

National Nutrition Month® 2021



LET'S CELEBRATE

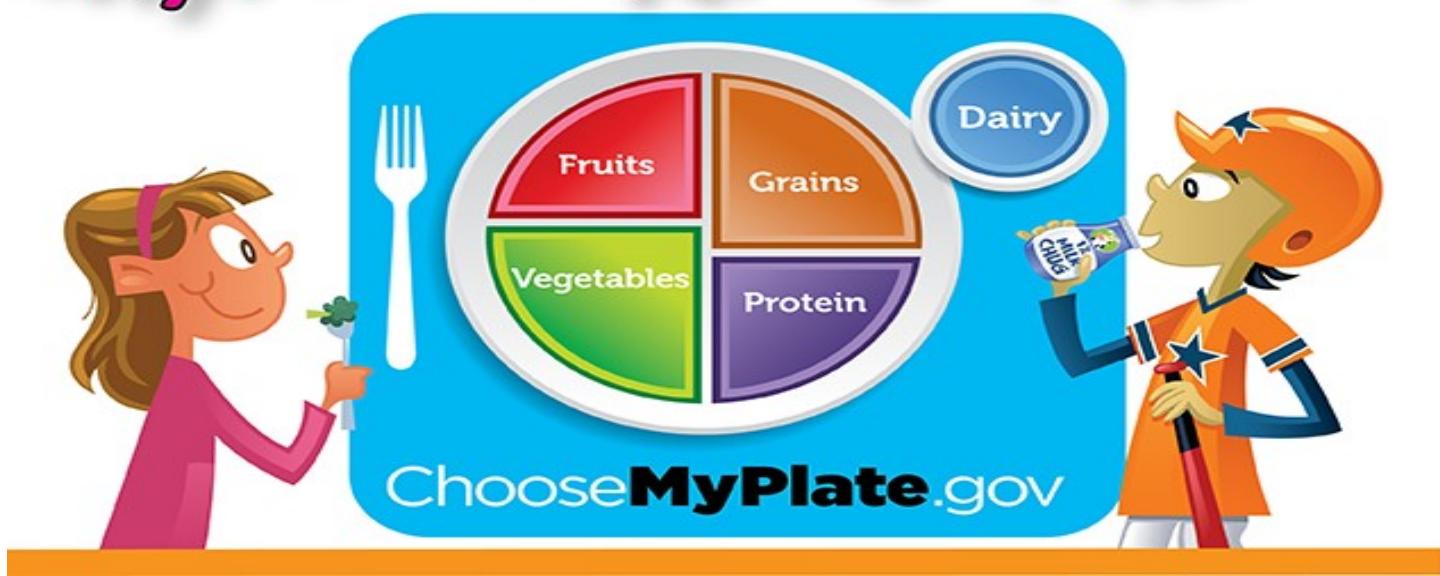
National Nutrition Month

*National Nutrition Month® is an annual campaign created by
The Academy of Nutrition and Dietetics.*

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



MyPlate Kids' Place



National Nutrition Month ® 2021

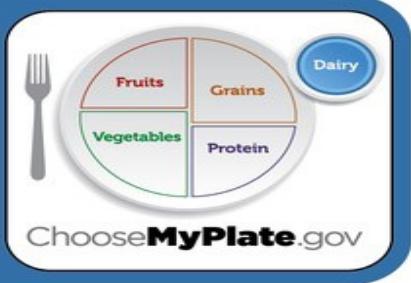
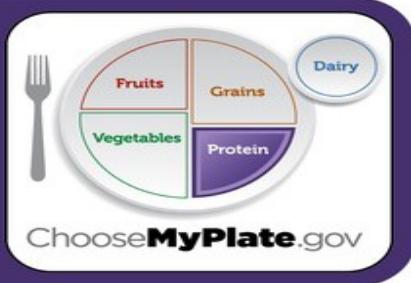
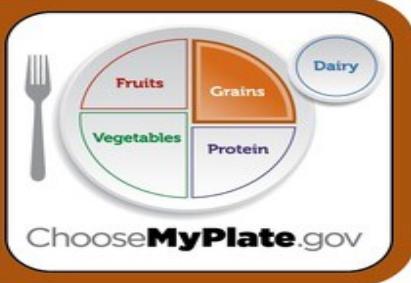
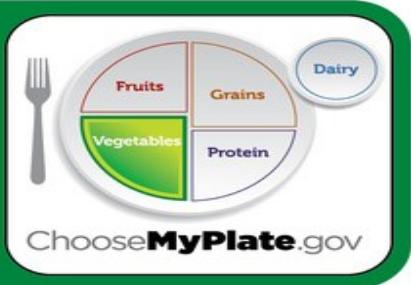
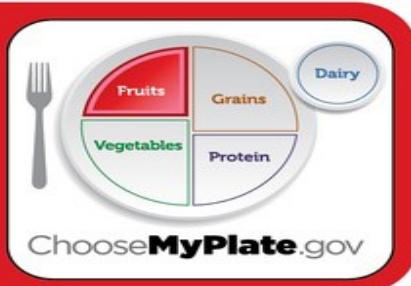
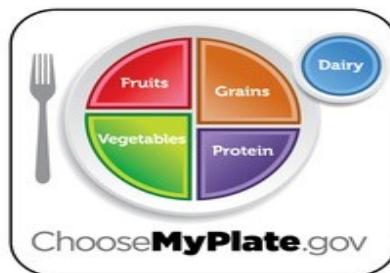
Personalize Your Plate

There is no one-size-fits-all approach to nutrition and health.

