



## March - "National Nutrition Month®" POW/POD Notes

Plan of the **WEEK** Notes:

1. Nutrition Tip for Week 1:

**March is National Nutrition Month®. "Enjoy the Taste of EATING RIGHT"**

What could taste better or be easier with breakfast than adding fresh fruit? If you don't eat a lot of fruit now or have only juice at breakfast, try adding a serving of fresh fruit. Add fruit to plain or flavored yogurt for added nutrients and fiber. Make sure to eat fresh fruit or fruit frozen or canned in its own juice if you are unable to buy fresh. Fruit prepared in sugar and high fructose corn syrup has added calories that add up to unwanted pounds over time.

2. Nutrition Tip for Week 2:

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If you now eat one or two vegetables a day, add a serving at lunch and another at dinner. Treat meat as one part of the whole meal by including two or more vegetarian-style (meatless) meals each week, or to increase vegetables, make a hamburger patty that is 3 ounces of meat (instead of 4-6 ounces) and add ½ cup serving of finely chopped onions, carrots and/or spinach to the meat mixture. You'll save more than 200 calories. For other ideas on Meatless Meals go to: <http://fnic.nal.usda.gov/lifecycle-nutrition/vegetarian-nutrition/recipes-and-meal-planning>

3. Nutrition Tip for Week 3:

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If you're not currently a milk drinker, gradually increase your use of fat-free and low-fat dairy products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol. If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose-free milk or milk with lactase enzyme added to it.

4. Nutrition Tip for Week 4:

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Choose whole grain foods to get added nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals or pasta. Experiment until you find one you enjoy! Instead of using white flour for baking, substitute all or half with whole wheat or oat flour. Making this change adds nutrients and both dietary soluble and insoluble fiber.

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Plan of the **DAY** Notes:

**1. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**MAKE HALF YOUR PLATE FRUITS AND VEGETABLES** - Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables and add spices and herbs to enjoy the taste of eating right!

**2. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**MAKE HALF YOUR PLATE FRUITS AND VEGETABLES** - Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

**3. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**SIZE UP YOUR SERVINGS** - Three ounces of meat is about the size of a deck of cards or an audiotape cassette. One ounce of cheese is about the size of 4 stacked dice. One teaspoon of butter or peanut butter is about the size of the tip of your thumb.

**4. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**ANTIOXIDANTS** are your cell’s protectors. Load up your diet with brightly colored fruits and strong smelling vegetables that are good sources of antioxidants. Americans eat five times more white than green fruits and vegetables. For our health, we need to turn those proportions around. Get ideas on how to fit more fruits & veggies into your diet with recipes that taste great at:

<http://www.fruitsandveggiesmorematters.org/>

**5. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**MAKE AT LEAST HALF YOUR GRAINS WHOLE** - Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods. Experiment until you find a brand that you like. Enjoy the taste of eating right!

**6. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**STUFF AN OMELET WITH VEGETABLES** - Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, mushrooms, spinach, tomatoes or onions with low-fat sharp cheddar cheese.

**7. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**VARY YOUR PROTEIN CHOICES** - Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs.

**8. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**VARY YOUR PROTEIN CHOICES** - Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.

**9. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**SWITCH TO FAT-FREE OR LOW-FAT MILK** - Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.



**10. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**DRINK UP** - Water is an essential nutrient. A normally active person should drink 6 – 8 glasses every day. You need even more water if you are physically active or are working in a harsh environment (either extreme cold or hot and humid).

**11. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**DRINK UP BUT CUT BACK ON EMPTY CALORIES FROM SUGARY DRINKS**- Drink water instead of sugary drinks. Choose 100% fruit juice instead of fruit-flavored drinks. If you select 100% fruit juice, it should be no more than half of your fruit servings for the day.

**12. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**CUT BACK ON SODIUM** - Look out for salt (sodium) in foods you buy. Read the food labels, compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. See the “Spice it Up! Spice Table” handout in the March HP Toolbox to learn more about how to use spices and herbs to spice up your food.

**13. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**CUT BACK ON EMPTY CALORIES FROM SOLID FATS AND ADDED SUGARS -**

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. When eating out, choose lower calorie menu options that satisfy your taste buds. Choose dishes that include vegetables, fruits and whole grains. Learn more about selecting healthier options in the galley at Go 4 Green: <http://hprc-online.org/nutrition/go-for-green>

**14. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**ENJOY YOUR FOOD BUT EAT LESS** – Get your personal Eating Plan at

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find out how many servings of each food group you should be eating daily and what’s considered a serving size. Keep your plan in mind when deciding what to eat. Avoid oversized portions by using a smaller plate, bowl and glass.

**15. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**COOK MORE OFTEN AT HOME**- where you can be creative with what’s in your recipes. Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt and cheese. Switch from solid fats to oils when preparing food. See the handout, “Healthy Cooking Methods” in the March HP Toolbox to learn more about healthy cooking that allows you to enjoy the taste of eating right!

**16. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**ENJOY YOUR FOOD BUT EAT LESS** - Write down what you eat to keep track of how much you eat. Track your daily food intake and physical activity at SuperTracker:

<https://www.supertracker.usda.gov/default.aspx>



**17. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**BE PHYSICALLY ACTIVE YOUR WAY** - Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and health benefits increase as you spend more time being active.

**18. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**BE PHYSICALLY ACTIVE YOUR WAY - Children and teens:** Get 60 minutes or more a day.

**19. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**BE PHYSICALLY ACTIVE YOUR WAY - Adults:** Get 2 hours and 30 minutes or more a week of activity that requires moderate effort such as brisk walking.

**20. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**MAKE YOUR SALAD A MAIN DISH** Choose dark, leafy greens and other colorful vegetables to create a rainbow of colors in your next main dish salad. Add chickpeas, edamame (fresh soybeans) or other prepared dried beans as a source of low-fat protein. Top with a low-fat dressing.

**21. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**IF YOU DRINK ALCOHOL, DO SO IN MODERATION** - If you drink alcoholic beverages, do so sensibly. Limit to 1 drink a day for women or to 2 drinks a day for men.

**22. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**FIND MORE HEALTHY EATING TIPS AT:** [www.eatright.org](http://www.eatright.org); [www.kidseatright.org](http://www.kidseatright.org); [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

**23. March is National Nutrition Month®. “Enjoy the Taste of EATING RIGHT”**

**FIND MORE INFORMATION ABOUT HEALTHY EATING AT:**  
[http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/)