

MARCH 2021

**eat**  
**right.** Academy of Nutrition  
and Dietetics





MARCH 2021

**Celebrate National  
Nutrition Month®**





## Objectives

- Explain the benefits of a healthy eating routine.
- Describe how to personalize your plate at each meal.
- Name three ways to make healthier food and beverage choices.



## A Healthy Eating Routine

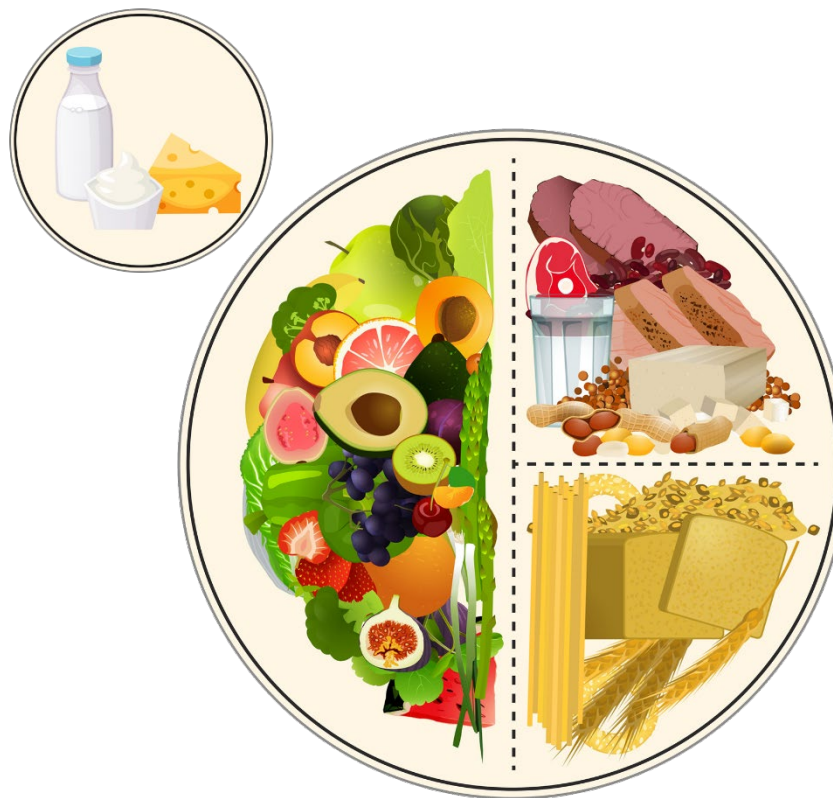
Includes a variety of nutritious foods from all the food groups:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy





## Fill Half Your Plate with Fruits and Vegetables





## Fruits

- Include fruits with breakfast.
- Enjoy fruit as a healthy snack.
- Look for recipes that feature fruits, such as salads or main dishes.
- Satisfy a sweet tooth by substituting fruit in place of other desserts.





## Vegetables

- Get creative by trying vegetables that are new to you...
- or experiment with preparing your favorite vegetables in new ways.
- Enjoy vegetables as healthy snacks.
- Try to include different colored vegetables throughout the week.







## Grains

Ways to include whole grains throughout your day:

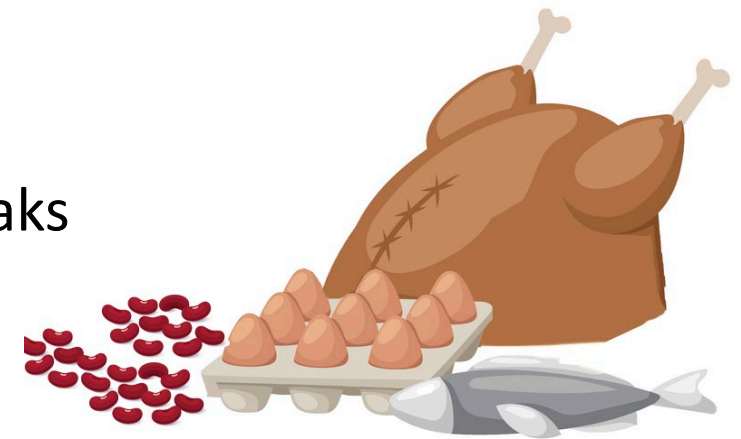
- Select whole grain breads for sandwiches and toast
- Use whole wheat flour in baked goods
- Choose whole grain corn or whole wheat tortillas for tacos and wraps
- Substitute whole grain noodles for pasta
- Use brown rice in stir-fry dishes or with curries





## Protein

- Include a variety of protein foods prepared in a healthful way.
- Include beans, peas, lentils, nuts and seeds as a plant-based source of protein.
- Choose seafood twice a week.
- Select leaner cuts of meat, such as round steaks and roasts or skinless poultry.





## Dairy

Include a variety of low-fat or fat-free options like:

- Milk
- Yogurt
- Cheese
- Calcium-fortified soymilk





## Limit:

- Saturated fat
- Sodium
- Added sugars

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)*



# Start *simple* with **MyPlate**



Find a Nutrition Expert at  
**[www.eatright.org](http://www.eatright.org)**



Questions?