

# Healthy People

## National Nutrition Month

The snap of freshness when you bite into a cucumber or sweet pepper. The sweet burst of delicious juiciness when digging into a bowl of ripe berries. Or even the chewy, nuttiness of a piece of fresh baked whole grain bread. "Enjoy the Taste of Eating Right" is the theme for National Nutrition Month<sup>®</sup> 2014. So what can you do to enjoy the taste of eating right? Here are some suggestions from the Academy of Nutrition and Dietetics:

- Top your pizza with veggies instead of processed meats. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini. Or be adventurous and try your own favorite veggies!
- Make a breakfast smoothie with frozen strawberries or blueberries, a banana, and low fat milk or fruit juice. To sweeten it up and make it super healthy, add a handful of fresh spinach. It might sound weird, but it is delicious!
- Eat crunchy vegetables instead of chips with your favorite dip.
- When the weather starts to get nice, you will probably want to fire up your grill. Try veggie and fruit kabobs when you do! Mushrooms, onions, red peppers, and tomatoes are great for a veggie version. Pineapple, peaches and bananas work well for fruit kabobs (grill on low heat until hot and slightly golden). Yum!
- Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick sweet sauce on grilled or broiled seafood and poultry. It is also great on pancakes, waffles, or French toast.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.



For more information and great ideas, go to [www.eatright.org/nnm](http://www.eatright.org/nnm). To check out fun games like Nutrition Sudoku and Word Search, check out [www.eatright.org/nnm/games](http://www.eatright.org/nnm/games). Have fun!