



## BUILD A BETTER BOWL THIS NATIONAL NUTRITION MONTH

National Nutrition Month is a yearly campaign from the Academy of Nutrition and Dietetics where everyone is encouraged to learn about and enjoy more nutritious foods. This year we are focusing on functional foods combined into a tasty bowl that provide a variety of beneficial nutrients and delicious flavors. These functional foods are loaded with vitamins, minerals, antioxidants, and fiber and have health benefits beyond basic nutrition to reduce inflammation, support immunity and regulate digestion. These are the 3 bowl styles:

- **Immunity:** antioxidant rich foods such as citrus fruits, berries, bell peppers, cauliflower, broccoli, tomatoes, and herbs and spices like oregano, garlic, cinnamon and turmeric.
- **Anti-Inflammatory:** fatty fish like salmon, walnuts, flax and chia seeds, turmeric and ginger.
- **Happy Belly:** fiber and probiotics help support a healthy gut microbiome. Great choices include fruits with skin, vegetables, whole grains, legumes, pulses, fermented foods and yogurt.

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## 6 TIPS TO SIMPLIFY MEAL PREP

Spending a couple of hours on the weekend to meal prep will not only consolidate steps and save time, but you will also end up with less food waste and better food choices!

Give some of these a try:

1. Cook grains and beans on your shopping days to minimize weeknight stress.
2. Wash and cut your fresh fruits and vegetables on shopping days and store them in glass containers.
3. Roast beets, butternut squash and other dense vegetables ahead of time so they are recipe ready.
4. Overlap ingredients when planning your menus; lentils are great in tacos one night and in salad the next.
5. Keep a chart on your refrigerator with your prepped inventory and meal ideas to avoid mid-week uncertainty.
6. Shaker salads in mason jars are a personal favorite and a great after school snack option for teens. To make, layer dressing, grains, vegetables, and greens in the jar and store in the refrigerator. When hunger hits, just shake, empty into a bowl and enjoy!

## GREEN IS THE THEME! 🍀

St. Patrick's Day is a celebration that brings people together, creating a sense of community and making everyone feel a wee bit Irish! It is a celebration around color that includes lots of green and a bit of rainbow as well! A great strategy to increase nutrient intake is to aim to eat a rainbow of fruits and vegetables each day. Eating more of a variety of produce as part of an overall healthy diet helps reduce the risk of some chronic diseases like heart disease, arthritis and types of cancer.

With this holiday in mind, try to increase your greens too! Leafy greens, broccoli and brussels sprouts are low in calories while providing a variety of health-supporting nutrients. These green foods can be hydrating too! Adding celery, cucumber, or zucchini to your meals will help meet those hydration goals to support regular digestion, healthy skin and mental clarity.



**FIND YOUR  
NEXT FAVORITE  
RECIPE!**