










March is National Nutrition Month; Eat Right, Bite by Bite

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Increase Fiber!</p> <p>Include vegetables in meals, snack on fruit, look for 100% whole-wheat products and choose brown rice over white.</p>	<p>2 Beans are magical!</p> <p>Super nutrient dense and budget-friendly, beans are easy to add to soups, stir-fries, salads + more!</p> 	<p>3 Fabulous fact</p>  <p>Eating fruit helps to protect against cancer, stroke, heart disease, obesity, and diabetes.</p>	<p>4 A whole new grain</p> <p>Try new grains like barley, brown rice, bulgur or millet. A good source of fiber and important nutrients, they're delicious!</p>	<p>5 Tip of the Day</p> <p>Calcium is needed for strong bones. Find it in milk, yogurt, low-fat cheese, broccoli, and dark leafy vegetables.</p>	<p>6 Cooking Time</p> <p>Join us for CookShop in the WIC waiting area Friday at 10 am.</p> 	<p>7 Tip of the Day</p> <p><i>Don't</i> force children to eat everything on their plate. This can lead to overeating & unwanted weight gain.</p>
<p>8 Mealtime is family time</p> <p>Make it special by turning the TV off and the conversation on.</p> 	<p>9 Tip of the Day</p> <p>Learn what the dates on food packaging mean and save \$\$\$. Except for infant formula, dates are not an indicator of the product's safety*</p>	<p>10 Healthy Snack</p> <p>Dip carrots + celery in hummus: 1 can chickpeas rinsed, juice of 1/2 lemon, 2 cloves garlic, 3 Tbsp. olive oil, sea salt + pepper to taste.</p>	<p>11 Tip of the Day</p> <p>Save time & stay on track by batch-cooking healthy meals and store for later use</p> 	<p>12 Herb-a-liscious</p>  <p>Use herbs & spices – rather than salt & oil – to add great flavor & nutrition to your dishes.</p>	<p>13 Chef For a Day</p> <p>Have your children help make dinner. Children who cook eat more fruits & veggies.</p> 	<p>14 Get Moving!</p>  <p>Go for a family bike ride or walk after meals.</p>
<p>15 Eat the rainbow</p> <p>Plates that are colorful are chock-full of nutrients.</p> 	<p>16 Meatless Monday</p> <p>Prepare a meal with budget-friendly plant-based protein, which includes a variety of veggies, nuts, seeds & beans.</p>	<p>17 Food Safety</p> <p>Teach your children to wash their hands before eating or touching food.</p> 	<p>18 Eating Out</p>  <p>Ask for fruit or salad instead of fries or chips to decrease calories & increase nutrition.</p>	<p>19 Choose Low Fat</p> <p>Choose lean protein like <u>skinless</u> chicken and turkey breasts, roast beef and fish.</p> 	<p>20 Get Social</p>  <p>Make a mealtime memories with your friends and family</p>	<p>21 All fats not equal!</p> <p>Aim to prepare dishes with “good” fats (canola, olive, peanut, safflower & sesame oil) to keep your heart healthy.</p>
<p>22 For Parents</p> <p>Set a good example. Remember that your children learn from watching you!</p> 	<p>23 Tip of the Day</p> <p>Bake fruit for a healthy dessert the whole family will love! Try apples or pears topped with oats, cinnamon & a splash of maple syrup or honey.</p>	<p>24 Embrace Culture</p> <p>Try putting a healthy spin on your favorite traditional foods. Add spices instead of oil, season protein and bake instead of fry.</p>	<p>25 Try This!</p> <p>Bring your children food shopping with you and let them put their favorite fruits and vegetables in the cart.</p> 	<p>26 Easy as 1-2-3</p>  <p>Try adding veggies to soups, salads, pastas, casseroles, and sandwiches. It's simple!</p>	<p>27 Start smart!</p> <p>Eat breakfast every day.</p> 	<p>28 Get Moving!</p> <p>Get off the subway a stop early, take the stairs. Aim to move 10 minutes at a time, 3 times a day.</p>
<p>29 Sleep!</p> <p>Lack of sleep can contribute to weight gain and accidents. Sleep improves memory and strengthens the immune system</p>	<p>30 Healthy Snack</p> <p>Spread 1 tbsp. nut butter on a piece of whole grain toast. Serve with berries for a balanced snack!</p>	<p>31 Healthy Snack</p> <p>Slice apples into circles and spread with peanut butter for a healthy” sandwich”.</p> 	<p>Choosing nutritious foods and getting enough sleep & physical activity can make a big difference in your families' health.</p> 		<p>Morrisania WIC Program 1125 Gerard Ave., Bronx, NY 10452 T: (718) 960-2805 <i>This institution is an equal opportunity employer</i></p>	<p>EAT RIGHT</p>  <p>BITE BY BITE</p> <p>National Nutrition Month® March 2020</p> <p><small>right Academy of Nutrition and Dietetics</small></p>

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