

National Nutrition Month

Anita Nugent MS, RD, LD, CDCES

March is National Nutrition Month. February is Maine snow month... so this morning I was relegated to the stationary bike for exercise as I thought about what I was going to write for my article. I kept one eye on the snow outside, and another on the television, where every few minutes another round of commercials came on promising 'quick weight loss!' Everything from shakes to pills to testimonials from movie stars, (My rule of thumb is that if it sounds too good to be true, it probably is.)

Not everyone needs to lose weight but everyone needs to think about how to eat healthy. Food is our body's fuel and in many instances can be considered our medicine. I encourage people to read about nutrition, and ask a qualified person questions about how small changes can lead to big results over time.

My national organization takes this month to try to heighten awareness about healthy eating. Everyone's journey is unique, so take the time to read through these suggestions, and maybe you can apply them to your situation.

Here are some items that are being highlighted for the 2019 National Nutrition Month:

- Watch portion sizes. When choosing foods that may not be loaded with nutrition the portion is key!
- Make half your plate fruits and vegetables. The key is to put them on your plate first. Studies show that this will help to limit the portion of other foods on your plate.
- Be active. There will always be special situations that can increase out food intake and being active is a great way to find the balance.

- Drink more water. Sometimes it takes some trial and error to find one that works for you. I love mine with a “hint” of fruit.
- Fix healthy snacks. It is not necessary for everyone to snack but if you do watch your choices. Sometimes snacks have been referred to as the 4th meal, which means that the calorie load is probably going to be too high.
- Explore new foods and flavors. I have a client who tries a new food each week!
- Get cooking. I love to help people take the first steps to making their own meals and they are so thrilled with the results!

I hope that a few of these will resonate with you and will help you with your next steps! I picked a recipe to use the “get cooking” idea!