March is also National Frozen Foods Month

Frozen foods like fruits, vegetables, lean proteins, whole grain breads, waffles, and rolls make it that much easier to enjoy eating a healthy diet because the prep-work has been done for you!

Tips for Selecting Healthy Frozen Foods:

1. Look for frozen fruits and vegetables with no added sugar, sodium, or sauces – Check the ingredients and nutrition facts label to be sure.
    - Green beans, asparagus, broccoli, spinach, stir-fry blend vegetables, and stew-ready vegetables.
    - Mixed berries, mango, and tropical fruit.
2. Steamer versions of frozen vegetables make for a quick dinner side that still contains most all the vitamins and nutrients as it did when it was fresh!
3. Choose frozen lean poultry, seafood, beef, and pork such as:
    - Plain boneless, skinless chicken and turkey breast, and frozen turkey breakfast sausage.
    - Tilapia, shrimp, scallops, salmon.
    - 90% or higher lean ground beef/sirloin, plain unseasoned pork loin, and "round" or "loin" cuts of red meats.
4. Look for frozen vegetarian and veggie-based options that are easy to make such as:
    - Soy and black bean-based burgers, veggie-based breakfast sausage, cheese and spinach tortellini and ravioli.
5. Choose frozen whole grain options such as:
    - Whole grain rolls, breads, and waffles.
6. Look for individual portion sizes of frozen, calorie-dense foods such as pizza, ice cream, and other frozen novelties to help keep portion sizes just right.
7. Avoid frozen items with added sauces and seasonings, which tend to be very high in sodium.
8. Compare labels on frozen foods in similar categories to determine which ones are the best option (e.g. those that are lowest in sodium, sugar, and saturated fat).

Attachments:

- Health Tips for 2020 NNM ®
- NNM ® Crossword Puzzle 2020 (Activity)
- Nutrition Sudoku 2020 (Activity)
- National Nutrition Month ® 2020 Word Search for Adults (Activity)
- National Nutrition Month ® 2020 Quiz (Activity)
- **Recipes**: Chicken Guacamole Salad; Sesame Shrimp Salad

References:

https://www.eatright.org/food/resources/national-nutrition-month/most-asked-questions-about-national-nutrition-month
https://www.eatright.org/food/planning-and-prep/smart-shopping/frozen-foods-convenient-and-nutritious

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

EAT RIGHT BITE BY BITE National Nutrition Month® March 2020

20 Health Tips for 2020

1. Eat Breakfast
Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables
Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes
Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. Be Active
Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels
Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

6. Fix Healthy Snacks
Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. Consult an RDN
Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines
Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafetyorg.

9. Drink More Water
Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking
Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Dine Out without Ditching Goals
You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time
Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom
Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars
Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts labels or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week
Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors
Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals
Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste
Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime
Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution
Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

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The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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National Nutrition Month® 2020

