

Click [HERE](#) for more healthy plate tips!



This year, the theme for National Nutrition Month is "Get your Plate in Shape." It's important to focus on diversifying your plate with nutrient-rich foods such as low-fat dairy products, vegetables, whole-grains, fruit and lean proteins. Take a look at our list of key ways to get your plate in shape! The Dairy Council of California and the Academy of Nutrition

and Dietetics have some fun and informative resources to help you get started!

- **Games and Quizzes**
- **National Nutrition Month Blog**
- **Nutrition Requirements**
- **Healthy Bones**
- **Personal Nutrition Planner**
- **Education Resources**
- **The Good Nutrition Reading List**
- **My Plate and My Pyramid**
- **DASH Diet**
- **Food Personality Tool**

MOVE OF THE MONTH

Inchworms

Courtesy of American Council of Exercise

This full body movement targets the arms, back, chest, abs and shoulders.



How To: From a standing position with feet together, bend forward from hips while keeping legs straight and slowly walk hands away from your feet. Heels will begin to rise off the floor. Continue walking your hands forward until you reach a full-push-up position where your spine, hips and head are level with the floor. Perform one pushup then slowly crawl backwards to starting position. For more details on this exercise visit www.acefitness.org

RECIPE OF THE MONTH

Grilled Eggplant, Cheese and Roasted Pepper Sandwich

Courtesy of Meals Matters

Serving Size: 1



Ingredients:

- 1 or 2 small slices of Eggplant (1/4" thick), cut in half
- 1/4 tsp Salt
- 2 tsp Butter, divided
- 3 slices Onion
- 2 slices Asiago cheese
- 2 slices of whole wheat bread
- 1 Slice provolone cheese, cut in half
- 2 tbsps Julienne strips roasted red pepper
- Cracked pepper

Directions:

Sprinkle both sides of eggplant with salt and lay between double thick layers of paper towels. Press firmly and let stand for 15 minutes. Preheat oven to 450 degrees. Discard paper towels. Place eggplant on a large baking sheet and roast for 10 minutes, turning once. Meanwhile, melt 1 tsp butter in a medium skillet. Add onion and cook until very soft, about 10 minutes. Remove from skillet and keep warm. Spread remaining butter on bread slices and place buttered side down in skillet. Place a piece of cheese and eggplant on each bread slice, then top with onions and roasted pepper. Cook for about 5 minutes or until cheese is melted and bread is golden brown. Carefully close sandwich.

Get YOUR Plate in Shape!

- **Switch to fat-free or low-fat milk**
These options have the same amount of calcium and nutrients found in whole milk but with less fat.
- **Encourage Fruits and Vegetables**
Eat dark leafy greens, orange and red vegetables and beans. Canned or frozen varieties are great options too!
- **Make 1/2 your grains whole**
Try whole grain rice, pasta, bread, cereals and crackers.
- **Vary protein choices**
Some great protein options are low fat milk, beans, nuts, seafood, eggs and lean meats like chicken or turkey.
- **Watch your intake of sodium, added sugars and saturated fats**
- **Remember portion sizes**

Visit ChooseMyPlate.gov for more tips!



DID YOU KNOW...

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The month of March is also National Sleep Awareness Month! Getting the recommended 7 to 8 hours of sleep a night is just as important as eating healthy and exercising. Sleep smart by:

- Establishing a regular bed and wake time.
- Avoiding caffeine close to bedtime.
- Avoiding alcohol.
- Exercising regularly, but complete the workout at least three hours before bedtime.
- Creating a quiet environment that is dark and comfortable for sleeping.
- Stop working with all electronic devices one hour before your bedtime.

For more information on SLEEP SMART, visit the [National Sleep Foundation](#).