



## MARCH INTO WELLNESS

March into Wellness and celebrate National Nutrition Month® with the Eurest team of Registered Dietitian Nutritionists. At Eurest we are celebrating better nutrition choices through delicious food and our FIT program. We are featuring FIT favorites so our guests can march into wellness and eat fit to be fit. FIT meals and snacks serve as a guide to our guests who are looking for items that aligns with current dietary recommendations regarding calories, fat, and sodium. At Eurest, we don't sacrifice flavor to provide a dish that contains no more than 600 milligrams of sodium.

We utilize fresh herbs, spices, citrus, or vinegar to add flavor and depth. FIT meals are portion controlled, so purchasing one of these meals means you are doing something that is both good for you and good for the planet. Knowing that 40% of food ends up wasted, you are doing your part to ensure there isn't leftover food waste. Eat FIT and Be FIT this March.

## EAT, DRINK AND BE IRISH

St. Patrick's Day is a guest favorite, making everyone feel a wee bit Irish. It is a celebration around color that includes lots of green and a bit of rainbows as well! Eating more fruit and vegetables as part of an overall healthy diet helps reduce the risk of some chronic diseases. Leafy greens, broccoli and brussels sprouts are low in calories while providing a variety of health-supporting nutrients. Don't forget those hydrating green foods! Go for options like celery, cucumber, and zucchini to get this benefit. A rainbow of fruit including strawberries, bananas, oranges, and berries make for a delicious dessert treat as well! Will you find a pot of gold at the end your fruit rainbow?

## CHEF'S TIP

Ways for the Whole Family to March Into Wellness

- Create a family meal planning session to generate excitement around healthy meals.
- Take a family trip to the local farmers market to pick out fresh produce for the upcoming week.
- Commit to trying a new fruit or vegetable each week during National Nutrition Month.
- Introduce Meatless Mondays to incorporate more plant-based meals into your family's diet.
- Involve everyone with food preparation - including age-appropriate tasks for children. Measuring, mixing, and even cutting help children develop important skills and foster an appreciation of fresh, healthy meals.
- Practice mindful eating by avoiding screentime during meals - statistics show that we consume higher quantities of food while distracted by phone, computer or TV.



## FISH & CHIP SHOP

It's recommended for adults to have a serving of fish twice per week, so why not enjoy it with us and the new Fish and Chip Shop concept? There are lots of options so you can enjoy these new dishes and maintain a healthy diet. Think about the preparation. Fish is delicious grilled, sauteed, or even made in an air fryer. This protein-packed source can also be seasoned with a variety of fresh herbs and spices, so you can cut back on the salt to reduce the sodium level. The sides make a difference, too! Lighten your meal and add some phytonutrients with a green goddess wedge salad.