Celebrate National Nutrition Month

March is National Nutrition Month—a time to celebrate food, nutrition, and making healthy choices. Since 1973, the Academy of Nutrition and Dietetics designated this time to promote healthy eating and the value of making informed food choices based on scientific nutrition information. This year’s National Nutrition Month theme is “Go Further with Food”. This can mean starting your day off with a nutritious breakfast, or energizing your body with food before being active. It can also mean working to decrease food waste by planning and preparing meals ahead of time. Celebrate National Nutrition Month by going further with food in a way that fits your life!

Tips to “Go Further with Food”

♦ Incorporate a wide variety of nutritious foods into your meals and snacks.
♦ Check out what is already in your pantry before grocery shopping or meal planning. Do you have yogurt that has been sitting in your fridge for awhile, or frozen vegetables nearing freezer burn? Build meals and snacks around ingredients that need to be used up before purchasing new food. (Have you seen the TV show Chopped?)
♦ Batch cook large meals and separate into portion-sized containers to enjoy throughout the week.
♦ Choose serving sizes that make you feel healthy, satisfied, and energized, rather than famished or “weighted down”. Food is your fuel—choose fuel that will promote active living.
♦ Practice food safety while preparing and preserving food to extend its life and prevent waste.
♦ Avoid clutter in your refrigerator, pantry and freezer. Things are more likely to be forgotten about if left unseen. Create a system to organize your inventory and try dating perishables with a label.
♦ Reinvent leftovers into a new meal. A whole roasted chicken can be used in a salad, soup, or sandwich, or leftover chili can be eaten over a baked potato, on a bun, or in a bowl with warm cornbread.
Kendall Reagan Nutrition Center Helps Others “Go Further with Food”

“This year’s National Nutrition Month theme, Go Further with Food, encourages us to plan ahead, pay attention and be intentional with our food choices and food use. It inspires innovation and creativity in the way that we create and enjoy foods that in turn can minimize waste, support our environment and improve our health.” —Shelby Cox

“Go Further with Food has a variety of meanings: decreasing food waste, choosing foods that help not only your personal health but also the environment. It also means increasing the range of food items. I try to ‘Go Further with Food’ by trying new foods or new ways to prepare foods, and thus increasing the range of the foods I buy. Going further with food for me also means choosing foods that properly fuel my body as well as nourishes my mind.” —Charlotte Lakin

“I tend to think more about how to make food go further. How can I cook once, and put the leftovers to good use? How can I preserve the bounty of fresh produce during the summer and enjoy it throughout the winter? How can I capture the flavor each ingredient has to offer? Keeping this perspective in mind has helped me keep food costs down, limit food waste and make some really delicious meals!”—Johanna Bishop

“When I think about this year’s National Nutrition Month theme, Go Further with Food, I think about being mindful with food in all aspects of our lives. Whether it’s being mindful of portion sizes, being aware of decreasing our food waste, or appreciating how healthful foods fuel our bodies—I think everyday we have a chance to think a little bit deeper about our food and the impacts food has on ourselves and our world.”—Mackenzie Burgess

“Going Further with Food celebrates the universal power of food. This message can mean a variety of things – from improving access to healthy foods, to fighting for improved sustainability measures, to cooking with ingredients out of one’s comfort zone. The fact that this message’s meaning is unique to every individual celebrates the ubiquity of food and how central and celebratory it is in all of our lives.”—Grace Morgan

“Going Further with Food is about embracing the role of food as fuel, choosing to nourish your body with vitalizing nutrients so you have the energy to adventure, move, and celebrate what your body can do. Going Further with Food is also about approaching each week of eating with the intention to grow in some way whether it’s trying a new recipe, or experimenting with a new ingredient or repurposing leftovers to extend the life of a meal.”—Kalyn Garcia
Maple Sweetened Banana Muffins

Don’t throw away those ripe bananas! Use them for this delicious banana muffin recipe!

Serving Size: 1 Muffin  
Yield: 12 servings

Directions:
1. Preheat oven to 325 degrees Fahrenheit.
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add eggs and beat well. Mix in the mashed bananas and milk, followed by the baking soda, vanilla extract, salt and cinnamon.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you’d like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide batter evenly into greased muffin cups, filling each cup about two-thirds full. Sprinkle the tops of the muffins with a small amount of oats (about 1 tablespoon), followed by a light sprinkling of sugar (about 1 teaspoon). Bake muffins for 23 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. Enjoy muffins as is, or with a spread of nut butter or regular butter.

Nutrition Information / Amount per serving:

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<thead>
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<th>Nutrition Information</th>
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<tbody>
<tr>
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<tr>
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<tr>
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Upcoming KRNC Programs and Events

**Now registering! Healthy You**
Join us for this 8-week weight management and mindful eating program. From nutrition to meal planning, fitness to mindful eating, you’ll learn the step-by-step for making healthy choices.
Class begins **Tuesday, March 20th at 12pm-1pm** and continues for 7 consecutive Tuesdays (8 classes total).
Location: Health & Medical Center, 151 West Lake Street, Suite 1400
Cost: $150 per participant
To register: please call (970) 495-5916 or [click here](#).

**Now registering! Diabetes Prevention Program**
Learn the behaviors and information you need to stop prediabetes from becoming diabetes. Our successful year-long program includes a master’s-level certified lifestyle coach, social support, weight loss support, comprehensive curriculum and fun hands-on activities.
Class begins **Monday March 26th 5:30-6:30** (orientation on Monday March 19th 7-8 pm).
Location: Health & Medical Center, 151 West Lake Street, Suite 1400
Cost: $330 per participant, however this program is now FREE for qualifying Anthem BCBS and UnitedHealthcare members. CSU classified employees, or non-Anthem subscribers can take the class for half price thanks to Commitment to Campus.
Call to register (970) 495-5916

**Now registering! Diabetes Empowerment**
Do you have diabetes or provide care for someone who does? Join the Kendall Reagan Nutrition Center for Diabetes Empowerment, an 8-week nutrition, cooking and physical activity program designed to help manage diabetes (type 1, type 2 or gestational). This dietitian-designed and led program includes comprehensive nutrition classes with Q&A, group support, problem solving, hands-on cooking classes (meals included!), guided physical activity and more.
Class begins **Wednesday March 21st 5:30-7:00 pm** and continues for 7 consecutive Wednesdays (8 classes total).
Location: Colorado State University campus, Gifford Building on Lake Street, Room 237
Cost: $300 per participant (half-price partner pricing $150), 1/2 price for CSU employees ($150).
Call to register (970) 495-5916

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