

nutrition NEWSLETTER

M A R C H 2 0 2 1

March is National Nutrition Month!

There is no one diet or lifestyle that is right for everyone. We all have different nutritional needs, preferences, and backgrounds that help guide our food choices. While many individuals strive to make healthy food choices, most fall short of meeting the recommended amount of fruits, vegetables, and whole grains.

Rather than overhauling your entire diet or making unrealistic fitness goals you might focus on making one or two small changes instead. Examples may include paying attention to how certain foods make you feel, being more mindful during meals, or trying to eat more consistently through the day. Highlights from the 2020 Dietary Guidelines for Americans are listed below, how does your dietary pattern stack up?

Food Group	Benefits	Pro Tip
Vegetables	Provide fiber, vitamins, minerals, and antioxidants	Aim to fill half of your plate with vegetables! Include a variety throughout the day and week.
Fruits	Provide carbohydrates (energy), vitamins, minerals, and antioxidants	Incorporate fresh, frozen, or canned fruits (without added sugar) into breakfast and snacks throughout the day.
Whole Grains	Provide carbohydrates, fiber, and vitamins and minerals for long-lasting energy	Make at least half of your grains whole. Choose whole wheat breads, brown rice, oats, quinoa, or ancient grains.
Dairy or Milk Alternatives	Provide calcium, Vitamin D, and other vitamins and minerals. Dairy and soy products are a good source of protein.	Aim for 3 servings of low-fat milk, yogurt, cheese or a milk alternative per day.
Proteins	Help repair muscles and aid in satiety (feeling satisfied)	Choose lean meats, poultry, fish, or eggs. Plant-based proteins include: soy products/tofu, beans, lentils, & nuts.
Healthy Fats	Help absorb certain vitamins and aid in satiety	Choose olive or canola oil, nuts, seeds & avocado.





Southwestern Stuffed Sweet Potato

Ingredients:

- 1 Medium Sweet Potato
- 1 Tbsp Olive Oil
- 2 Tbsp Lime Juice
- 1/8 tsp Chili Powder
- 14 oz Can of Black Beans, drained & rinsed
- 14 oz Can of Corn, drained & rinsed
- Salt and pepper, to taste
- 2 Tbsp Cilantro, chopped (optional)

Directions:

1. Wash your sweet potato and poke with a fork 3 or 4 times. Place on a microwave safe dish and microwave for 5 minutes, turning half-way through. If not fork-tender, continue to microwave in 30 second increments until soft.
2. Meanwhile, mix remaining ingredients in a medium bowl.
3. Split the sweet potato lengthwise and fill with 1/2 cup of bean salad and enjoy.



You'll have extra corn and black bean salad, which you can scoop up with tortilla chips or add to nachos! YUM!



FOR MORE INFORMATION, PLEASE CONTACT:

Lexi Cournoyer RDN, LDN

Regional Registered Dietitian

Alexa.cournoyer@sodexo.com