Crossword Puzzle

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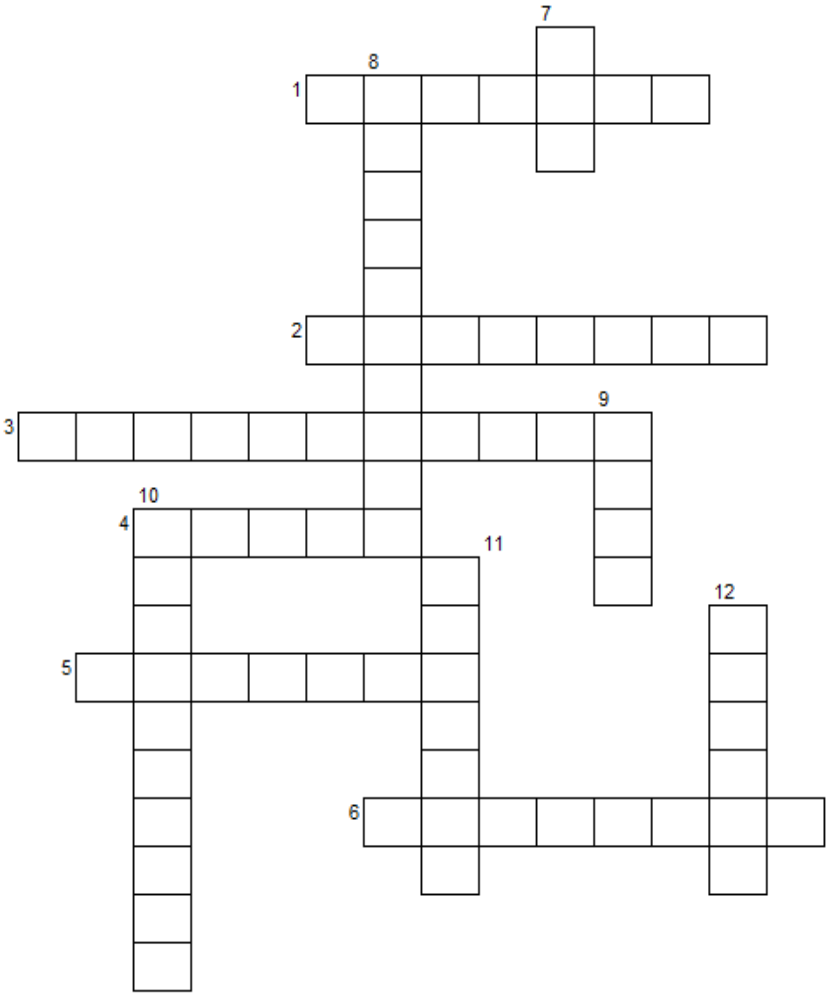
Across:

1. In the United States, the _____ is mainly grown in California and Florida. They might be eaten sliced, diced or mashed, like in guacamole.
2. This light colored, round bean is a main ingredient in hummus. Some people also know these beans as chickpeas.
3. When eaten raw, _____ is a crunchy white vegetable. It also looks similar to broccoli.
4. _____ cheese is pale-yellow in color and a popular addition to sandwiches. It's also well-known for its large and small holes.
5. This mineral is essential for healthy bones and teeth. It's found in dairy products, some leafy green vegetables and fish with soft bones.
6. Sometimes known as the sunshine vitamin, _____ is found in fortified milk and soy beverages and some types of fatty fish.

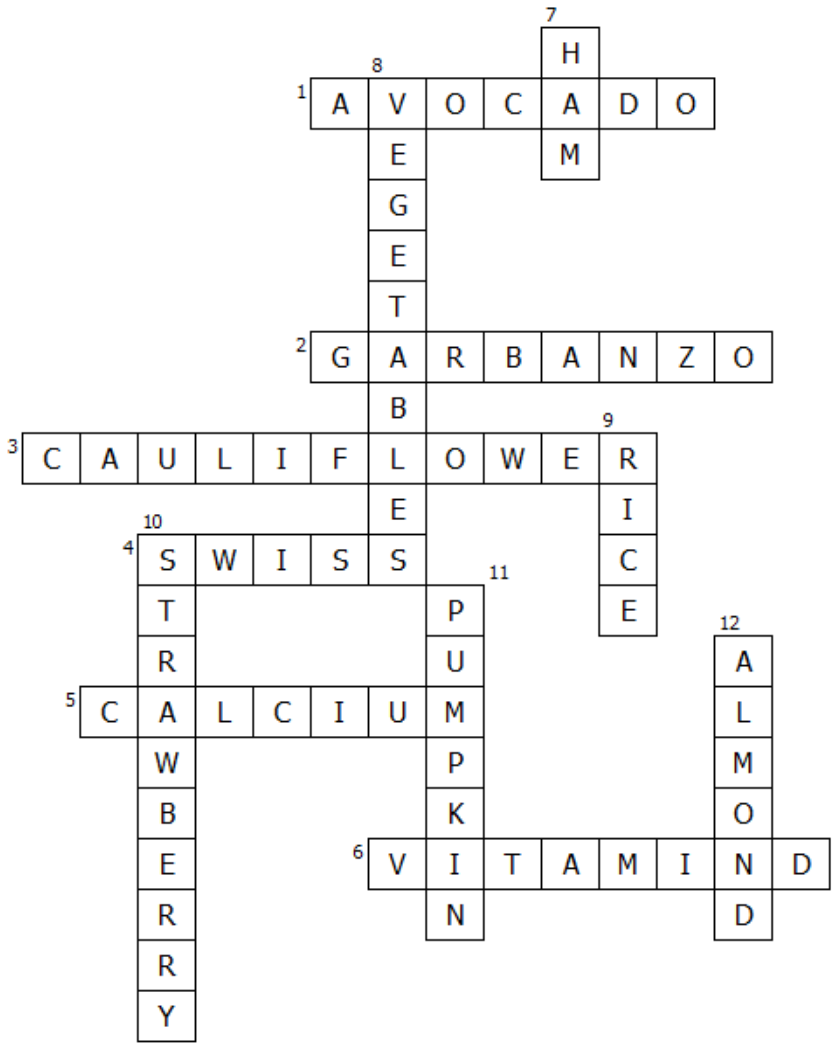
Down:

