diced
- 6-8 oz Fresh Spinach
- 8 Eggs
- 3/4 c Low-fat Milk
- 1 c Feta Cheese, crumbled
- 2T & 3T Olive Oil
- 1t Thyme
- 1t Oregano
- 1t Sea Salt
- 1/2t Black Pepper

Directions:

1. Before beginning wash sweet potatoes and mushrooms.
2. Prep veggies
3. Toss coined sweet potato slices in 2T olive oil and a pinch of sea salt.
4. Line 9x13 pan with slices of sweet potato and place in oven at 400 for 30 min, or until soft.
5. Meanwhile, in a skillet, caramelize onion and garlic in 3T olive oil.
6. Next add mushrooms, allow to cook ~3 min.
7. Add in roasted red pepper and spinach, allow to cook ~3 min.
8. Add thyme, basil, oregano, sea salt, and black pepper.
9. Allow to cook about 5 min while stirring until spinach is completely wilted, set aside.
10. In a medium mixing bowl whisk together eggs and milk.
11. When sweet potato crust is done baking spread vegetable mix over top.
12. Next pour egg mixture throughout
13. Sprinkle with crumbled feta
14. Bake at 375 for 40-45 min, or until egg is done, Enjoy!



Make Ahead Breakfast Wraps

Ingredients:

- 1 Package Whole Wheat Tortilla Shells (10)
- 8 Eggs
- 1/3 c Low Fat Milk (Nut Milk works as well)
- 2 Bell Peppers, sliced
- 1 Medium Sweet Onion, sliced
- 1 Package Low Fat Cheese Slices (10)
- 1 lb Lean Ground Pork (Chorizo is great)
- 3-4T Olive Oil
- Salt & Pepper to taste

Directions:

1. Sauté peppers and onions in olive oil in a large frying pan over medium heat until soft. Set aside.
2. Beat together eggs and milk, then pour mixture into a large frying pan, scramble until cooked on medium heat. Season with salt and pepper. Set aside.
3. Cook ground pork thoroughly on stove top, medium heat, until no pink remains, ~5min.
4. Lay out wraps, place one slice of cheese per wrap, evenly disperse eggs, meat, and veggies.
5. Wrap individually and store in freezer until ready to enjoy. Microwave 5 min, Bake 350 F for 25-30 min.

Snack Attack Mini Muffins

Ingredients:

- 1/2 c whole wheat flour & all purpose flour
- 1/2 c sugar
- 1/2 t baking soda
- 1 T each flax seed, hemp seed, chia seed
- 1 large egg
- 1/2 c lowfat milk
- 2 T butter, melted
- 1 c fruit of choice cut into small pieces
- 1/2 c choice of chocolate chips, nuts, raisins, etc

Directions:

1. Mix together wet ingredients (egg, milk, butter) in medium bowl
2. Mix together flours, sugar, seeds, baking soda. Add wet ingredients, mix.
3. Fold in fruit, nuts, chocolate chips, etc
4. Spray mini muffin tins, cook 425 F 12/15 min.
5. Enjoy!
6. Can be frozen to keep longer



References

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For more healthy eating tips please visit,

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

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