

Get Revved Up for National Nutrition Month!

Did You Know

Approximately one third of all adults in the United States are considered obese.

For help in creating a healthier nutrition plan visit the USDA's website (<http://www.choosemyplate.gov/>)

References

1. <http://www.choosemyplate.gov/food-groups/fruits.html>
2. https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n5_5g_adult_brochure.pdf
3. <http://www.fitness.gov/eat-healthy/why-is-it-important/>
4. <http://www.fitness.gov/eat-healthy/how-to-eat-healthy/>
5. <http://www.choosemyplate.gov/food-groups/>

Supercharge Your Engine with Proper Nutrition

Like a Finely Tuned Car, Your Body Needs the Proper Fuel.

Nutrition is important, what goes into the body affects how it functions. There is a reason your body feels sluggish after a big meal, the body activates the production of serotonin. The larger the meal, the more serotonin is produced leading to a feeling of sluggishness.

Eating better can help give the body more energy, as well as help increase your metabolism and overall health. Even at a healthy weight, a poor diet can lead to increased health problems such as heart disease, hypertension, and osteoporosis.

March is National Nutrition Month; use the information below as a guide to starting a healthier diet.

- **Switch to Whole Grains.**
Instead of reaching for the white bread, pick up a loaf of whole grain instead; the increased fiber will keep you fuller longer and aid in digestion.
- **Eat Your Greens (or Reds, Yellows, or Oranges).**
Fill at least half of your plate with vegetables, the more colorful the more beneficial to your health.
- **Look Out for Sodium.**
Just because something is labeled as healthy doesn't make it so, a lot of times sodium will be added for flavor lost by reducing the fat.
- **Replace Sugary Drinks with Water.**
Sometimes it may seem like you need a sugary drink, but adding some lime, lemon, orange, or watermelon to your water can kick up the flavor without adding the unnecessary sugar.
- **Trade in Your Whole Milk for Fat-free or 1%.**
Milk is a major source of calcium and vitamin D, which reduce the risk of osteoporosis. Lower fat milk has all the same benefits.

Making healthier choices isn't easy, especially when there is the choice for something that is faster and more convenient. Commit to one healthy change a week, and build on it.