7. Turkey and _____ are both popular choices for lunch meats and holiday dinners.
8. MyPlate recommends filling half our plates with fruits and _____.
9. This grain plays an important part in many eating styles all over the world. It may be brown or white, and is often grown in marshy areas.
10. This juicy red berry has small black seeds on the outside and a leafy green crown. They can be eaten plain or added to a variety of foods, such as cereal, waffles, smoothies and yogurt.
11. Many people like to carve this orange squash at Halloween. It can also be eaten in a variety of ways but is known for being baked into pies or made into soups.
12. This nut grows in a tear-drop shape but you may find it chopped, sliced or ground into a butter - similar to peanut butter.



National Nutrition Month® 2020

Crossword Puzzle



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Academy of Nutrition and Dietetics

Nutrition Sudoku Moderate

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters **L** through **T** to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

				Lemon	Nuts			Shrimp
Shrimp				Tomato		Milk		
	Radish					Tomato		Lemon
		Quinoa	Tomato		Milk		Shrimp	
Tomato		Nuts		Omelet	Lemon		Pumpkin	
		Radish	Pumpkin					Tomato
	Tomato	Milk	Lemon	Pumpkin			Nuts	Omelet
Omelet	Quinoa				Tomato			
	Nuts	Shrimp				Lemon		

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Don't Look Yet! These Are the Sudoku Answers:

Q	M	T	O	L	N	P	R	S
S	L	P	Q	T	R	M	O	N
N	R	O	S	M	P	T	Q	L
L	P	Q	T	N	M	O	S	R
T	S	N	R	O	L	Q	P	M
M	O	R	P	Q	S	N	L	T
R	T	M	L	P	Q	S	N	O
O	Q	L	N	S	T	R	M	P
P	N	S	M	R	O	L	T	Q

L Lemon
M Milk
N Nuts
O Omelet
P Pumpkin
Q Quinoa
R Radish
S Shrimp
T Tomato

National Nutrition Month® 2020

Word Search for Adults

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Words may be horizontal, vertical, diagonal or backwards.

1. Artichoke
2. Buttermilk
3. Cocoa
4. Dates
5. Eggplant
6. Farro
7. Garden
8. Kidney Beans
9. Mango
10. Noodles
11. Omelet
12. Pork Chops
13. Rainbow Chard
14. Strawberry
15. Turkey
16. Vanilla
17. Watermelon
18. Yellow Squash

L	A	G	B	U	T	T	E	R	M	I	L	K	L	T
T	K	R	O	L	H	S	L	X	E	N	C	E	R	H
N	V	E	T	V	Y	R	R	E	B	W	A	R	T	S
A	W	E	A	I	D	K	I	W	N	A	C	B	O	A
L	A	N	N	B	C	E	Y	U	O	B	A	S	T	U
P	T	U	Y	T	H	H	V	C	O	Q	D	P	H	Q
G	E	E	C	O	E	J	O	G	D	J	E	O	G	S
G	R	D	O	M	M	C	H	K	L	S	M	H	I	W
E	M	R	R	E	I	Z	O	W	E	G	Y	C	R	O
N	E	A	D	L	A	V	L	T	S	O	T	K	F	L
F	L	H	Y	E	T	S	A	F	T	G	A	R	L	L
Y	O	C	V	T	W	D	T	N	S	H	E	O	O	E
F	N	W	A	I	U	Q	C	R	I	N	G	P	W	Y
A	L	O	N	R	S	R	O	X	U	L	K	L	I	B
R	N	B	T	U	B	O	K	H	V	T	L	Z	G	A
R	O	N	R	Q	N	O	N	E	X	K	W	A	R	D
O	G	I	O	K	I	D	N	E	Y	B	E	A	N	S
X	R	A	T	A	B	L	U	E	S	I	D	R	A	F
G	A	R	D	E	N	S	P	O	T	O	G	N	A	M

Word Search for Adults

L	A	G	B	U	T	T	E	R	M	I	L	K	L	T
T	K	R	O	L	H	S	L	X	E	N	C	E	R	H
N	V	E	T	V	Y	R	R	E	B	W	A	R	T	S
A	W	E	A	I	D	K	I	W	N	A	C	B	O	A
L	A	N	N	B	C	E	Y	U	O	B	A	S	T	U
F	T	U	Y	T	H	H	V	C	O	Q	D	P	H	Q
G	E	E	C	O	E	J	O	G	D	J	E	O	G	S
G	F	D	O	M	M	C	H	K	L	S	M	H	I	W
E	M	R	R	E	I	Z	O	W	E	G	Y	C	R	O
N	E	A	D	L	A	V	L	T	S	O	T	K	F	L
F	L	H	Y	E	T	S	A	F	T	G	A	R	L	L
Y	O	C	V	T	W	D	T	N	S	H	E	O	O	E
F	N	W	A	I	U	Q	C	R	I	N	G	P	W	Y
A	L	O	N	R	S	R	O	X	U	E	K	L	I	B
F	N	B	T	U	B	O	K	H	V	T	E	Z	G	A
F	O	N	R	Q	N	O	N	E	X	K	W	A	R	D
O	G	I	O	K	I	D	N	E	Y	B	E	A	N	S
X	R	A	T	A	B	L	U	E	S	I	D	R	A	F
G	A	R	D	E	N	S	P	O	T	O	G	N	A	M

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National Nutrition Month®
March 2020

FACT OR FICTION?

National Nutrition Month® 2020 Quiz

Circle the correct answer.

1. A healthy eating style includes a limited number of foods. **FACT OR FICTION?**
2. Vegetable oils are an appropriate substitute for solid fats. **FACT OR FICTION?**
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise. **FACT OR FICTION?**
4. Portion sizes and serving sizes are the same thing. **FACT OR FICTION?**
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day. **FACT OR FICTION?**
6. At least half the grains eaten daily should be whole grains. **FACT OR FICTION?**
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group. **FACT OR FICTION?**
8. Meals that include seafood are recommended weekly. **FACT OR FICTION?**
9. Most Americans get enough dietary fiber on a daily basis. **FACT OR FICTION?**
10. Everyone needs the same amount of calories, which is 2,000 calories per day. **FACT OR FICTION?**

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FACT OR FICTION?

Academy of Nutrition and Dietetics

National Nutrition Month® 2020 Quiz

Answers

1. A healthy eating style includes a limited number of foods.

FICTION: *A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit* ***ChooseMyPlate.gov*** *for more information.*

2. Vegetable oils are an appropriate substitute for solid fats.

FACT: *Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats, which are healthier.*

3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.

FICTION: *Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the* ***Move Your Way*** *website at: https://health.gov/moveyourway.*

4. Portion sizes and serving sizes are the same thing.

FICTION: *A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.*

5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.

FACT: *Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.*

6. At least half the grains eaten daily should be whole grains.

FACT: *Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.*

7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.

FACT: *Calcium-fortified soymilk is an option in the Dairy Group for people who choose not consume milk, such as vegetarians.*

8. Meals that include seafood are recommended weekly.

FACT: *Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit:* ***https://www.fda.gov/food/consumers/advice-about-eating-fish.***

9. Most Americans get enough dietary fiber on a daily basis.

FICTION: *It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.*

10. Everyone needs the same amount of calories, which is 2,000 calories per day.

FICTION: *Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit ChooseMyPlate.gov to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit* ***www.eatright.org****.*

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Chicken Guacamole Salad

Preparation Time: 10 minutes **Number of Servings:** 4

Ingredients:

- 2 cups diced rotisserie chicken breast
- 1 cup diced celery
- 1 1/2 cups seedless grapes, halved
- 1/3 cup sliced green onions
- 8oz package prepared guacamole (classic style)
- Black pepper, to taste preference
- Optional: whole grain wrap or whole grain crackers

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Preparation Time: 10 minutes **Number of Servings:** 4

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Chicken Guacamole Salad

Directions:

1. Add the diced rotisserie chicken breast to a large bowl along with the diced celery, halved grapes, sliced green onions, and prepared guacamole.
2. Add pepper to taste along with any other seasonings you like (e.g. garlic powder, dill weed, or parsley).
3. Mix well until all ingredients are blended together and creamy.
4. Serve the chicken salad along with whole-grain crackers or inside a whole wheat wrap.

Nutrition Facts (per serving, do not include crackers or whole wheat wrap to serve with it):

Calories: 287 Protein: 18gm Total Carbohydrates: 17gm
Fiber: 7gm Total Fat: 17gm Cholesterol: 40mg Sodium: 370mg

Chicken Guacamole Salad

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Sesame Shrimp Salad

Prep/Cook Time: 15 minutes Number of Servings: 2

Ingredients:

- 12oz frozen, cooked shrimp, shells removed (thaw in cold water)
- ½ tablespoon sesame seed oil
- ½ tablespoon low sodium soy sauce
- Pinch of ground ginger
- 4 cups mixed greens
- 6 cherry tomatoes, halved
- 6 sugar snap peas, each snapped into two pieces
- ¼ cup shredded carrots (Time-saver: Buy pre-shredded carrots)
- 2 tablespoons sesame oil
- 1 tablespoon white or rice vinegar
- 1 teaspoon lime juice

Tip: Try Bolthouse Farms Miso Ginger salad dressing or an Asian Sesame dressing if you do not want to whisk up your own.

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Sesame Shrimp Salad

Directions:

1. Whisk together soy sauce, ½ tablespoon sesame seed oil, and a pinch of ground ginger in a medium sized bowl.
2. Add the thawed shrimp to the bowl and toss to coat the shrimp. Let it sit in the fridge for 5 minutes to marinate.
3. Meanwhile, place mixed greens over 2 large dinner plates (or put the second serving in a container with a lid for another meal).
4. Top the greens with cherry tomatoes, sugar snap peas, shredded carrots, and any other veggies you have on hand in your fridge.
5. Sauté the marinated shrimp in a skillet over medium heat just until the shrimp is warmed 2-3 minutes (do not overcook).
6. Evenly distribute the shrimp over the top of your salad greens.
7. In a small bowl whisk together the sesame oil, vinegar, & lime juice for your dressing. Serve.

Nutrition Facts (per serving):

Calories: 361 Protein: 37.6gm Total Carbohydrates: 4gm
Fiber: 3gm Total Fat: 19gm Cholesterol: 332mg Sodium: 570mg

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Sesame Shrimp Salad

Directions:

1. Whisk together soy sauce, ½ tablespoon sesame seed oil, and a pinch of ground ginger in a medium sized bowl.
2. Add the thawed shrimp to the bowl and toss to coat the shrimp. Let it sit in the fridge for 5 minutes to marinate.
3. Meanwhile, place mixed greens over 2 large dinner plates (or put the second serving in a container with a lid for another meal).
4. Top the greens with cherry tomatoes, sugar snap peas, shredded carrots, and any other veggies you have on hand in your fridge.
5. Sauté the marinated shrimp in a skillet over medium heat just until the shrimp is warmed 2-3 minutes (do not overcook).
6. Evenly distribute the shrimp over the top of your salad greens.
7. In a small bowl whisk together the sesame oil, vinegar, & lime juice for your dressing. Serve.

Nutrition Facts (per serving):

Calories: 361 Protein: 37.6gm Total Carbohydrates: 4gm
Fiber: 3gm Total Fat: 19gm Cholesterol: 332mg Sodium: 570mg

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