“Eat Right, Your Way, Every Day!”

March is National Nutrition Month®! The NNM 2013 theme is “Eat Right, Your Way, Every Day!” That means we recognize your lifestyle, traditions, preferences and health concerns all influence your food choices. So, adapt the 2010 Dietary Guidelines recommendations and MyPlate messages to meet your needs.

Healthy eating tips:

- **Enjoy** your food—including a variety of flavors—but eat less. Eat slowly and stop eating before you are full.
- **Make half** your plate vegetables or fruit. This will fill you up on fewer calories. See page 2 for more tips.
- **Plan** ahead! Think about when and where you will eat throughout the day so you aren’t caught without sensible options.
- Order smaller-sized **portions** when eating out—the large sizes at restaurants are usually more than you need. Otherwise, take half home with you.
- **Share one dessert** per table with enough forks for everyone to try it!
- **At the salad bar,** **limit** croutons, cheese and creamy salad dressings.
- **If you eat on the go,** pack little bags of nonperishable foods such as nuts, crackers, fresh fruit, trail mix or granola bars.

Are you in town? Join us for our upcoming cooking classes:

**International Cuisine III Series**

- **Poland** - March 13th
- **France** - April 17th

Times: 12-1:30PM or 6-7:00PM
Location: Room 114, Gifford Building on the CSU Campus
Cost: $20 per class; $10 per class for CSU students/employees
Sign up at www.nutritioncenter.colostate.edu
Eat Your Greens! (and other colors, too)

Colorful fruits and vegetables are packed full of healthful benefits! Along with color comes flavor, essential vitamins, minerals and fiber. Fruits and vegetables are nutrient dense: they have a lot of nutrients with few calories.

Fruit & Vegetable Daily goals:

<table>
<thead>
<tr>
<th>Men &amp; Women</th>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-30 years old</td>
<td>2 cups</td>
<td>2 1/2 - 3 cups</td>
</tr>
<tr>
<td>31-50 years old</td>
<td>1 1/2 - 2 cups</td>
<td>2 1/2 - 3 cups</td>
</tr>
<tr>
<td>51+ years old</td>
<td>1 1/2 - 2 cups</td>
<td>2 - 2 1/2 cups</td>
</tr>
</tbody>
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Here are some ways to enjoy more fruits and vegetables.

1. Try a variety of vegetables as pizza toppings - broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

2. Blend a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.

3. Make a wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

4. Grill colorful vegetable kabobs packed with tomatoes, red peppers, zucchini, mushrooms and onions.

5. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on baked seafood, poultry, pancakes, French toast, or waffles.

6. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

7. Place colorful, fresh, pre-washed fruit where everyone can easily grab something for a snack-on-the-run.

8. Add color to salads with baby carrots, sweet grape tomatoes and mandarin oranges.