



MARCH 2021 IS...

# NATIONAL NUTRITION MONTH

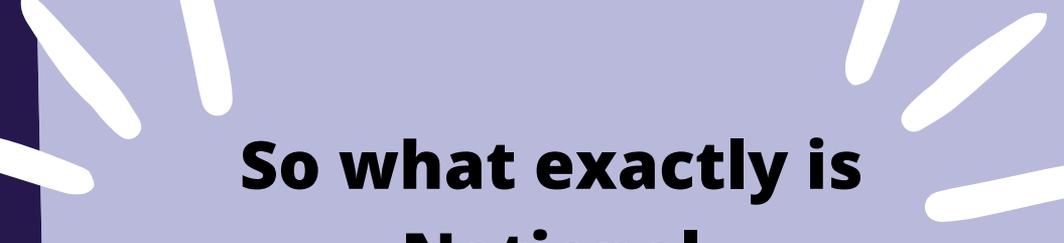
**YOU'RE UNIQUE AND THERE IS A LOT THAT MAKES YOU WHO YOU ARE... FROM YOUR HEAD TO YOUR TOES!**

**LEARN WHAT NATIONAL NUTRITION MONTH IS AND WHO YOU CAN GO TO IF YOU HAVE MORE QUESTIONS ON HOW TO PICK FOODS THAT BEST FIT YOUR NEEDS**

**WANT TO TRY OUT PERSONALIZING YOUR PLATE? CHECK OUT THE SMOOTHIE RECIPE!**

**DIVE IN AND LEARN THE HEAD, SHOULDERS, KNEES, AND TOES OF NUTRITION**





# **So what exactly is National Nutrition Month?**

**National Nutrition Month is a campaign organized by the Academy of Nutrition and Dietetics. The purpose is to encourage healthy eating as part of one's daily lifestyle through encouragement and education.**

**I still have more questions about nutrition... who should I ask?**



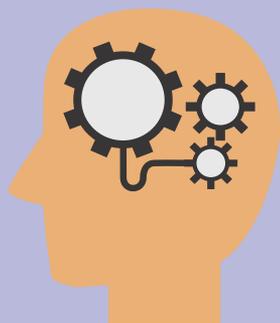
**Registered Dietitian Nutritionists (RDN) are trained nutrition health professionals. An RDN must complete a certified bachelors program, internship, and pass the registration exam. An RDN would be more than happy to help you with any nutrition related questions or concerns, and provide you accurate and current information.**



# HEAD, SHOULDERS, KNEES AND TOES OF NUTRITION

Lets start from the top!

## Head: Nutrition and Fueling Your Brain



- **Healthy Fats:** Omega 3 Fatty Acids have been shown to benefit cognitive and mental health. Choose foods such as salmon/tuna, nuts, seeds, and olive oil.
- **B-Vitamins:** Studies show B12, B6, and folate have protective properties that help aid in cognitive function. Try fortified foods such as cereals, meat, eggs, dairy, and leafy greens for a variety in your necessary b-vitamins.
- **Vitamin D:** Low levels of vitamin D have correlated with a decline in cognitive status. Try to choose foods such as salmon, mushrooms, and fortified milk, juices, and cereals.

# Shoulders: Nutrition and



Got a lot on your shoulders? Stress can take a toll on your body. For national nutrition month focus on taking time for you and fueling your body.

Studies show that when feeling overwhelmed individuals tend to let their emotions control their plate, and end up choosing foods higher in fat and sugar. In the long run this can become very harmful for ones health. It's important to remember to incorporate a balanced diet of fruits, vegetables, whole grains, lean proteins, and healthy fats.



## Healthy Snack Alternatives



Potato Chips



Air Popped Popcorn

Candy Bar



Dark Chocolate and Almonds

Soda

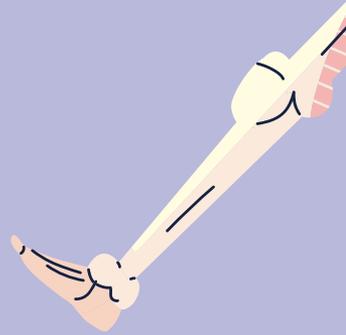


Seltzer Water with Fresh Berries

# Knees: Nutrition and Your Joints

Inflammation in joints, also known as arthritis, can be painful and inhibit individuals from enjoying activities they love or completing daily tasks. Here are a few tips on how to personalize your plate in a way that benefits your joints.

Many studies focus on a low inflammatory diet also referred to as a Mediterranean diet. This diet focuses on fruits, vegetables, olive oil, fish, and lean protein, as well as reducing red meat, fast food, and refined carbs such as cake, cookies, or chips



## Tips!

- Do you love beef for you burgers, tacos, and chili? Try swapping beef for ground turkey or chicken!
- Going for whole grain bread, crackers, and pasta has added fiber benefits compared to traditional products made with white flour. Always read the label and choose whole grain!



# Toes: Nutrition and Physical Activity

Exercise and diet is part of a healthy lifestyle. Lets focus in on macronutrients!

## Carbohydrates

Carbs are your main source of energy when working out. Whole grains, fruit, and dairy products such as milk and yogurt are great examples!

## Protein

Protein helps to strengthen and build lean muscles mass. Try plant based proteins such as nuts, seeds, or beans as part of a pre and post workout snack.

## Fats

Fats will help to keep you full and focused when working out, as well as provide essential fatty acids your body needs.

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## Tips!

- Don't exercise on an empty stomach! Try a snack that combines all three macronutrients such as peanut butter toast or pretzels with hummus.
- Be sure to drink water before, during, and after exercise to prevent dehydration.

# National Nutrition Month

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Focus on meeting your individual needs and fueling your body from your head all the way to your toes.

**Head:** Focus on healthy fats like omega 3's, B-vitamins, and vitamin D to help keep your mind sharp!

**Shoulders:** Nourish your body even when you're feeling stressed. Be mindful in choosing healthier snack alternatives such as air-popped popcorn instead of chips.

**Knees:** Jump for joy and take care of your joints by opting for some low inflammatory foods. You don't have to ditch your favorite meals, make a simple swap such as ground turkey instead of ground beef.

**Toes:** Hit the ground running this month and fuel your body with carbs, protein, and healthy fats. Be sure to choose a snack that has a combination of all three macronutrients!



**This smoothie recipe is the perfect way to start your morning or a great pick me up for the middle of the day. Mix and match options and personalize it to your liking!**

**Add the following into a blender and enjoy!**

**~1-1.5 cups of fluid such as milk, plant based milk, coconut water or fortified juice**

**~1 cup of your favorite fruits such as berries, mango, banana, peaches**

**~1 cup of some greens such as spinach, kale, or even some avocado**

**Add in your protein such as 1/2 cup Greek yogurt, 1 scoop protein powder, or 2 tablespoons nut/seed butter**

**\*If smoothie is too thick add in some ice cubes**

**SMOOTHIE RECIPE**

# References

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