

MARCH

NATIONAL NUTRITION MONTH

Revised Dietary Guidelines

The revised Dietary Guidelines have put an even greater emphasis on the need to manage weight to prevent obesity and chronic disease. The latest research states that almost 2 out of 3 Americans are overweight or obese and one half don't get enough exercise, which put them at greater risk for chronic disease.

Check out the following recommendations:

- * 30 minutes moderate-intense activity most days of the week. Activity that uses as much energy as walking 2 miles in a half-hour.
- * Sixty min. of moderate to vigorous intensity exercise most days of the week to manage weight gain.
- * Sixty to 90 min of moderate intensity exercise to sustain wt. loss.
- * Exercise should include cardio, strength training, and flexibility exercises.
- * Eat a variety of fruits and veggies
- * Whole grains
- * Low-fat dairy -- replace whole milk with fat free or low fat alternatives.
- * Avoid sugary drinks. 1 soda = 130-140 calories (8 tps sugar) 6 tsp. women/9 tsp. men U. S. average is 355 calories of sugar/day. Sodium/Potassium < 2,300 mg (1 tsp/day)
- * Use olive oil or canola oil
- * No more than 10% calories from saturated fat fda.gov



Great Turkey Wrap
Tortilla Wraps
Laughing cow garlic/herb cheese
1/2 c spinach
2-4 slices pepper turkey
2 slices provolone cheese
1/4 sliced avocado
4 slices red pepper

Directions
Layer tortilla with laughing cow spread
2-4 slices turkey
2 slices prov. cheese
1/4 slice avocado
4 sl. red bell pepper
Roll tortilla and cut in half! Enjoy!

March 2016

NUTRITION

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Good Nutrition
It's so easy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						
6 	7	8  Natl Pancake Day	9  Natl Pack Your Lunch Day	10	11	12
13 Daylight Saving Time Begins	14	15 Natl Peanut Lover's Day 	16	17 St. Patrick's Day 	18	19 Natl Poultry Day 
20 	21	22 Natl Water Day 6-8 8 oz glasses/day	23	24 Grocery Bingo @ Public Services 0700	25	26
27 	28	29 Health Risk Assessments Highland Rec @ Stanford Park	30 Health Risk Assessments Highland Rec @ Stanford Park	31 Health Risk Assessments Highland Rec @ Stanford Park	National Walk @ Lunch Day Wednesday, April 27 	