



MARCH BREAKFAST



<p>Tuesday – 3/3</p> <p>Apple Juice Granola Cereal Turkey Sausage Biscuit Fresh Fruit</p>	<p>Wednesday – 3/4</p> <p>Orange Juice Fig Bar Hard Boiled Egg Whole Grain Bagel & Cream Cheese Raisins</p>	<p>Thursday – 3/5</p> <p>Cranberry Juice Bran Flakes Cereal Pineapple Tidbits Cottage Cheese Bran Zucchini Muffin</p>																																
<p>Tuesday – 3/10</p> <p>Apple Juice Chicken Biscuit Oatmeal Raisins</p>	<p>Wednesday – 3/11</p> <p>Grape Juice Bran Flakes Cereal Pumpkin Raisin Muffin Cottage Cheese Pineapple Tidbits</p>	<p>Thursday – 3/12</p> <p>Cranberry Juice Cinnamon Squares Cereal Wheat English Muffin Egg Patty & Sliced Cheese Tropical Fruit</p>																																
<p>Tuesday – 3/17</p> <p>Apple Juice Cinnamon Squares Cereal Whole Wheat Sandwich Thin Egg Patty & Cheddar Cheese Applesauce</p>	<p>Wednesday – 3/18</p> <p>Raisin Bran Cereal Turkey Sausage Links (2) Buttermilk Pancakes & Syrup Tropical Fruit</p>	<p>Thursday – 3/19</p> <p>Cranberry Juice Granola Cereal Fruited Yogurt Pumpkin Raisin Muffin Fresh Fruit</p>																																
<p>Tuesday – 3/24</p> <p>Cranberry Juice Bran Flakes Cereal Hard Boiled Egg Whole Grain Bagel & Peanut Butter Fruit Cocktail</p>	<p>Wednesday – 3/25</p> <p>Grape Juice Oatmeal String Cheese French Toast Sticks & Syrup Whole Grain Goldfish Crackers</p>	<p>Thursday – 3/26</p> <p>Cheese Omelet Whole Wheat Sandwich Thin Fig Bar Fresh Fruit</p>																																
<p>Tuesday – 3/31</p> <p>Orange Juice Bran Flakes Cereal Buttermilk Pancakes & Syrup Turkey Sausage Link Strawberry Cup</p>	<table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>Carbohydrates</th> <th>Sodium</th> </tr> <tr> <th>March</th> <th>Weekly Average</th> <th>Weekly Average</th> <th>Weekly Average</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td>677</td> <td>96.8</td> <td>827</td> </tr> <tr> <td>Week 2</td> <td>752</td> <td>98.8</td> <td>957</td> </tr> <tr> <td>Week 3</td> <td>710</td> <td>94.3</td> <td>874</td> </tr> <tr> <td>Week 4</td> <td>666</td> <td>89.1</td> <td>995</td> </tr> <tr> <td>Daily Standard</td> <td></td> <td>100 grams</td> <td>800-1000 mg</td> </tr> <tr> <td>Targeted Daily</td> <td>650-750</td> <td></td> <td></td> </tr> </tbody> </table>			Calories	Carbohydrates	Sodium	March	Weekly Average	Weekly Average	Weekly Average	Week 1	677	96.8	827	Week 2	752	98.8	957	Week 3	710	94.3	874	Week 4	666	89.1	995	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750		
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EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020



Eat Right, Bite by Bite

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.



Vary your Diet
Eat a variety of nutritious foods every day



Meal Planning
Enjoy healthful eating at work & home



Cook & Prep
Learn skills to create tasty meals to share and enjoy



Visit an RDN
See a Registered Dietitian Nutritionist

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

ARTICHOKE	FARRO	STRAWBERRY
COCOA	MANGO	TURKEY
DATES	NOODLES	VANILLA
EGGPLANT	OMELET	WATERMELON



Eating Right for Older Adults

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need without too many calories. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Consider the following tips to help you get started on your way to eating right.

Make half your plate fruits and vegetables-Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole-Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese-Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices-Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans and peas, as well as lean meat, poultry and eggs.

Limit sodium, solid fats and added sugars-Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt. Limit major sources of saturated fats, such as pizza, baked goods, full-fat cheese, sausage and hot dogs. Switch from solid fats to oils when preparing foods.

Enjoy your food but be mindful of portion sizes-Most older adults need fewer calories than in younger years. Try using smaller plates, bowls and glasses. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Be physically active your way-Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check with your doctor concerning increased physical activity.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. Sources: U.S. Department of Health and Human Services, Academy of Nutrition and Dietetics, Complete Food & Nutrition Guide