



Mark Your Calendars

- March 1st - National Peanut Butter Lover's Day
- March 2nd - Dr. Seuss's Birthday
- March 6th - National Frozen Food Day
- March 8th - Daylight Savings Time
- March 12th - Plant a Flower Day
- March 17th - St. Patrick's Day
- March 19th - National Poultry Day
- March 26th - National Spinach Day



National Nutrition Month

Did you know March is National Nutrition Month! The Academy of Nutrition and Dietetics created a campaign to promote nutrition education with focus on the benefits of healthy eating and regular physical activity. The goal is to achieve a world where people thrive through the transformative power of food and nutrition. Small changes can make a big difference for your health!

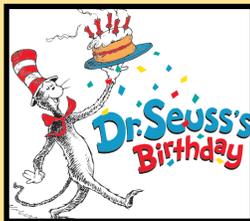
Here are a few simple tips to promote a healthy lifestyle:

- Include a variety of healthy foods from all food groups
- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Find your favorite physical activity and aim for 30-60 minutes a day
- Eat a variety of vegetables
- Consume low fat or fat free dairy
- Vary your protein intake & try plant protein foods such as beans, peas, nuts, seeds
- Choose seafood 2x a week
- Choose foods low in sodium, sugar, and saturated fat

<https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-celebration-toolkit>

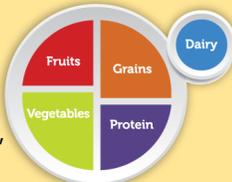
<https://www.choosemyplate.gov/WhatIsMyPlate>

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What Makes a Meal?

Each meal consists of **Five** components: Meat/Meat, Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**

Eat Green!

It's important to consume a diet filled with a variety of colors. Green fruits and vegetables are especially vital for our bodies. Green vegetables are a great source of nutrition and offer many health benefits. Dark leafy greens are rich in vitamins A, C, E, and K as well as folate, calcium, iron, magnesium and potassium. These vitamins and minerals are important for growth, immune system function, vision, heart health, skin, blood clotting, bones, and overall well-being. Leafy greens also offer antioxidant properties and provide fiber which regulates the digestive system. Examples of leafy green vegetables include spinach, kale, collard greens, mustard greens, lettuce, arugula, and broccoli. It is recommended to consume 2-3 servings of dark leafy greens per week.

Here are a few ways to incorporate greens into your meals:

- Make a Salad
- Create a Wrap
- Add to Soup
- Make a Stir Fry
- Blend a Smoothie
- In an Omelet
- As a Side Dish – raw, steamed, or sautéed

<https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2013/dark-green-leafy-vegetables/>

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