Health & Wellness

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March 2015

Augusta GEORGIA

March is National Nutrition Month!!

Did you know?

An avocado has more than twice as much potassium as a banana.

Blueberries have more antioxidants than any other fruit or vegetable

To be healthy your body needs to get enough vitamins, minerals, and other nutrients. Eating healthy means getting plenty of vegetables, fruits, whole grains, lean meats and low-fat dairy products and limiting things like sweets, fats and cholesterol.

Add in some Fiber

Fiber helps you stay satisfied longer, helps keep your bowels healthy and can even help lower your cholesterol! Look for whole grain breads that have at least 3g of fiber per slice to help meet the recommended 25 – 38 g of fiber per day.

Rethink Your Drink

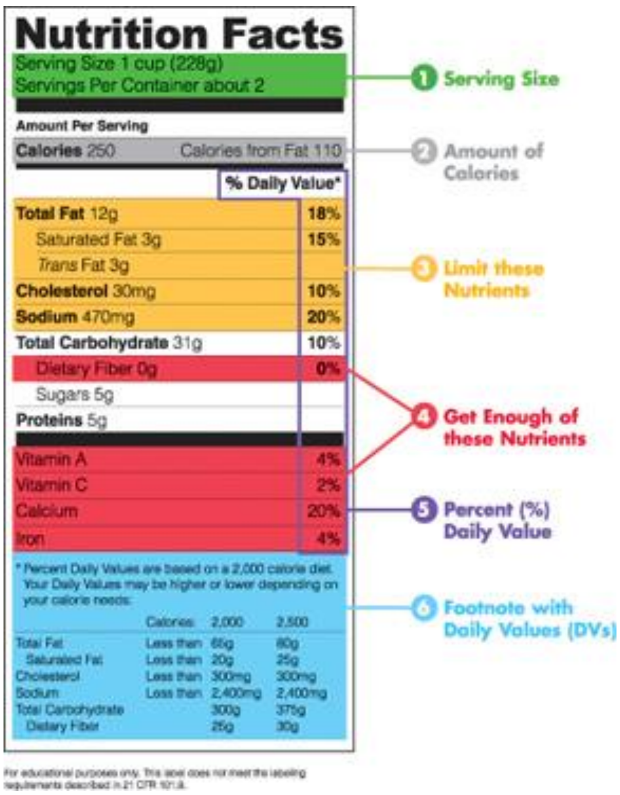
Look out for Sodium

The Dietary Guidelines for Americans recommends that everyone should consume no more than 2,300 mg of sodium each day – that's just 1 teaspoon of salt! Older adults and those with conditions such as diabetes and high blood pressure should consume less than 1,500 mg daily.

Try one of these Portable Protein Packed Snacks!

- Celery Sticks with Peanut Butter and Almonds
- ½ cup of Pumpkin Seeds
- ½ cup fat-free cottage cheese topped with ½ cup of your favorite fruit
- 1 brown rice cake topped with 2TBPS nut butter and banana slices
- Grape and Reduced Fat Cheese kabobs
- Hard Boiled Egg

Read the Labels:

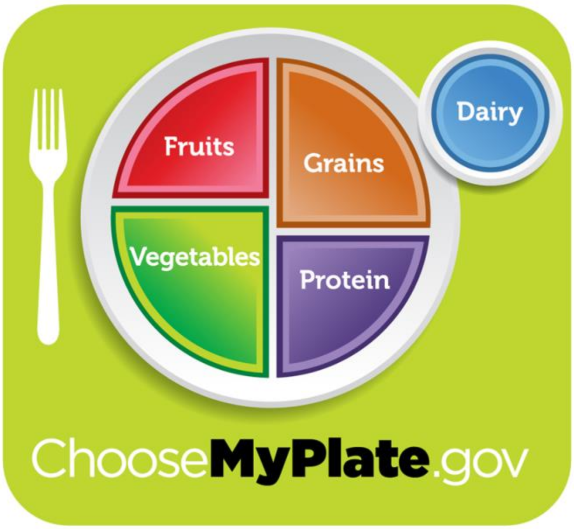


Tips for more nutrition awareness and mindful eating:

- Eat at least three times a day.
- Pay attention to your body. Eat slowly so you can know when you are full.
- Pick lean meats, low-fat or nonfat cheese and nonfat or 1% milk.
- Limit the amount of alcohol.
- Keep all food in the kitchen.
- Sit down at the table to eat rather than eating while standing or while doing other activities.
- Avoid or limit eating in the living room or in front of the TV.
- Keep a food journal where you write down everything you eat or drink in order to demonstrate your intake patterns and any room for improvement.

Think COLOR!

Make half of your plate FRUITS AND VEGETABLES

Colorful foods, particularly fruits and vegetables, are naturally low in calories, rich in flavor and power-packed with disease fighting nutrients

Choose red, orange, yellow, and dark green vegetables. Many vegetables that lack color are often starchy and have fewer nutrients in general than the colorful, non-starchy ones.