

Newsletter article for March



March is National Nutrition Month

“Eat Right with Color” is the theme of National Nutrition Month according to the American Dietetic Association (ADA). Karen Ansel, Registered Dietician and spokesperson for the ADA, suggests “adding a splash of colorful seasonal foods to your plate makes more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a bundle of potential benefits for a healthy eating plan.” According to Ansel, the antioxidant potential of **Green** foods can decrease cancer risk and promote healthy vision. **Orange** and **deep yellow** fruits and vegetables improve vision and immunity, **Purple and blue** foods may have antioxidant and anti-aging benefits to help with memory and urinary tract health. **Red** fruits and vegetables can help keep your heart healthy. What colors did you eat today?

The ADA website www.eatright.org/nnm will provide more information and helpful tips on how to increase the colors in your diet. Try some of these delicious ideas to add fruits and vegetables to your diet:

- ❖ Use spinach, broccoli, mushrooms and zucchini as pizza toppings
- ❖ Puree berries or other fruits and use the sauce on grilled seafood or chicken
- ❖ Add grated vegetables such as zucchini to spaghetti sauce
- ❖ Use crunchy carrots or celery with your favorite dip