

March is National Nutrition Month

March 2022



HEALTHY HEARTS!
HEALTHY YOU!



Personalize your plate with recommendations from the 2020-2025 Dietary Guidelines for Americans

Foods that we grow up eating are often influenced by our family's history and culture. Many cuisines offer dishes which include a variety of foods from all the food groups. Fruits, vegetables, grains, protein foods and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.

Personalize your plate by including foods that you prefer from each food group. Including a variety of foods can help you get all the nutrients that are needed for good health. These tips can help you get started:

- Fill half your plate with fruits and veggies. Get creative with produce by trying an assortment of colors and textures.
- Experiment with different grains. Try substituting whole grains for refined grains in recipes. Some examples of whole grains include millet, bulgur (cracked wheat), brown rice and barley.
- Choose lean protein foods. Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried. Choose low-fat or fat-free dairy options or calcium-fortified soy products.
- Choose food and beverages with less added sugars, saturated fat, and sodium. Use the food label as your guide when trying to make a better choice.
- Make water your go-to beverage. Try fruit-infused waters or flavored seltzers for some variety.



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South of the Border Salad

Make this corn, black bean, and tomato salad in the morning and let it marinate in the refrigerator all day and enjoy it for dinner.

Servings: 9

Nutrition information per serving: 253 calories, 11g protein, 44g carbs, 10g fiber, 6g fat

Source: myplate.gov

Ingredients:

- 2 cans corn (15.2 ounces each, drained and rinsed)
- 2 cans black beans (15.5 ounces each, drained and rinsed)
- 1 can diced tomatoes with green chilies (10 ounces)
- 1 onion (medium, chopped)

Dressing Ingredients:

- 3 tablespoons olive oil (or canola oil)
- $\frac{1}{3}$ cup lemon or lime juice
- $\frac{1}{2}$ teaspoon pepper
- 1 ground cumin (optional)

Directions:

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours

References:

dietaryguidelines.gov. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.

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