

The most important things you can do for your health



Keep your weight in the healthy range. Next to whether you smoke, your weight is the most important measure of your future health. It is more important to your long-term health than exactly what mixture of fats, carbohydrates, and antioxidants you consume.

Replace saturated fats and trans fats with unsaturated fats.

Fats high in unsaturated fatty acids include olive, corn, soybean, safflower and canola oils. Fats high in saturated fatty acids are found in dairy products, red meat, coconuts, and chocolate.

Substitute whole grain carbohydrates for those made with refined grains.

Replace white bread, white rice, and pasta with brown rice, whole grain breads, and whole wheat pasta. Eat whole grain cereal or oatmeal for breakfast.

Choose healthier sources of proteins.

Trade red meat for nuts, beans, chicken, and fish. Animal proteins such as beef or whole milk dairy products come with a heavy helping of saturated fats. Vegetable proteins come with plenty of fiber and vitamins.

Eat plenty of fruits and vegetables.

Five servings a day should be a minimum goal. More is better. Eat a wide variety of fruits and vegetables because each contains a different set of nutrients.

Source: "Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating"

Prayer: Thank you for the abundance of creation: the fruits, vegetables and grains that sustain and nourish us. Inspire us to make wise food choices in our homes and in our communities.

March is National Nutrition Month

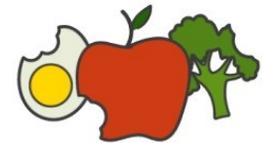
National Nutrition Month provides the opportunity to focus on the importance of making informed food choices, and developing sound eating and physical-activity habits.

Eating a nutritious diet doesn't have to be overwhelming. Small changes can have a cumulative effect. Some ways to get started include eating a variety of healthy foods every day, planning your meals each week, creating tasty meals at home and consulting a registered dietitian nutritionist.

Faith communities can get involved in National Nutrition Month in a variety of ways by:

- Examining communal food practices: Do food and fellowship opportunities in your congregation feature high calorie snacks? Add some nourishing options to the coffee hour menu, potlucks or children and youth meals.
- Hosting a session on nutrition and healthy eating.
- Planning a healthy fellowship meal, making sure each of the food groups is represented.
- Organizing a field trip to a farmers' market or local farm.
- Publishing healthy recipes in your faith community newsletter, bulletin and other communications.
- Creating a congregational cookbook with nutritious, healthy recipes.

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics