

March 2014: National Nutrition Month



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March is National Nutrition Month, and is a great reminder for us to think about what foods we are fueling our bodies with. Dairy is an important part of our diet because it provides us with Calcium, Vitamin D, and protein, which are nutrients that are vital to our survival. Some foods that fall under the dairy group are milk, yogurt, cheese, ice cream, and frozen yogurt. It is good to aim for at least 2-3 servings of low-fat or fat free dairy on a daily basis. A serving of dairy would be an 8 oz glass of milk, or 1 ounce piece of cheese. The reason why we recommend low-fat or fat free dairy products for anyone over the age of 2 years old is because full fat dairy contains high amount of artery clogging Saturated Fat. When Saturated Fat is eaten in large amounts it has the potential to build up in our arteries, eventually clogging them. This can lead to a heart



attack or stroke. Here are some facts about dairy products:

- Full fat milk contains 4% saturated fat so could be considered 4% milk
- Reduced Fat milk is 2 % saturated fat
- Low-fat milk contains 1 % saturated fat
- Fat free or Skim milk contains 0 % saturated fat

All of these milks contain the exact same amount of Calcium, and Vitamins A and D per serving. The only difference is the amount of saturated fat and calories.

- Full fat yogurt contains a high amount of saturated fat so always look for the words low fat, reduced fat, or fat free on the label
- Frozen yogurt is not always the healthier option in the freezer department. Check the label and see what type of yogurt it is made from (full fat, low-fat, fat free etc.)
- Foods high in Calcium, eaten in large amounts, such as dairy, can cause constipation for some children and adults. Keeping it to around 2-3 servings per day can help to ensure you won't have this issue.

Strawberry Banana Smoothie

This smoothie contains calcium from the yogurt and milk, as well as antioxidants from the fresh fruit! Try using local honey to build up your outdoor allergy defenses! Makes Four 8 ounce smoothies.



1 ½ cups plain

fat free yogurt (can use Greek if you like)

2-3 bananas peeled and cut into chunks

3 cups of fresh or frozen strawberries

¼ cup skim milk

2-3 Tbs honey

1 cup of ice

Place all ingredients into a blender. Blend until smooth. Serve right away!

Start Your Day Off Right with a Healthy Breakfast!

With busy schedules, family and work we often forget to get in a healthy breakfast! A breakfast packed full of nutrients revs up the metabolism and gives us the energy we need throughout the day. A few great breakfast ideas include:

- Whole Grain Toast with All natural peanut butter, banana, 8 oz fat free or low fat milk
- ¾ cup cooked oatmeal topped with some almonds and frozen berries
- A whole grain English muffin, 3 egg whites with tomatoes and spinach, 1 oz. low fat cheese, small orange

Need a Quick Breakfast on the Go?

If you find yourself lacking time to make a breakfast consider a heart healthy trail mix. Pre-make and place in baggies to just grab and go! Consider these ingredients to add to your trail mix:

- Dried cranberries or cherries
- Dark chocolate chips
- Sunflower or pumpkin seeds
- Almonds or Walnuts
- Granola, oats or cheerios

Courtesy of <http://www.riteforyouwellness.com/>