We are all unique with different bodies, goals, backgrounds and tastes!

And a Registered Dietitian Nutritionist can tailor a healthful eating plan
that is as special as you are.

What's **MyPlate** All About?



United States Department of Agriculture
Center for Nutrition Policy and Promotion



- **Eat more fruits and veggies.** Make half your plate fruits and vegetables everyday.
- **Try whole grains.** Ask for oatmeal, whole-wheat breads, or brown rice at meals.
- **Re-think your drink.** Drink fat-free or low-fat milk or water instead of sugary drinks.
- **Focus on lean protein.** Choose protein foods like beans, fish, lean meats, and nuts.
- **Slow down on sweets.** Eat sweets, like cakes or cookies, once in a while and in small amounts.
- **Be active your way.** Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



Calcium

- Consume **three servings of dairy**, such as low-fat or fat-free **milk or yogurt**, or other calcium-rich foods every day.
- Eat and drink **calcium-fortified foods and beverages** if you don't or can't consume milk. Non-dairy sources of calcium include fortified plant-based beverages and fortified juices and cereals.

Whole Grains

- Next time your kids want a snack, look to **whole grains**. They not only are **nutritious** but also **delicious!**
- Whole grains contain three parts: the bran, the germ and the endosperm (refined grains only contain the endosperm). The bran and germ help keep your body healthy, your skin glowing and your hair shiny. Including whole grains as part of a healthy diet can help reduce the risk for heart disease, diabetes and some cancers.
- **Barley, quinoa, oats, brown rice, or whole-grain pastas, breads and cereals** are some whole-grain foods. When reading food labels, look for the words "whole grain" in the ingredient list. added sugars.



Reduce Intake of Added Sugars

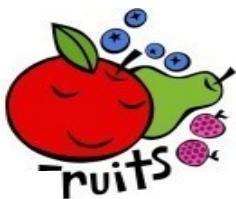
- The 2015 *Dietary Guidelines for Americans* recommends limiting added sugars to **less than 10 percent of daily calorie needs**. That's about 12 teaspoons (48 grams of added sugar) on a 2,000-calorie diet. But **for kids** — especially little kids, who may only need 1,200 to 1,400 calories per day — it's even less. For them, added sugars should not top **7 or 8 teaspoons** (30 to 35 grams of added sugar).
- Some sources of added sugars are **easy to spot**, such as: **Sugar sweetened beverages, sweetened cereals, candy and chocolates, flavored yogurt, baked goods such as cakes, pastries and cookies.**

KIDS eat right.

What's in MyPlate?

Calorie rich foods

Nutrient rich foods



Personalize Your Plate with Healthier Choices!

Healthy eating Tip of the Month—March 2021

Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.



Here are a few easy, tasty and healthy snacks to help you get started

1. **Parfait**: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. **Blend low-fat milk**, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. **Quesadilla:** Sprinkle shredded cheese over acorn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
5. **Microwave a cup** of tomato or vegetable soup and enjoy with wholegrain crackers.
6. **Make a mini-sandwich** with tuna or egg salad on a dinner roll.
7. **Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
8. **Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.

Resources

1. What's My Plate All About? USDA ChooseMyPlate. <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2013-WhatsMyPlateAllAboutInfographic.pdf>. Accessed December 23, 2020
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5. Klemm S. Calcium. EatRight.org. <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/calcium> Published September 7, 2017. Accessed December 23, 2020.
6. Cording J. Looking to reduce your family's intake of added sugar? Here's how. EatRight.org. <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/looking-to-reduce-your-familys-added-sugar-intake-heres-how>. Published September 9, 2020. Accessed 23 December, 2020.
7. Ellis E. What is whole grain? EatRight.org. <https://www.eatright.org/food/nutrition/healthy-eating/what-is-a-whole-grain>. Published September 18, 2019. Accessed December 23, 2020
8. Kid's healthy eating plate. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/> Copyright © 2015 Harvard T.H. Chan School of Public Health. Accessed December 23, 2020.
9. Positive promotions. Child's portion meal plate with educational card. <https://www.positivepromotions.com/childs-portion-meal-plate-with-educational-card/p/vp-5037/>. Accessed December 23, 2020

For more healthy eating tips, please visit:

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

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