

Food Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



National Nutrition Month

March 2016

March is National Nutrition Month. The Academy of Nutrition and Dietetics encourages everyone to learn how to "Savor the Flavor of Eating Right" while still following a healthy eating pattern.

The 2015-2020 Dietary Guidelines for Americans recommend limiting the amounts of added sugar, sodium and saturated fats that you eat. Limit sugar to less than 10% of calories/day, consume less than 2300 mg of sodium/day and reduce saturated fat intake to less than 10% of calories/day. To help you meet these new guidelines, you will find this information on the Nutrition Facts Panel on product labeling.

Eating well can help reduce the risk of diseases like cancer, diabetes, obesity and hypertension. Eating well means eating a variety of healthy foods in the right amounts so your body gets the nutrients needed to maintain good health and work properly.

What exactly are the nutrients that come from food? Different foods provide different kinds of nutrients:

- Proteins (lean meats, eggs, beans, nuts, low fat dairy) help build muscle and a strong immune system.
- Carbohydrates (starches, sugar and whole grains that also provide fiber) give you energy.
- Fats provide essential fatty acids and extra energy.
- Vitamins and minerals (commonly available in fruits, vegetables, whole grains and low fat dairy foods) regulate body processes, enhance cell function and growth and help build a strong immune system.
- Water gives cells shape and acts as a medium where body processes can occur.

Including a variety of fruits, vegetables, whole grains, lean proteins and low fat dairy into each meal will help ensure that your body gets the right amount of the essential nutrients. **The following are tips on how to practice good nutrition this month and every month:**

- Eat smaller meals; make half your plate fruits and vegetables. Eat a variety of vegetables especially dark-green and red and orange.
- Drink more water between meals; try veggies or a handful of nuts for a snack and fresh fruit for something sweet.
- Choose a variety of protein sources which include lean meats, poultry, dried beans and peas and seafood.
- Reduce your intake of deep fried foods and trans fats found in processed foods and baked goods.
- Read food labels and reduce the amount of added sugar, corn syrup and salt in the diet. Use fresh herbs and spices to season food instead.
- Use oils to replace solid fats where possible.
- Consume nonfat or low fat dairy products for good bone health.
- Consume at least half of all grains as whole grains.



Sources: Veterans Affairs www.va.gov/resdev and 2010 Dietary Guidelines for Americans <http://www.eatrightpro.org>

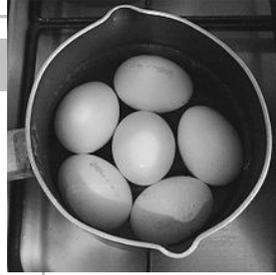


HOW TO COOK A PERFECT EGG

It's best not to "boil" eggs. Boiling can cause rubbery whites and greenish yolks.

Place eggs in a saucepan. Cover with water. Water should come at least 1 inch above eggs. Bring water to a boil. Remove saucepan from heat and cover. Let eggs sit in covered pan for 15-20 minutes.

Immediately place in ice water or under cold running water. Store in refrigerator. **Use within 1 week.**



Did You Know...?

Eggs that are too fresh are difficult to peel, so always keep eggs in the refrigerator for a week or two before making hard-cooked eggs.

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

This resource was funded in part by USDA's Supplemental Nutrition Program - SNAP. SNAP provides nutrition assistance to people with low income.



For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>