



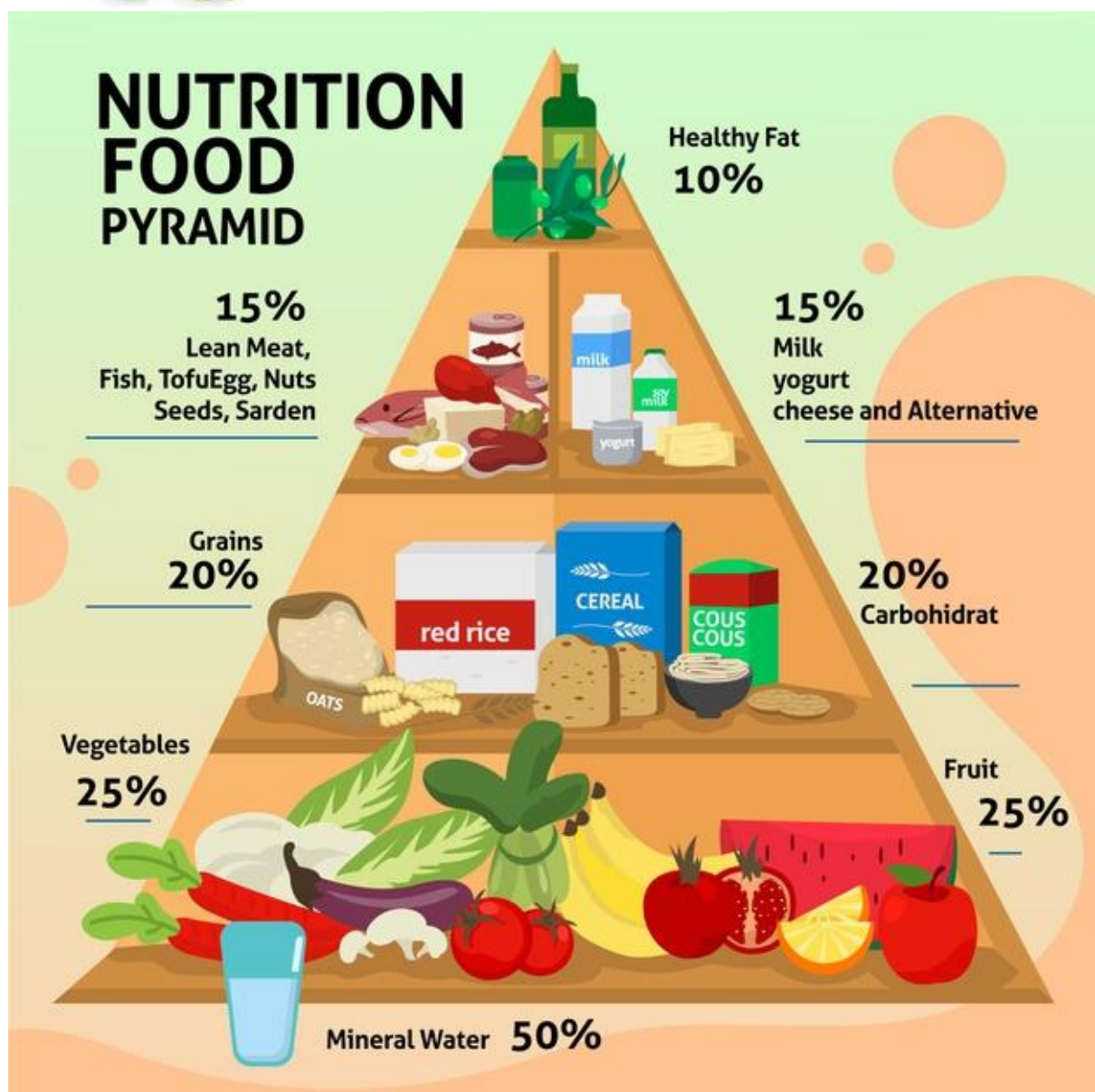
Brought to you by the Holy Family Health Ministry

National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.



So whether you eat or drink or whatever you do, do it all for the glory of God. – 1 Corinthians 10:31





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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

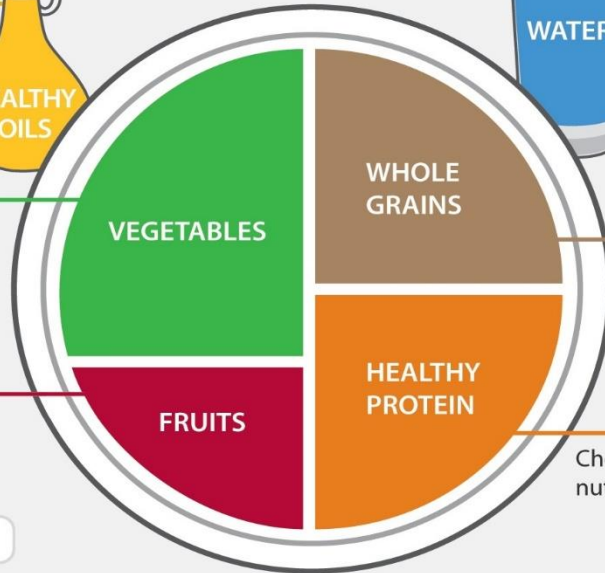


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!



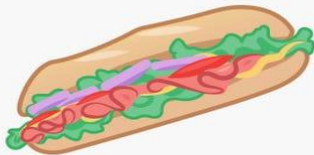
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

12 HEALTHY EATING HABITS THAT WORK

1. Eat food you enjoy.



2. Portion sizes are key.



3. Pack your lunch.



4. Choose protein and fiber.



5. Go Mediterranean.



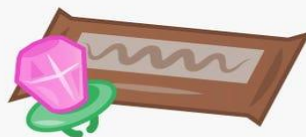
6. Don't drink your calories.



7. Give yourself options.



8. Don't grocery shop hungry.



9. Get a good night's sleep.



10. Eat breakfast.



11. Avoid diet drinks.



12. Don't snack after dinner.

