

NUTRIGRAM

March 2006

March is National Nutrition Month®

This year's theme is "Step Up to Nutrition and Health". Small steps equal big rewards. Remember these key messages to eat smart and stay physically active this month and all year long:

- ▶ Eating right and being physically active are keys to feeling good and being healthy.
- ▶ Make smart choices from every food group. Give your body what it needs by eating a variety of nutrient-packed foods every day.
- ▶ Be physically active every day. Try fun activities like sports, dancing and bicycle riding.
- ▶ Keep your food safe from germs. Wash your hands often and keep your food at the right temperature.

This month, step up and be a good nutrition role model for your friends and family:

- ▶ Have a fruit and vegetable contest at home. Keep track of how many servings of fruits and vegetables everyone in your family eats for a week. Give out prizes to everyone who eats at least 5 servings every day.
- ▶ Have a balanced plate contest at school. Make up certificates for each of your friends who creates a balanced plate at lunch with at least one fruit or vegetable and at least two other food groups.

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

