

NUTRITION NEWS

A FRESH PERSPECTIVE ON HEALTH AND WELLNESS

MARCH 2020

BeWell

National Nutrition Month – Eat Right, Bite by Bite

National Nutrition Month is an annual campaign that is celebrated every March. The Academy of Nutrition and Dietetics, and all nutrition and wellness professionals invite everyone to celebrate and focus on the importance of making informed food choices, developing sound eating and physical activity habits. This year's theme is – **Eat Right, Bite by Bite!**

The emphasis behind this theme is to remember that every person is different, and so are their nutrition needs. “Bite by Bite” supports the belief that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes are a great first step. Nutrition doesn't have to be overwhelming. Let this month encourage and remind you to set small nutrition and health related goals and changes for

yourself. Every little goal you achieve can make a big difference, and will benefit your overall health.

The following are a few tips and ideas to get you started on creating your own personal goals:

1) Eat a Variety!

Include all food groups in your daily diet for an abundance of nutrients. Always remember to hydrate healthfully. Start to be aware of portion sizes, and slowly work on portion control. Ultimately, take time to enjoy your food.

2) Meal Planning

Create a grocery list of healthful foods for when you go shopping with your family or friends. Look up some healthful recipes to create with your family during the week. Try new foods offered at your

school lunch each day. Be open to new things.

3) Cooking Time!

Preparing food at home can be rewarding and healthier. Team up with your family or friends and cook a meal together for everyone. Experiment with new flavors and foods. Next time at the grocery store, go for a new fruit or vegetable, or pick up new spice to cook with.

4) Be Active

Regular physical activity has many health benefits. Start by doing something you love, or try something new. Children and teens should get 60 or more minutes of physical activity per day. You don't have to hit the gym— you could take a walk after dinner, or play a game of catch or basketball.

Grilled Chicken with Tomato Avocado Salsa

INGREDIENTS:

4 ea – chicken breast
1 ½ cup – cucumber, diced
2 ½ ea – Roma tomatoes, diced
½ cup – red onion, diced
½ cup – avocado, diced
1 ½ tbsp – cilantro, chopped
1 ½ tbsp – lime juice
1 ½ tbsp – jalapeno peppers, diced
½ tsp – salt
½ tsp – chili powder

DIRECTIONS:

1. Thoroughly wash and cut fruit and vegetables.
2. Heat grill pan over medium-high heat. Coat pan with cooking spray. Combine 2/3 of the salt and chili powder, and evenly sprinkle over chicken. Then add chicken to pan. Cook 6 minutes on each side, or until thoroughly cooked.
3. Combine remaining salt, cucumber, tomatoes, onion, avocado, cilantro, lime juice and jalapeno peppers in a bowl. Toss together well.
4. To plate – place chicken on dish, with a scoop of salsa garnished on top. Enjoy with your whole grain side of choice!



Nutrition Facts (1 each): 194 Calories, 45 Calories from Fat, 5g Fat, 1g Sat Fat, 0g Trans Fat, 66mg Chol, 241mg Sodium, 9g Carb, 3g Fiber, 27g Protein