

Nutrition News for Seniors



Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Robert P. Astorino, Westchester County Executive

Mae Carpenter, Commissioner

March is National Nutrition Month!!!

Happy National Nutrition Month! March is a very exciting time for registered dietitians and can be for you as well. It is an opportunity for nutrition professionals to get the word out about good nutrition and all its benefits. It's a perfect time for individuals to take charge of their health and start making small steps toward positive changes.

What are National Nutrition Month and Registered Dietitian Day?

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day is celebrated each year on March 10th. The day helps increase public awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes Registered Dietitians for their commitment to help people enjoy healthy lives.

2010 Theme: Nutrition from the Ground Up

This year's theme reminds us of two key messages: improve the foundation of our diets and increase our intake of plant-based foods. Below are some suggestions for embracing this year's message. Consider, trying one or two of these suggestions per week this month (and hopefully, you will develop some new healthy habits)!



1. Try one new food from the fruit group. Fresh, canned, frozen or dried all are options, just avoid those with added sugars.
2. Drink at least four to six, 8-ounce glasses of plain water each day.
3. Make a big salad at the beginning of the week. Include lots of different colorful vegetables. To add variety, add some rinsed canned beans and/or fruit.
4. Go meatless one day each week. Choose other protein-rich foods like beans, nuts and soy products.
5. Instead of cooking with salt, try to flavor your food with sodium-free herbs and spices.
6. Eat a good breakfast within an hour or two of waking up. Try to include at least one serving from three of the following food groups: Whole-grain bread or cereal, fresh fruits, eggs or egg substitutes and low-fat dairy products.
7. Clean out your refrigerator, freezer and pantries. Throw away all spoiled or expired food.
8. Think more about what you should eat, not what you should not.

Call (914) 813-6300 to reach a Registered Dietitian.



National Nutrition Month® 2010

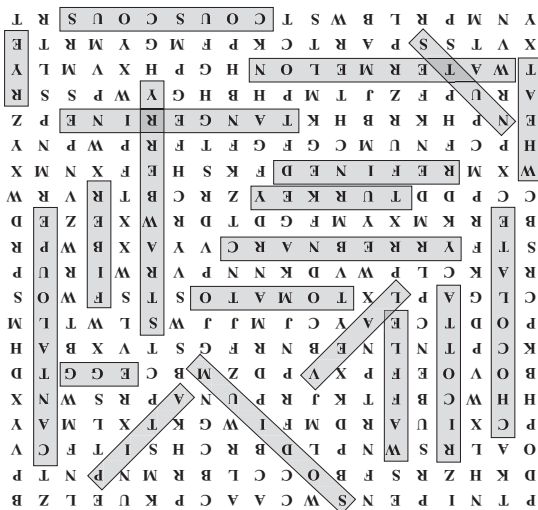
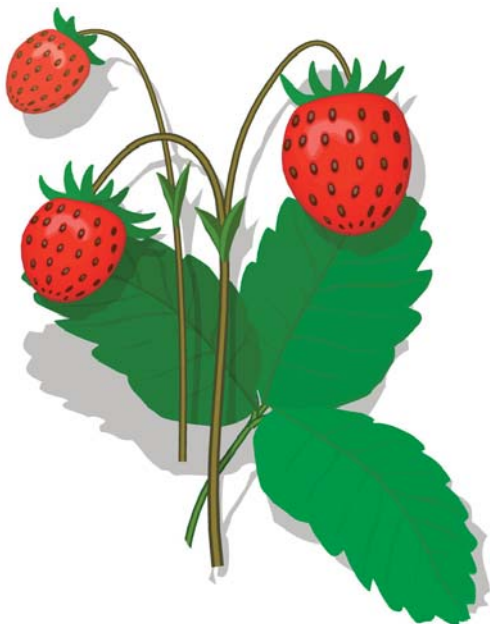
American Dietetic Association



WORD SEARCH

Find the 20 words in this search. Words may be found horizontally, vertically or backwards.

- cantaloupe
- chocolate
- couscous
- cranberry
- egg
- fiber
- nuts
- pita
- refined
- ricotta
- rye
- sodium
- strawberry
- tangerine
- tomato
- turkey
- veal
- waffle
- watermelon
- wheat



Word Search Key

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