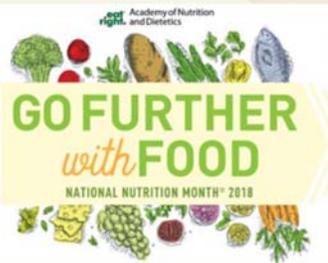


Nutrition Notes - March 2018



March is National Nutrition Month – an annual campaign to focus attention on the importance of making healthy choices in what you eat. This year's theme is "Go Further with Food." It is meant to remind Americans to plan meals and snacks for sustained energy/fuel for our busy lives while minimizing food waste. Whether it is starting the day off right with a healthy breakfast or fueling up before a tough workout, the foods you choose to fuel your body with can make a big difference in how you feel and perform. Planning meals and snacks ahead so you buy the needed ingredients at the store can also help reduce food waste.



Joan Kortbein
Registered Dietitian
Certified Diabetes Educator

Some key points to make your food go further are:

- 1) Consider foods you have on hand before buying more at the store.
- 2) Buy only the amount that can be eaten or frozen within a few days for your family; have a plan to use leftovers later in the week or freeze for another meal.
- 3) Be careful with your food portions so you are not overeating, in other words be mindful so you eat when you are hungry and stop eating when you are no longer hungry.
- 4) Find ways to be physically active most days of the week – the recommendation is still 150 minutes a week or more.
- 5) Eat a variety of healthy foods from all the food groups (grains, fruits, vegetables, dairy, meat/protein, and fats). A meal should consist of at least three food groups and snacks should consist of 1-2 food groups. The recipe below is a delicious way to add a variety of vegetables to your meal.
- 6) Consider dehydrating, freezing or canning foods to prevent waste.
- 7) Don't forget about composting foods so even the foods you do have to get rid of can be useful.
- 8) Use leftovers to make soups, sandwiches, casseroles or add to salads. For example, leftover chicken can be added to your salad, made into fajitas or a sandwich wrap.
- 9) Understand the dating system that food manufacturers use so you know when it is appropriate to use them or you need to discard them:

"Sell-By" date tells stores how long to keep the food on the shelf for the best quality. It doesn't mean the food isn't safe after that date.

"Best if Used By" date is recommended for best flavor or quality of the food. Again, it doesn't mean the food isn't safe after that date.

"Use-By" date is the last date recommended for the use of the food/beverage when it will have the best quality. The date has been determined by the manufacturer of the product.

"Guaranteed Fresh" usually refers to bakery items. This date is the day the product is at its peak freshness, but can certainly be eaten past this date.

"Expiration Date" is the last possible date the food manufacturer says it is safe to eat their product.

Roasted Vegetables

1 eggplant, cut into 1-inch cubes (peel skin if desired)
1 red bell pepper, cut into 1 ½ inch cubes
2 small sweet potatoes, cut into 1-inch cubes
1 Tablespoon olive oil

2 zucchini, cut into 1-inch cubes
1 yellow bell pepper, cut 1 ½ inch cubes
2 cups acorn squash, cut into 1-inch cubes

Preheat oven to 400° F. Line two baking sheets with parchment paper. Combine the vegetables in a large bowl, drizzle with 1 Tbsp. olive oil, and toss to coat. Place vegetables on baking sheets in a single layer and roast for 20 minutes, or until golden, turning occasionally to ensure even browning. Makes six servings.

Nutrition analysis per serving: 103 calories, 3 g fat, 3 g protein, 20 g carbohydrate, 5 g fiber, 25 mg sodium