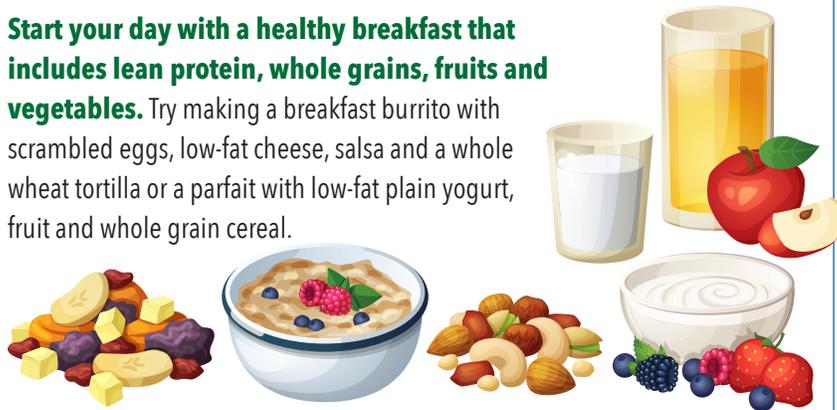


# MARCH IS NATIONAL NUTRITION MONTH

*Tips for healthy eating and exercise from the Academy of Nutrition and Dietetics:*

## Eat Breakfast.

**Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.** Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.



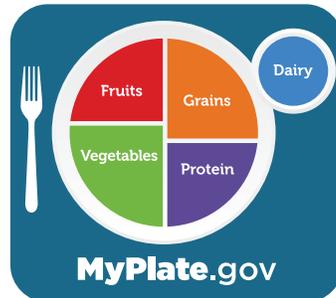
## Make Half Your Plate Fruits and Vegetables.

**Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate.** Make 2 cups of fruit and 2½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.



## Watch Portion Sizes.

**Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.** Then, add a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size. For more information, visit [www.myplate.gov](http://www.myplate.gov).



## Be Active.

**Regular physical activity has many health benefits.** Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week.



## Get to Know Food Labels.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Reading the Nutrition Facts label can help you choose foods and drinks to help you eat right.** The Nutrition Facts label has been updated to make it easier to see important information, such as number of calories and serving sizes. Find out more at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

**TO LEARN MORE ABOUT HEALTHY EATING AND DIET, VISIT [WWW.DIETARYGUIDELINES.GOV](http://WWW.DIETARYGUIDELINES.GOV).**

To find a health center, visit [www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list) or call **501-374-8225**.

**SOURCES:** <https://www.eatright.org/food/resources/national-nutrition-month> • [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov) • [www.myplate.gov](http://www.myplate.gov)