

# NUTRIGRAM

March 2006

## Step Up to Nutrition and Health

March is National Nutrition Month® - the perfect time to Step Up to Nutrition and Health. Through National Nutrition Month®, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on the importance of making informed food choices and developing sound physical activity habits. Step up today by making healthier lifestyle choices to improve your health and the health of your family and you'll reap the benefits for years to come. Small steps equal big rewards. Remember these National Nutrition Month® key messages to eat smart and stay physically active this month and all year long:

- ▶ The food and physical activity choices you make today - and every day - affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- ▶ Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- ▶ Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group - those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- ▶ Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- ▶ Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

### Test Your National Nutrition Month® Knowledge:

1. Whole grains are an important part of a healthy diet. The three parts of a grain kernel are:
  - a. exoskeleton, endoskeleton, bran
  - b. germ, bulgur, enricher
  - c. bran, endosperm, germ
  - d. bran, bulgur, bean
2. A one-ounce serving of grain is approximately:
  - a. one slice of bread
  - b. one cup of cereal
  - c. one-half cup cooked rice
  - d. all of the above
3. Children and teenagers should be physically active for how many minutes most days?
  - a. 10 b. 20 c. 40 d. 60

Answers: 1. C, 2. D, 3. D



### Monthly SUPERFOODS Promotion

