March marks a change in seasons and it is full of exciting events such as the first day of spring, daylight savings time, and St. Patrick’s Day. March is also National Nutrition Month, and The Academy of Nutrition and Dietetics (formerly ADA) reminds Americans to make informed food choices and develop sound eating and physical activity habits. Simply choosing fruits, vegetables, whole grains, and low-fat proteins for your plate will provide a nutrient dense meal that is low in calories.

Follow these healthy tips throughout the day to “Get Your Plate in Shape”!

- **Make half your plate fruits and vegetables.** Vary the colors of your fruits and vegetables; fresh, frozen and canned all count.

- **Make at least half your grains whole.** Check the nutrition label for whole-grain foods. Whole grains can be found not only in breads, but cereals, crackers, pasta, and brown rice as well.

Want More Information?
Visit these websites:
www.eatright.org
www.kidseatright.org
www.choosemyplate.gov
Switch to fat-free or low-fat milk. These types of milk have all the nutrients of regular whole milk without the fat and calories.

Vary your protein choices. Get your protein from a variety of sources like fish, nuts, beans, soy, and lean meat.

Cut back on sodium and empty calories from solid fats and added sugars. Use oils instead of solid fats when preparing food. Use spices or herbs to season foods instead of salt. Drink more water instead of sugary drinks.

Enjoy your food but eat less. Avoid large portions and use smaller plates and bowls. Know your daily calorie limit. Leave food on your plate.

Be physically active. Do activities that you enjoy. Start with 10 minutes at a time. Children should exercise 60 minutes or more a day, and adults should exercise 2 hours and 30 minutes a week.

**Upcoming Events**

**International Cooking Series**
- Italy: March 23
- Greece: April 20
- Fridays 12—1 pm

**Savvy Substitutions Cooking**
- Thursday, April 5
- 6—7:30 pm

Cost for each class is $20 or $10 for CSU students and employees

Sign up at: www.nutritioncenter.colostate.edu

Check out this plate; it's in great shape! Half the plate contains a variety of colorful fruits and vegetables, while the other half is full of whole grains and healthful lean protein.
Add a Little Green to Your Plate in March: Making the Best Choice for the Environment and Your Family

Choosing to eat fruits and vegetables is an important first step in following the Dietary Guidelines, but another vital component in making an informed “green” choice is knowing how your produce is grown and transported.

Imagine this scenario: You walk into a grocery store for what you think will be a quick purchase - just a bag of apples for a pie you are baking. Being the environmentally conscious person that you are, a dilemma soon presents itself - you have to choose between local non-organic apples, and organic apples from New Zealand. Which apple should you choose? The organic apple offers the assurance of being pesticide free, while the local apple offers a minimal carbon footprint.

Did you know that to arrive in your grocery store, some fruits and vegetables may travel thousands of miles across the world? Others may be grown just a few miles away by a farmer. Some fruits and vegetables are grown using pesticides, while others are grown using natural forms of pest management. These differences can really add up in the form of taste, longevity, freshness, and health for your family.

Talk to your local farmers; ask them how their produce is grown. At the grocery store, look for “Colorado Proud” signs and “USDA Organic” labels.

**“Dirty Dozen” and “Clean Fifteen”**

**Fruits and Vegetables**

The “dirty dozen” have **high** levels of pesticide residue. They should be bought organic or from a local pesticide-free farm.

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Kale/Collard Greens

The “clean fifteen” have **low** levels of pesticide residue. They can be bought local or non-organic.

1. Onions
2. Sweet Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangos
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms