

MARCH is National Nutrition Month!



Eat a variety of colors for a balanced and nutrient-rich diet!

10 ways to enjoy more fruits, vegetables, dairy and whole grains:

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green or red peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and cheese in a whole-wheat tortilla.
4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
5. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt or ice-cream. Sprinkle with chopped nuts.
6. Prepare instant oatmeal with low-fat milk in place of water. Top with dried cranberries and almonds.
7. Spruce up an omelet. Stuff with broccoli, squash, carrots, peppers, tomatoes or onions and cheddar cheese.
8. Top a baked potato with beans and salsa or broccoli and cheese.
9. Stuff a whole grain pita with ricotta cheese and apple slices. Add a dash of cinnamon.
10. Pop up a bowl of popcorn for a delicious and nutritious snack. Did you know popcorn is a whole grain?

For more National Nutrition Month activities visit: <http://www.eatright.org/NNM/content.aspx?id=5342>

MOVE OF THE MONTH: FRONT PLANK



TRY
ME!

How to do it:

Step 1: Lie on stomach. With your elbows close to your sides and directly under shoulders, palms down and hands facing forward.

Step 2: Slowly lift entire torso off the floor, maintaining a stiff torso and legs. Keep shoulders positioned directly over elbows with palms facing each other. Continue to breathe while holding this position for a specified time (30 seconds to start).

Recipe of the Month: Cottage Cheese Salad with Feta and Nuts Courtesy of Meals Matter®



Ingredients:

- 4 c Salad mix or torn lettuce
- 1 c Low fat cottage cheese
- 1/4 c Crumbled reduce fat feta cheese
- 1/2 c Chopped red pepper
- 1/4 c Walnut pieces
- 1/4 c Balsamic vinaigrette dressing

Preparation:

Arrange greens on 4 salad plates.
Add 1/4 cup cottage cheese, 1 tbsp feta cheese and 2 tbsp red pepper.
Top each with 1 tbsp walnut pieces and 1 tbsp dressing.