

Cent\$ible Nutrition News

Helping Families Eat Better for Less

March 2021

Volume 24 • Number 6



5 Tips: Eat A Variety of Foods Every Day

March is National Nutrition Month. With all of us leading different and busy lives, there is no one-size-fits-all approach to health. This month is all about *Personalizing Your Plate* to fit your needs. To help you create healthier eating habits that stay around for a lifetime, here are five tips for making healthy food choices your way. Eating healthy starts with simple solutions, bite by bite.

1. Follow MyPlate

Your tastes may be unique to you, but a balanced diet includes foods from all five food groups: fruits, vegetables, grains, protein, and dairy. Try to eat foods from around MyPlate every day. **CNP Pro Tip:** aim to eat 2-3 different food groups at each meal and for snacks.

2. Change up the routine

Getting in a food rut is easy to do because it can make meals easier, but changing up your routine doesn't have to interrupt your flow. Instead, think about ways to switch up the ingredients you are

using to create your meals. Making a salad? Try using spinach instead of or in addition to lettuce, and change out the other vegetables you use. Add beans to your tacos instead of using all meat. Try a different breakfast cereal that has more whole grains in it. Simple switches are a good way to personalize your own plate and find new dishes you and your family enjoy. **CNP Pro Tip:** start with one meal a week that is outside your normal routine or try one new food a week.

3. Make every bite count

Everything we eat and drink impacts our health over time. Make every bite count by making sure the foods you enjoy for meals and snacks are full of the nutrients your body needs, and low in things like added sugars, sodium, and saturated fat. **CNP Pro Tip:** start with your snack foods. Enjoy a fruit, vegetable, or whole grain for a snack rather than pre-packaged snacks, like chips and cookies.

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5 Tips, Continued

4. Rethink your Drinks

It is easy to forget that drinks can be full of nutrients and calories, and that they are an important part of our diets. Drinks like water, low-fat milk, and 100% juice are healthy drink choices. While a soda or sweetened beverage is fine once in a while, aim to make most of your drinks healthy choices. **CNP Pro Tip:** try carrying a water bottle with you and drinking from it often. Add a little chopped fruit to your water to give it flavor.

5. Flex your shopping smarts

Nutrition facts labels and ingredients lists are your best source of information at the grocery store. When choosing a packaged food and comparing brands, check the nutrition facts labels and ingredients lists to see which options give you the best nutrition for your budget. **CNP Pro Tip:** check the nutrition facts label for things like sodium and added sugars and pick options lower in these ingredients. Use the ingredient lists to see if grain products are whole grains.

Become a Cent\$ible Nutrition Program Pro!

Free cookbook, kitchen tools, & cooking classes!

Learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollar. The Cent\$ible Nutrition Program is free to those who income qualify and participants receive a free cookbook and kitchen tools. Classes are now available online and depending on the county, in-person. Find out more at: <https://uwyocnp.org/cnp-online-classes/>.



Black Bean & Corn Salsa

Ingredients

- 1 16-ounce can black beans
- 1 16-ounce can yellow corn
- 1 10-ounce can Rotel
- ¼ cup chopped onion
- 4 Tablespoons chopped cilantro
- Dash of lime juice

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Combine drained black beans and corn, Ro-Tel, onions and cilantro in a large bowl.
3. Add lime juice to taste.
4. Serve chilled with chips.

Makes 15 ¼-cup servings



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.