

National Nutrition Month – March 2021

Let's Eat Healthy



Healthy Eating Pantry - [Click Here](#)

How Do I Follow a Healthy Diet Pattern? [Click Here](#)

Seasons of Eating [Click Here](#)

Too Much Sodium [Click Here](#)

Healthy Savory Snacks



CHOOSE SAVORY SNACKS

Goal:

Try a whole food, no-added-sugar snack at one snack time per day.

Why:

If you tend to eat snacks between meals, make them healthy and filling. Snacks such as flavored yogurt, granola bars, and bran muffins – perceived as healthy – can be full of added sugar.

How:

To tide yourself over between meals, include some protein and fiber, which can help keep you full. Try nuts and fruit, veggies and hummus, plain Greek yogurt with fresh fruit, or whole grain crackers with cheese. For convenience, buy healthier packaged foods to keep on hand such as small packages of almonds, string cheese, or small containers of dip with veggies. Save money by bagging or packaging your own individual portions of snacks. Invest in small containers for dip or nuts, bag up cut fruit or veggies, or portion out plain yogurt from a bulk container.

Resources:[How to buy snack foods](#)[11 savory snacks under 250 calories](#)**Savory Breakfast Ideas****MAKE BREAKFAST SAVORY****Goal:**

Start your morning with a savory breakfast each day.

Why:

Eating a healthy breakfast has been linked to health benefits such as weight control, improved concentration and a more nutritionally complete diet. However, most typical breakfast choices of cereals, pastries, smoothies, or granola bars contain a lot of added sugar. New evidence is emerging that when you start your morning with a savory breakfast, it may reduce your sugar cravings later in the day. Try different recipes and foods to expand your savory breakfast repertoire!

How:

Bake a batch of frittata muffins on the weekend and reheat for 30-60 seconds each morning

Hard-boil eggs on the weekend and slice up as a topping for whole grain toast with avocado, or pair with a piece of fruit

In a reusable container, combine old-fashioned rolled oats, water or milk, fruit and cinnamon (optional) and refrigerate overnight. The oats will be softened by morning – no need to heat!

Recipes:[Spinach, Tomato, and Feta Oatmeal](#)[Breakfast Burrito](#)

Resource Videos



[Sugar Hiding in Plain Sight](#)

[What does Sugar Actually Do to Your Body?](#)

[How the food you eat affects your brain?](#)

[How Sugar affects the brain?](#)

[13 Foods that could be Affecting Your Sleep](#)

Articles



[Artificial sweeteners: sugar-free, but at what cost?](#)

[Can Artificial Sweeteners Keep Us From Gaining Weight?](#)

[The Connection between Sugar and Your Sleep](#)

[How Sugar Impacts your Sleep?](#)

[Finding the Hidden Sugar in the Foods You Eat](#)

[How much sugar is in your favorite beverage?](#)