



# NATIONAL NUTRITION MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p><b>1</b></p> <p><b>Happy National Nutrition Month!</b></p>	<p><b>2</b></p> <p>Make half of your plate fruits and vegetables.</p> 	<p><b>3</b></p> <p>Drink one extra glass/ bottle of water today.</p> 	<p><b>4</b></p> <p>Be active! Stretch, go for a walk or hike, or play with your pets/ kids.</p>	<p><b>5</b></p> <p>Practice mindful eating: chew food well and use your senses of sight, smell, and taste to enjoy your food.</p>
<p><b>6</b></p> <p>Read nutrition facts labels. Try to eat less than 25 grams of added sugar in a day.</p> 	<p><b>7</b></p> <p>Recite one positive affirmation: not about appearance, but rather, qualities such as strength, dedication, kindness, etc.</p>	<p><b>8</b></p> 	<p><b>9</b></p> <p>Aim for more fiber. Women have a goal of 25 grams/day and men 38 grams/day.</p>	<p><b>10</b></p> <p>Eat in the morning, even something small (ie. yogurt, eggs, trail mix, granola bar).</p>	<p><b>11</b></p> <p>Pack a snack! If you know you'll be out of the house or busy for a few hours, bring some food with you.</p>	<p><b>12</b></p> <p>Increase iron absorption with Vitamin C. Squeeze lemon or lime juice on your beans or make a salad with bell peppers.</p>
<p><b>13</b></p> <p>Participate in Meatless Monday. Plan one of your meals to contain plant proteins such as beans, lentils, hummus, or falafel.</p>	<p><b>14</b></p> <p>Create your own flavored water by infusing it with fruit, cucumber, mint, or ginger.</p> 	<p><b>15</b></p> <p>Try a new whole grain food like quinoa, barley, or oats, which contain fiber, vitamins, and minerals.</p>	<p><b>16</b></p> <p>Use canned or frozen vegetables for a meal which are just as great as fresh produce.</p> 	<p><b>17</b></p> <p>Happy St. Patrick's Day! Celebrate by eating something green (ie. kiwi, avocado, artichoke, nopal, or a green smoothie).</p>	<p><b>18</b></p> <p>Cook a recipe from your favorite restaurant at home.</p> 	<p><b>19</b></p> <p>Get some Vitamin D by spending 10-15 minutes in the sun.</p>
<p><b>20</b></p> <p>Recreate a family member's dish.</p> 	<p><b>21</b></p> <p>Honor your hunger by eating when you feel hungry.</p>	<p><b>22</b></p> <p>Add more flavor without salt. Prepare foods with spices such as pepper, paprika, cumin, or turmeric.</p>	<p><b>23</b></p> <p>Eat your healthy fats. Try at least 1-2 sources of essential fats from avocado, salmon, nuts, seeds, or nut butters.</p>	<p><b>24</b></p> <p>Try making a new recipe from <a href="http://noahelps.org/recipes">noahelps.org/recipes</a> and/or share the recipe with others.</p>	<p><b>25</b></p> <p>Visit a farmer's market and try local produce.</p> 	<p><b>26</b></p> <p>Create a grocery list before going shopping to better plan out meals and stay on budget.</p>
<p><b>27</b></p> <p>Make eating vegetables fun! Add your favorites to a pizza or eat them with a yogurt dip.</p>	<p><b>28</b></p> <p>Limit seafood (shrimp, crab, lobster) to 2-3 servings per week and consume more fatty fish (salmon, mackerel, sardines).</p>	<p><b>29</b></p> <p>Be mindful of caffeine intake. Aim for no more than 400mg per day for adults (less for certain individuals).</p>	<p><b>30</b></p> <p>Get your kids/family involved in the kitchen.</p> 	<p><b>31</b></p> <p>Try a fruit or vegetable you've never tried before.</p> 		