



## March Is Nutrition Month



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National Nutrition Month

March 2024

National Nutrition month is celebrated throughout the month of March.

There are many different ways in which we can take time throughout our busy schedules and create our own healthy habits. It's two words we have heard before and know we should do but find extremely difficult to incorporate into our lives.

It's definitely easier said than done to plan weekly meals. We start with this wonderful plan to eat healthy and cook at home and then we get busy within our lives and then we stop. While it's great in the moment it truly is a challenge.

While there are apps you can use to help you create healthy meal plans for the week and will even share with you the ingredients you already have in your refrigerator and pantry and the ingredients you may need to purchase or even provide substitutions, it still remains challenging.

You have to take the time to scan the barcodes of the foods both in your pantry and refrigerator and download your grocery logins into the app so that when you purchase new ingredients these are automatically uploaded into the app.

It really is about finding the happy medium and balance in our lives to ensure us and our families live healthy lives and not just constantly on the run and on fast food.

Some ideas to assist in reminding us each day about setting healthy eating habits include printing out nutrition tips and posting onto our refrigerator door so the tips are the first thing we see when we open our refrigerator. Maybe we have them as a screensaver on our computer or even our phone.

The CDC and Prevention Healthy Recipes recommends selecting fruits and vegetables you already enjoy eating and using them in recipes, and then choose the type of meal you would like to prepare. You can search for meal ideas using YOUR preferred fruits and veggies.

Check out the eat healthy 30 challenge <https://www.eatingwell.com/article/275447/take-our-eat-more-vegetables-challenge/>

<https://www.eatingwell.com/gallery/14447/31-recipes-to-eat-more-vegetables-this-month/>



If just one person focuses their attention on making informed food choices and developing sound eating and physical activity habits whether for themselves or their children it can make a positive impact on their future.

Hippocrates said, “Let food be thy medicine”, and this still has tremendous meaning for us today. National nutrition month is celebrated throughout the month of March and stresses the importance of a balanced diet and exercise.

As we move towards making healthy food choices, the Academy of Nutrition and Dietetics has made recommendations to utilize a registered dietician to help make these transformative changes. The reason is because they become your check-in person and are available to help you develop and stay with your healthy eating plan.

**What are some ways you can help observe national nutrition month?**

**Get our body moving:** Since we know that we need more than just nutrition to remain healthy, making exercise an integral part of our lives we can try Zumba, swimming, or spinning to keep workouts fresh and exciting. We can get our children involved by finding a YouTube dance video and take 15 minutes and be silly and have a quick dance party with them as well.

**Find inspiration:** Food ideas getting stale in the kitchen? There are a plethora of healthy food ideas from apps such as cooklist, Pinterest, or even just picking up an air fryer cookbook.

**Meet with a dietitian:** A dietitian helps with a meal plan based on you and your family’s needs. After all it’s a family lifestyle change not an individual life style change that brings about change. The dietitian will sit with you and determine your lifestyle and goals. They will follow-up to see how you are doing in following the plan and they will help make adjustments as you continue your work.

Aetna does cover a set number of visits per calendar year as preventative so check with your benefits team to confirm how many visits are covered on your plan.

**FIVE (REALISTIC) WAYS TO EAT HEALTHIER THIS MONTH**



**Go, go, H2O!**

We all know drinking water helps in nearly every aspect of wellness, but drinking the recommended amount of water per day can be tough. Electrolyte additives offer the same, if not better benefits that drinking six or more glasses of water a day would.

**Choose food over supplements**

Though there are some who sincerely lack certain vitamins and minerals that can’t be achieved through diet alone, most of the good things our bodies need come from food — not store-bought supplements. Research shows that certain supplements haven’t been tested to meet many purity and safety standards, making them unreliable sources of nutrition.

**Opt for color**

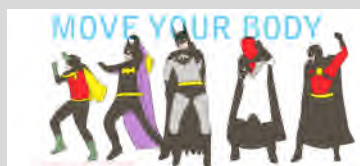
When in doubt, throw some color on your plate — natural color, that is. Bright greens from crunchy vegetables or vibrant reds from tangy fruit will not only make your meal Instagram-worthy, they’ll give you a healthy boost.

