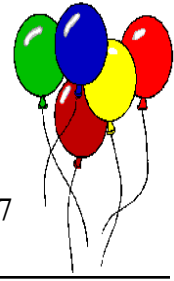




NUTRI-NEWS



March 2012

“Balloons for a Balanced Lunch”
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 23 Number 7

National Nutrition Month 2012

“Get Your Plate in Shape”

National Nutrition Month is a nutrition education and information campaign conducted each year in March by the Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association.). This year’s theme is “**Get Your Plate in Shape**”. The campaign is designed to focus attention on the importance of making informed food choices as well as developing sound eating and physical activity habits.



This campaign also builds on the “My Plate” initiative that was discussed in the October, 2011 issue of Nutri-news and was introduced to the public in June, 2011.

The key is to think about what goes onto your plate or into your bowl before you eat it. Healthy eating takes planning and commitment. Foods like veggies, fruits, lean proteins, whole grains and low-fat dairy should make up your menu without providing too many calories. Throughout each day try to incorporate these foods into your meal plan. It really is much easier than you think!

Kids In the Kitchen

Try coloring your plate with salad! It is a great way to incorporate more nutrition into your day and you can either have salad as a main meal or as a side dish. Remember, the more colorful the salad, the more nutritious it generally is!

Test Your Nutri IQ

Did you know that **kiwi**, Nutri-Serve’s fruit of the month, has more vitamin C than an orange? Well, it does and it makes a fruit salad look pretty also!

Chick peas, our veggie of the month, is low in fat and sodium while being a good source of iron, protein and fiber. We suggest sprinkling some on top of a salad. Yummy!

Fitness Forum

Surfing the web for fitness information but unsure of which sites provide the most reliable information? We suggest some of these to try:

www.runnersworld.com
www.fitness.gov
www.acsm.org
www.shapeup.org/fitness

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