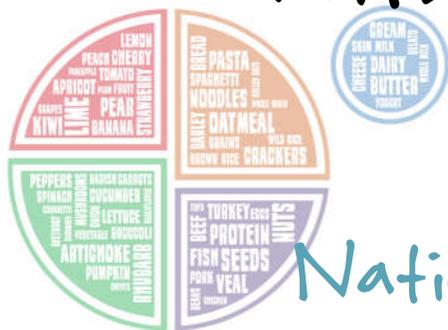




Healthy Living With Head Start



March is
National Nutrition Month

Nutrition means something different to everyone. Some people think of it as a fully committed lifestyle, while others see it as a day to day effort. No matter how you work towards it, here are few simple ways to make nutrition work for you:

- * **Keep it simple** - Avoid a complete over-haul of your life. Small goals like serving a vegetable with every meal or choosing water instead of sugary drinks are easy ways to work a little extra nutrition into your daily choices.
- * **Don't be too trendy** - Between social media and advertisements, it is easy to get caught up in all the latest trends. Take the time to research claims and facts about lifestyle changes before committing to them. Reach out to your healthcare provider or nutritionist to get fast and credible nutrition information (The Head Start/Early Head Start Nutritionist, Amy Losee, is available at 607.433.8060 or alosee@ofoinc.org).
- * **Make choices not changes** - Instead of trying to stick to harsh changes in your life, work on making individual choices towards a healthier lifestyle throughout the day. Each time you eat or drink, challenge yourself to make the best choice possible to support your new goals.
- * **Celebrate your successes** - Take time to acknowledge your nutritional triumphs daily. Reflecting on your choices and being proud of your progress will help motivate you to continue working towards larger goals.

Make Every Choice Count

Breakfast

Low fat yogurt topped with whole grain granola and a side of apple slices (try plain yogurt to reduce the amount of sugar in your breakfast)

Start your day off right by giving your body plenty of energy. Make sure you have a protein, whole grain and a fruit to maximize your morning nutrition. Taking a moment to sit down and enjoy your meal can also give you a quick break in the morning to plan your day.

Lunch

Whole grain crackers topped with tuna salad and a side of vegetable sticks and grapes (add a low fat cheese for a little extra protein)

Eating regularly throughout the day will help keep you sharp throughout the afternoon. Fill your plate with protein, whole grains, vegetables, and fruit for lunch. Making sure you take time out of your day to relax and enjoy a bite will help keep your body healthy and can help reduce stress.

Snacks

Whole grain pretzels with hummus (try making your own hummus to limit sodium and other additives)

Being strategic about snacks is a great way to work a little more nutrition into your life. Aim to include two different food groups and avoid eating on the go. Taking time to enjoy your food will help you avoid over eating.

Dinner

Easy Peasy Salad-Palooza (details on back)

Keep things light and simple for dinner to simplify your evening and help maximize your digestion. Aim to fill half your plate with vegetables and choose a low fat protein to help give you a little extra energy to get through until bedtime.

Avoid extra calories in sugary drinks, choose low fat milk at meals and water throughout the day for all the hydration you need.

don't forget to
hydrate

Making Mealtime Memories

Easy Peasy Salad-Palooza

Instead of serving a normal tossed salad as a side dish, consider adding a few extra food choices to make it a full meal (this is a great opportunity to use leftovers). Set dinner up like a salad bar to allow everyone to customize the meal to their own taste.

Salad add-ins to try:

* **Proteins**

Baked or grilled chicken
Baked or grilled fish
Black or garbanzo beans
Low fat cheese
Nuts



* **Vegetables**

Fresh peas
Sautéed brussels sprouts
Grilled asparagus
Steamed broccoli
Fresh zucchini
Stewed lentils
Sliced avocado



* **Fruits (fresh or dried)**

Apple slices
Cranberries
Pineapple
Berries
Mango

* **Whole Grains**

Whole wheat flat bread
Barley, quinoa, or bulgur
Whole grain crackers

Directions:

- * Clean fresh produce by rinsing in cold water.
- * Prepare salad ingredients in uniform, bite-size pieces.
- * Create a long open area on a table or counter.
- * Place each ingredient in its own container and line up in a row. Leave a spoon or set of tongs in each bowl.
- * Allow everyone in the family to pass through the line, creating their own unique and delicious meal.
- * Encourage everyone to take a food from each food group to complete their meal.

Newsletter created by: Amy Losee

Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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