**Pack your lunch**

Avoiding typical restaurant or fast-food grease may seem obvious, but according to Harvard Health Publishing, even more important than that is the ability to control portion sizes when you pack your own lunch. Try something fun like a DIY Bento box!

**Shop the perimeter**

Shopping a supermarket's outside aisles ensures that you’re getting healthy alternatives to processed foods like produce, meat, and dairy. When you move inward, most, if not all, of the products contain unnecessary additives and sugar.



## Healthy Recipe

<https://www.eatingwell.com/gallery/14447/31-recipes-to-eat-more-vegetables-this-month/>

Heart Health

By: Eating Well

Greek Muffin-Tin Omelets with Feta & Peppers

Makes: 6 Servings, Prep Time: 25 mins, Total time: 50 mins

Ingredients:

Cooking spray

2 TBSP extra-virgin olive oil

½ tsp salt, divided

¾ cup diced onion

1 medium red bell pepper, diced

1 TBSP finely chopped fresh oregano

8 large eggs

¾ cup crumbled feta cheese

½ cup low-fat milk

½ tsp ground pepper

2 cups chopped fresh spinach

½ cup sliced Kalamata olives



Directions:

1. Preheat oven to 325 degrees F. Liberally coat a 12-cup muffin tin with cooking spray
2. Heat oil in a large skillet over medium heat. Add onion and 1/8 tsp salt; cook, stirring, until starting to soften, about 3 minutes. Add bell pepper and oregano; cook stirring, until the vegetables are tender and starting to brown, 4 to 5 minutes more. Remove from heat and let cool for 5 minutes.
3. Whisk eggs, feta, milk, pepper and the remaining 1/8 tsp salt in a large bowl. Stir in spinach, olives and the vegetable mixture. Divide among the prepared muffin cups.
4. Bake until firm to the touch, about 25 minutes. Let stand for 5 minutes before removing from the tin.

Prepare ahead through step 3 and refrigerate egg mixture overnight. Let stand at room temperature for 10 minutes before baking. If cooked, they can be wrapped individually in plastic wrap and refrigerated for up to 3 days. They can be frozen for up to 1 month. To reheat, thaw, if necessary, and remove plastic wrap. Wrap in a paper towel and microwave each omelet on High for 20 to 30 seconds.

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**Nutrition:**

**CALORIES: 226KCAL | CARBOHYDRATES: 7G | PROTEIN: 13G | FAT: 17 G | TOTAL SUGARS 4G | VITAMIN A 2340IU | VITAMIN C 33 MG | SATURATED FAT: 6G | FIBER: 1G | CHOLESTEROL 266MG | SODIUM 466MG | FOLATE 51MCG | CALCIUM 185MG | IRON 2MG | MAGNESIUM 32 MG | POTASSIUM 211MG**



# QPIC Corner

## 30 DAY eat more vegetables CHALLENGE



1 Add Frozen Veggies to Eggs



2 Try a Veggie-Packed Tofu Scramble



3 Make Mac & Cheese + Peas



4 Bake with Vegetables



5 Eat Dip for Dinner



6 Say Yes to Potatoes



7 Just Add Cheese



8 Make a Green Smoothie



9 Try a New Vegetable



10 Spoon on Some Salsa



11 Make It Better with Bacon



12 Stock Up on Sauerkraut



13 Reach for Kimchi



14 Don't Overlook Onions



15 Make Tomato Sauce



16 Make a Carrot Smoothie



17 Roast Some Roots



18 Add a Side Salad



19 Grab a Jar of Roasted Peppers



20 Try Cauliflower Rice



21 Make a Pie-Inspired Smoothie



22 Grab Some Cabbage



23 Mix Mushrooms into Meat



24 Stuff Some Peppers



25 Eat Some Beets



26 Add Something Sour



27 Sweeten Things Up



28 Heat It Up



29 Grow Your Own



30 Drink More Veg

Here's how to fit more vegetables into your diet—and do so deliciously—with fresh, frozen, canned and jarred produce.

**EATINGWELL** FOR A HEALTHIER YOU **EatingWell**

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