

March is National Nutrition Month

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.

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.

Nutrition Reminders

Add some fiber to your diet:

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 3 grams of fiber per slice to help meet the recommended 25-38 grams of fiber per day.

Watch your sodium intake:

The Dietary Guidelines for Americans recommends that everyone should consume no more than 2,300 milligrams of sodium each day (one teaspoon of salt). Older adults and those with conditions such as diabetes and high blood pressure should consume less than 1,500 milligrams daily.

Snacks Under 100 Calories

- 3 cups of light butter popcorn
- Small apple with 1 slice of low-fat cheddar cheese
- ½ cup of fat-free vanilla ice cream
- ½ cup of blueberries with 2 tablespoons of whipped topping
- 2 small baked apples sprinkled with cinnamon
- 1 non-fat fudgesicle
- 4 Hershey's kisses

Rethink Your Drink

United States Department of Agriculture (USDA) recommends limiting sugar intake to 10 teaspoons (40grams) or LESS of added sugar per day.

